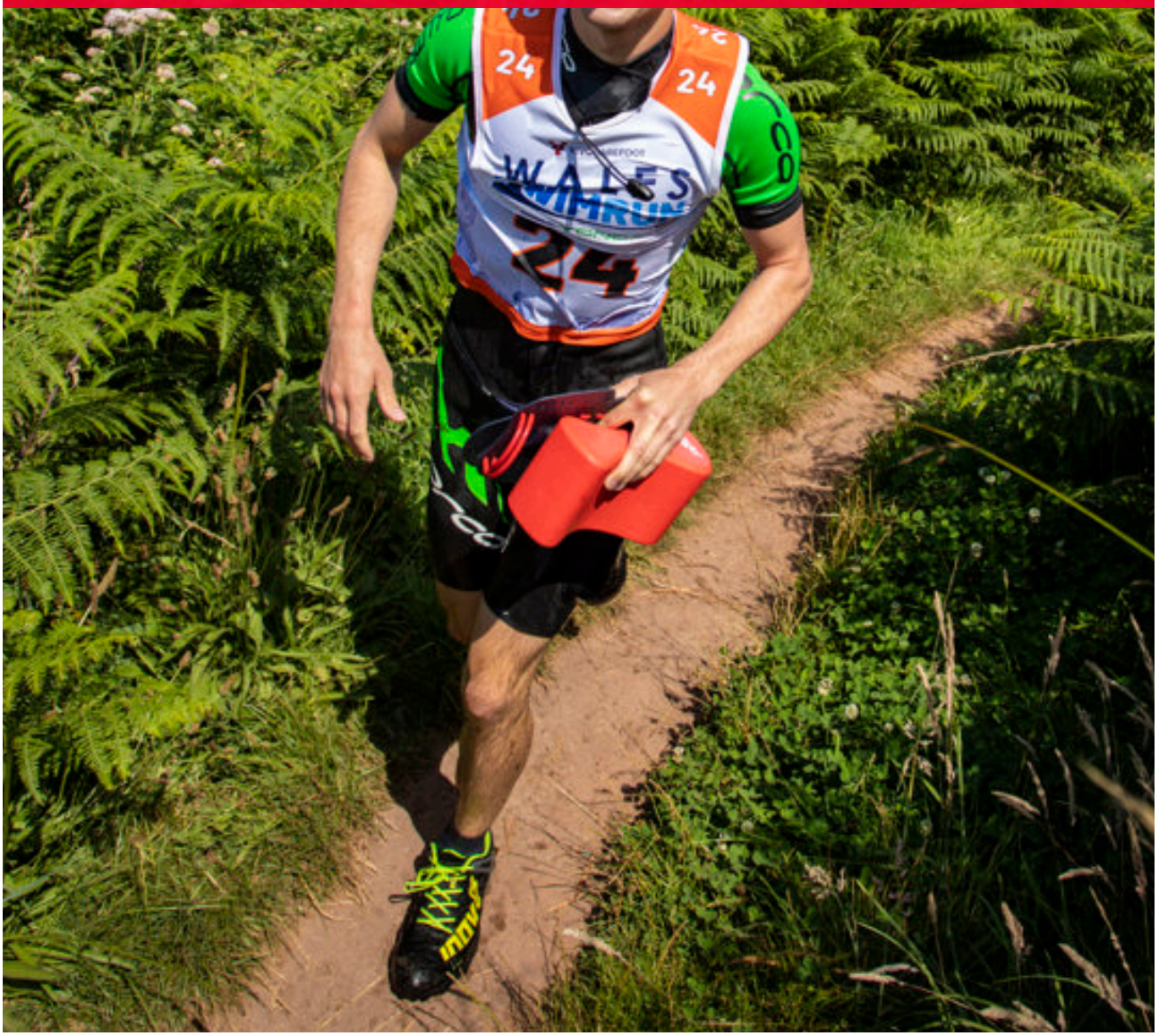
This race pack is **PROVISIONAL**. Race information may change between now and the event.

THE WALES SWIMRUN

RACE PACK



THANK YOU.

Firstly can we take this opportunity to thank you for participating in the Wales Swim Run 2026. We can’t wait to see you on the start line.

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 two distances on offer (Full and Sprint) to both individual and team entrants, we're sure it's going to be an incredible day for all involved!

