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

THE WALES SWIM

RACE PACK



THANK YOU.

Welcome to one of the biggest open-water swimming events in the world! 2500 swimmers and 1 mass start. Routes of 1.2 or 2.4 miles with 1 or 2 laps plus crowds that will blow your mind. Tenby North Beach will become an atmospheric amphitheater on Friday evening as the opening event of Long Course Weekend 2026.

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*

Registration & Expo

Salterns Car Park, ///races.marathons.fulfilled

Start of The Wales Swim

North Beach, Tenby, ///look.milkman.submitted

PARKING

Tenby Train Station

Pay and Display, ///acid.ownership.outdoor

Multi-Storey Car Park, Tenby

Pay and Display, ///repaying.tactical.reception

Greenhill School, Tenby

Cash Payment Only, ///coasted.finishes.rebounder

North Beach Car Park

Pay and Display, ///deploying.fingernails.responses

Five Arches, Tenby

Pay and Display, ///projects.suits.juniors

Seafront Car Park, Tenby

Pay and Display, ///doses.sedative.roofed

South Beach Car Park, Tenby

Pay and Display, ///endlessly.lizard.shrub

ITINERARY

Thursday 25th June

3pm-8pm **Registration** Salterns Car Park ///races.marathons.fulfilled

3pm-8pm **EXPO DISCOUNT DAY!** Salterns Car Park ///races.marathons.fulfilled

Friday 26th June

10am-3.30pm **Registration** Salterns Car Park ///races.marathons.fulfilled

12pm-3:30pm **Swim Priority Registration** Salterns Car Park ///races.marathons.fulfilled

4:15pm-4:30pm **Swim Acclimatisation** North Beach, Tenby ///look.milkman.submitted

4:40pm **Start Pen Closes & Swim Briefing** North Beach, Tenby ///look.milkman.submitted

5:00pm **The Wales Swim Start** North Beach, Tenby ///look.milkman.submitted

6:00pm **First Lap Cut Off Time** North Beach Tenby ///look.milkman.submitted

7:00pm **Swim Presentation** North Beach, Tenby ///look.milkman.submitted

7:00pm **Overall Cut Off** North Beach, Tenby ///look.milkman.submitted

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 Swim Hat (Must be worn)

1 X Back of either hand tattoo

2 X Swim Hat Numbers

1 X Timing chip to be worn on on the outside of your wetsuit on either ankle

> ***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

- The swim start is self-ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.
- Athletes must take care when entering and exiting the water. Water Safety is on hand to help should you need them and you can still complete the course: it will **NOT** result in a DQ.
- **Should you nee assistance during the swim, lie on your back and put your arm in the air (for this reason only forward-facing strokes ONLY are permitted during the swim).**
- If you fail to start after registering, you **MUST** report to the race officials before the start of the race, this is for safety reasons.
- We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after their race. Athletes must wear a wetsuit which covers their chest and thighs and athletes are **NOT** permitted to wear boots or gloves

IF YOU ARE UNABLE TO FINISH, PLEASE REPORT TO AN OFFICIAL OR YOU WILL BE CLASSED AS A MISSING PERSON

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

During registration, you will receive a **swim hat** that you **MUST** wear on top of any other hat, a **hand tattoo (on any hand), 2 swim hat tattoos** and your **timing chip**.

Your timing chip **must be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time.** If you lose your chip in the swim, you must report to a timing official at the finish line. Failure to return your timing chip during or after the event, will inccur a £100 fee which muct be paid within 7 days of the event if the chip has not been returned.

WAVES

The swim start is self-ranking, with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.

THE COURSE

Wales Swim - 1.2 miles

1.2 SWIM - 1.2 MILES

LAPS **1**

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

Wales Swim - 2.4 miles

2.4M - 2.4M

LAPS **2**

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

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

FEED STATIONS

There will be no feed stations during this event. Upon finishing there will be water available, however we advise that you bring your own to fill up from the water bowsers provided. Erdinger will be on hand with their products, head to the big inflatable beer glass!

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 the failure to follow a marshal's instructions, the water safety team 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.
- Wetsuits are mandatory.
- Only Front Strokes are allowed.
- Both 1.2 & 2.4 mile distances start on the north side of Goscar Rock, you should keep the first buoy on your left and all other buoys on your right.
- 1.2 Mile: Complete one lap and keep left to follow the chute to the finish line.
- 2.4 Mile: After completing one lap, keep right in the chute to complete lap two. After the second lap, keep left and follow the chute to the finish line.
- No fins or floatation devices are allowed.
- No swim shoes or gloves allowed.
- Please remove your rubbish and dispose of it appropriately.
- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official swim cap must be on top.
- Water Safety is there to guide and assist, please make sure you follow any instructions they give you.
- When the cut-off of 7pm comes into play, you must obey Water Safety Instructions for extraction.

IT IS YOUR CHOICE TO ENTER THE WATER.

ALWAYS REPORT TO AN OFFICIAL IF YOU HAVE PULLED OUT OF THE EVENT - OTHERWISE YOU WILL BE CLASSED AS A MISSING PERSON. HEAD TO THE TENT IN FRONT OF THE ST JOHN VEHICLES.

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 (1.2 mile) Overall**

🏆 **1st, 2nd, 3rd Female (1.2 mile) Overall**

🏆 **1st, 2nd, 3rd Male (2.4 mile) Overall**

🏆 **1st, 2nd, 3rd Female (2.4 mile) Overall**

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

BAG DROP

Bag drop opens at 3:30pm and will close at 7:15pm.

Any bags left after this time will be removed and delivered to the Athlete Village where lost property is stored at the Event Information Tent. It will be available for collection during Race Registration Opening Times.

Please make sure you **put your race number onto the tag provided and attach it to your bag. You must present your bib upon collection.**

Please note: bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request only small bags under 5kg.

Bag Drop closes at 7.15pm prompt. All bags remaining after this time will be moved to the Athlete Village as noted above.

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.