This race pack is **PROVISIONAL**. Race information may change between now and the event.

SWANSEA 5K

RACE PACK



THANK YOU.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With the PEAKS Swansea Swim powered by MySwimCo taking place on Saturday and the Swansea Triathlon also taking place on Sunday, we're sure the weekend is going to be one to remember!

You may have many questions about how the day will run, and the race pack will answer these for you. Ensuring the safety of all in attendance is of paramount importance, so please read it through carefully.

We hope that you have a great time and enjoy the day. We look forward to seeing you at another AWE event in the near future.

A huge thank you again for your continued support.

See you on race day!

The AWE Team

Please ensure that you read the information in this race pack carefully, even if you've raced this event before.

IMPORTANT LOCATIONS

> *To make finding where you need to go easier we use **what3words** references that look like this **///filled.count.soap**. To learn more about what3words and how to use it visit: https://what3words.com/products/what3words-app*

Finish Line

National Waterfront Museam, ///form.tooth.olive

Registration

Dylan Thomas Centre, ///frogs.really.priced

Swansea 5K Start

Outside East Burrows Car Park, ///proof.stud.pokers

PARKING

Marina Park

188 St Margarets Court SA1 1RW, jolly.purple.beans

The Quadrant MSPC

Plymouth Street, SA1 3QR, ///keep.fuel.lables

Trawler Road Car Park

Swansea, ///colleague.boat.gift

St Davids Multi-Storey

SA1 3LQ, ///fees.dairy.moss

Copr Bay South

Swansea, ///estate.divide.stream

Paxton Street Car Park

Swansea, ///civil.smoke.slices

ITINERARY

Saturday 22nd May

11am - 5pm **Registration Open** Dylan Thomas Centre ///frogs.really.priced

Sunday 23rd May

9am - 12pm **Registration Open** Dylan Thomas Centre ///frogs.really.priced

3pm **Swansea 5K Start** East Burrows Road Car Park ///feast.audio.agree

4pm **Overall Cut off** Finish Line ///form.tooth.olive

REGISTRATION

> ***Don't forget your photo ID:*** *Without photo ID you will not be able to register. You CANNOT register on someone else's behalf.*

At registration you will receive:

1 X disposable timing chip attached to your bib number (please do not bend)

1 X bib number to be displayed on your front (ensure you complete medical information on the reverse)

> ***Entries are non-transferable at registration.*** *If you have not followed the correct steps to transfer your entry to another person (deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.*

STAYING SAFE



Watch the pre-event briefing video at:
https://www.youtube.com/watch?v=ZjWkV4KtYKk

> *The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.*

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Should poor weather conditions dictate, please ensure you have appropriate bright clothing.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.

It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

TIMING & RACE NUMBERS

START TIME: 3PM

START LINE LOCATION: EAST BURROWS CAR PARK

WHAT3WORDS ///feast.audio.agree

The fast and flat Swansea 5K starts whilst the Swansea Triathlon is in progress. You'll pass the triathletes on your out-and-back loop before celebrating your victory on the red carpet finish line.

- The 5K run route is an out and back course along the Swansea waterfront. The course is comprehensively marshalled and signed with a black arrow and a fluorescent background.
- Keep left at all times unless overtaking another athlete. There are sections of the course that are two way, so please respect other path users.
- Please take care when going up and down a small section of steps. The course will head out to a turn point along the promenade in the direction of Mumbles.

THE COURSE

Swansea 5K - 5K

SWANSEA 5K - 5K

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

A stunning fast and flat 5km run through the marina and onto the seafront and finishing in front of the The National Waterfront Museum.

> *Courses are comprehensively marshalled and signed with black arrows on a fluorescent background*

FEED STATIONS

There will be no feed stations at the event but all athletes will recieve a bottle of water at the finishline.

RULES

> *It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence.*

- It is your responsibility as a competitor to know and correctly complete the full course.
- Foul and abusive language is not permitted and failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing you need to be aware of other competitors and the general public (both on foot and in live traffic).
- You will need to keep your chest covered at all times, no matter how hot it is.
- Event numbers must be worn on your front. They must be clearly visible at all times. They must not be altered or mutilated in any way.
- The course is comprehensively marshalled and signed with black arrows and fluorescent background. Remember that the referee will always be willing to answer any questions you may have, however their decision is final.
- Should you wish to query and official time or penalty after the event, this must be submitted within 24 hours. A review panel will meet 48 hours after the event and all decisions will be final.
- The race director and referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee can implement and introduce laws and rules on the day.
- Please make sure you are at the start line 30 minutes prior to the event start.
- Marshals are there for reference only. It is your responsibility to know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decide last minute not to start the event, please report to an official with your timing chip.

PENALTIES

> *It is your responsibility as a competitor to know to be aware of the penalties for not following the rules.*

RESULTS & AWARDS

Award Categories

🏆 **1st, 2nd, 3rd Male**

🏆 **1st, 2nd, 3rd Female**

FAQ

If there's something you need to know that isn't covered in this race pack head over to our Frequently Asked Questions page by clicking the link below.

Frequently Asked Questions

OTHER INFORMATION

LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect our marshals. Any abusive behaviour or language will result in immediate disqualification. It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

MEDIA & PHOTOGRAPHY

There will be a number of photographers & videographers on course. Athlete pictures will be available online from Finisher Pix .

ENVIRONMENTAL IMPACT

We are very lucky to be granted the relevant permissions to stage the race in the Swansea area. Please help us by reducing the environmental impact as much as possible and take all your litter home.