You may have many questions about how the day will run and this 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. 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*

Sprint Distance Start

Lydstep Car Park, ///passwords.apple.among

Finish Line

Saundersfoot Harbour, ///freely.pulp.gums

Full Distance Start Meeting Point

Freshwater East Car Park, ///prepares.roughest.fades

Bus Pick Up

Saundersfoot Arcade, ///whiplash.groom.realm

Registration

Regency Hall, Saundersfoot, ///bonnet.bandstand.loosens

PARKING

Coppet Hall Car Park

Pay and Display, ///solicitor.suitably.shakes

Saundersfoot Harbour Car Park

Pay and Display, ///joints.eyelid.bits

Regency Hall Car Park, Saundersfoot

Pay and Display, ///blackmail.certified.scales

Freshwater East Car Park

Pay and Display, ///probing.treble.uncle

Lydstep Car Park

Free Parking, ///massaged.suggested.wakes

ITINERARY

Friday 23rd July

🎯 **6pm-6:30pm** **Registration & Equipment Check** 📍 Regency Hall, Saundersfoot ///bonnet.bandstand.loosens

🎯 **6.30-7pm** **Dinner** 📍 Regency Hall, Saundersfoot ///bonnet.bandstand.loosens

🎯 **7pm** **MANDATORY Race Briefing** 📍 Regency Hall, Saundersfoot ///bonnet.bandstand.loosens

🎯 **7:10pm** **Bib Presentation** 📍 Regency Hall, Saundersfoot ///bonnet.bandstand.loosens

Saturday 24th July

🎯 **5:30am** **Coaches Depart to Event Start- Full Distance** 📍 Saundersfoot Arcade ///whiplash.groom.realm

🎯 **6:30am** **Full Distance START- Individual & Team Entries** 📍 Freshwater East ///reap.poetic.yelled

🎯 **7:30am** **Coaches Depart to Event Start- Sprint Distance** 📍 Saundersfoot Arcade ///whiplash.groom.realm

🎯 **8:30am** **Event Start- Sprint Distance** 📍 Lydstep Headland Car Park ///colonies.trapdoor.inefficient

🎯 **11:30am** **First Athlete Home** 📍 Saundersfoot Harbour ///freely.pulp.gums

🏁 **2:30pm** **All Athletes Home- CUT OFF** 📍 Saundersfoot Harbour ///freely.pulp.gums

🎯 **2:40pm** **CHAMPIONS PRESENTATION** 📍 Captains Table, Saundersfoot ///evening.yell.overjoyed

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 Bib Vest (given during presentation)

1 X Athlete Polo

1 X Swim Cap

1 X Timing Chip to be worn on your ankle and returned at the finish line (1 per team)

> ***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

EQUIPMENT

PLEASE BRING ALL OF YOUR MANDATORY EQUIPMENT TO REGISTRATION TO BE CHECKED! PLEASE NOTE YOU WILL NOT BE ALLOWED TO REGISTER WITHOUT YOUR EQUIPMENT!

- All teams and individuals need to bring all their equipment from start to finish, if a team fail to bring all their equipment to the finish line they will be disqualified.
- Mandatory Equipment per person which will need to be brought to registration on Friday to be checked –First aid pressure bandage, 1 wetsuit per person, suitable for water temperature of 10 degrees Celsius, 1 whistle per person
- Mandatory Equipment the organisation will supply – Bib Vest – must be visible at all times, Timing Chip (Lost or not returned chips will be charged at £100 per chip), Swim Cap (must be visible at all times during the swim legs)
- Recommended – Tether (as athletes will not be allowed to be more than 10 meters away from each other at any point in the event),
- Equipment Not Allowed – Flotation help that is bigger than 32 cm x 30 cm x 15 cm, Wetsuits that have been modified with paint or colour that washes off, Swim Fins – any of these will result in a DQ

COASTAL SAFETY

The National Coastal Path of Wales will be used for the run sections. Please be aware of any warning signs of danger which are put in place by the coastal path authority. It is mandatory to stay on the path at all times unless directed otherwise. We are very lucky to be granted the relevant permissions to stage the race in the Pembrokeshire National Park, so please help us by reducing the environmental impact as much as possible and take all your litter home.

PLEASE CLOSE ALL GATES BEHIND YOU CAREFULLY

RACE CONDITIONS (WEATHER & TERRAIN)

The run will take place on a multi-terrain surface, so please take this into account and wear suitable footwear. Please ensure you stay hydrated throughout the course. Water will be supplied at the 4 feed stations across the course.

Please note the course can be altered mid-race, should conditions dictate.

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

Timing & Race Numbers

At registration, you will be given your timing chip. You will also be given a bib vest during the race number presentation which must be worn throughout the entire swimrun.

All teams have to pass timing checkpoints and the finish line together. Your chip is from the start of the race until the finish.

Throughout the course there will be cut-offs where the teams will need to reach to be able to continue the race. If you arrive just prior to a cut-off time, it will be at the discretion of the marshal as to whether you are fit to continue.

- **LYDSTEP FEED STATION CUT OFF: 8.45AM**
- **TENBY FEED STATION CUT OFF: 10.30AM**
- **THE GLEN FEED STATION CUT OFF: 12PM**
- **OVERALL CUT-OFF: 1.30PM FOR ALL ATHLETES.**

RACE NUMBER PRESENTATION & DINNER

After you register, there will be a briefing and bib presentation with all the information you need. This briefing is mandatory and failure to attend will result in you being unable to race.

Bib Presentation

All registered athletes will be called up to receive their bibs from the Race Director. If you are in a team, you will be called up by your team name.

Dinner

There will be food before the bib presentation (pre-requested dietary requirements will be catered for), giving you a chance to chat with your fellow athletes and speak with our Envol Swim Run representatives.

Athletes' food is included in the entry price. You can bring family/friends with you, but you will need to order and pay £10 per person before the day to confirm food for them. Please note that we are not able to add food orders on the day.

A meal and a bottle of water will be provided, but you are welcome to bring your own refreshments if desired.

COURSE BREAKDOWN

RUN 1: Freshwater East Beach - run to sea

SWIM 1: Freshwater East Bay - 930m

RUN 2: Freshwater East Beach - Manorbier - 4km

SWIM 2: Manorbier Bay – Manorbier Beach - 920m

RUN 3: Manorbier Beach - Lydstep - 4.85km

CUTOFF: 8.45AM - LYDSTEP FEED STATION

SWIM 3: Lydstep Bay - 900m

RUN 4: Lydstep Beach – Tenby South Beach - 4.31km

SWIM 4: Tenby South Beach – Tenby South Beach - 870m

RUN 5: Tenby South Beach – Tenby North Beach - 2.61km

CUTOFF: 10.30AM - TENBY FEED STATION

SWIM 5: Tenby North Beach - Waterwynch - 1.12km

RUN 6: Waterwynch – The Glen - 4.33km

CUTOFF: 12PM - THE GLEN FEED STATION

SWIM 6: The Glen – Wisemans Bridge - 2.1km

LAST RUN: Wisemans Bridge to Saundersfoot- 2.08km

OVERALL CUT OFF: 1.30PM

THE COURSE

Full Distance - Swim 7K / Run 22K

WALES SWIMRUN FULL DISTANCE -

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

Sprint Distance - SWIM 4.7K / RUN 14K

WALES SWIMRUN SPRINT DISTANCE -

> *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

Manorbier 8KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Lydstep 12KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Tenby 23KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels.

The Glen, Saundersfoot 28 KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Saundersfoot Harbour Finish Line

Bottled water, Crisps, Sweets,

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE, AND ITINERARIES ARE SUBJECT TO CHANGE.

LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE OF IT AT BINS AT FEED STATIONS. CUPS WILL BE AVAILABLE AT FEED STATIONS, BUT THEY MUST NOT BE TAKEN ON COURSE.

TOILETS ARE AVAILABLE AT: NORTH BEACH TENBY (FREE), CASTLE HILL TENBY (PAID), NORTHWALK TENBY (FREE). PORTALOOS WILL BE AVAILABLE AT: LYDSTEP, SAUNDERSFOOT AND MANORBIER

RULES

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

EVENT BRIEFING AND CUT OFFS

There is a compulsory pre-event briefing that will be held at The Regency Hall Saundersfoot on Friday which must be attended by ALL athletes. Any athlete not present at the briefing will be disqualified.

There will be numerous cut-offs on the course. Should you miss the cut off you will be picked up by a sweep vehicle.

- **LYDSTEP FEED STATION CUT OFF: 8.45AM**
- **TENBY FEED STATION CUT OFF: 10.30AM**
- **THE GLEN FEED STATION CUT OFF: 12PM**
- **OVERALL CUT-OFF: 1.30PM FOR ALL ATHLETES.**

Parking

There is parking at both startlines, but we will not have transport to take you back to the start lines.

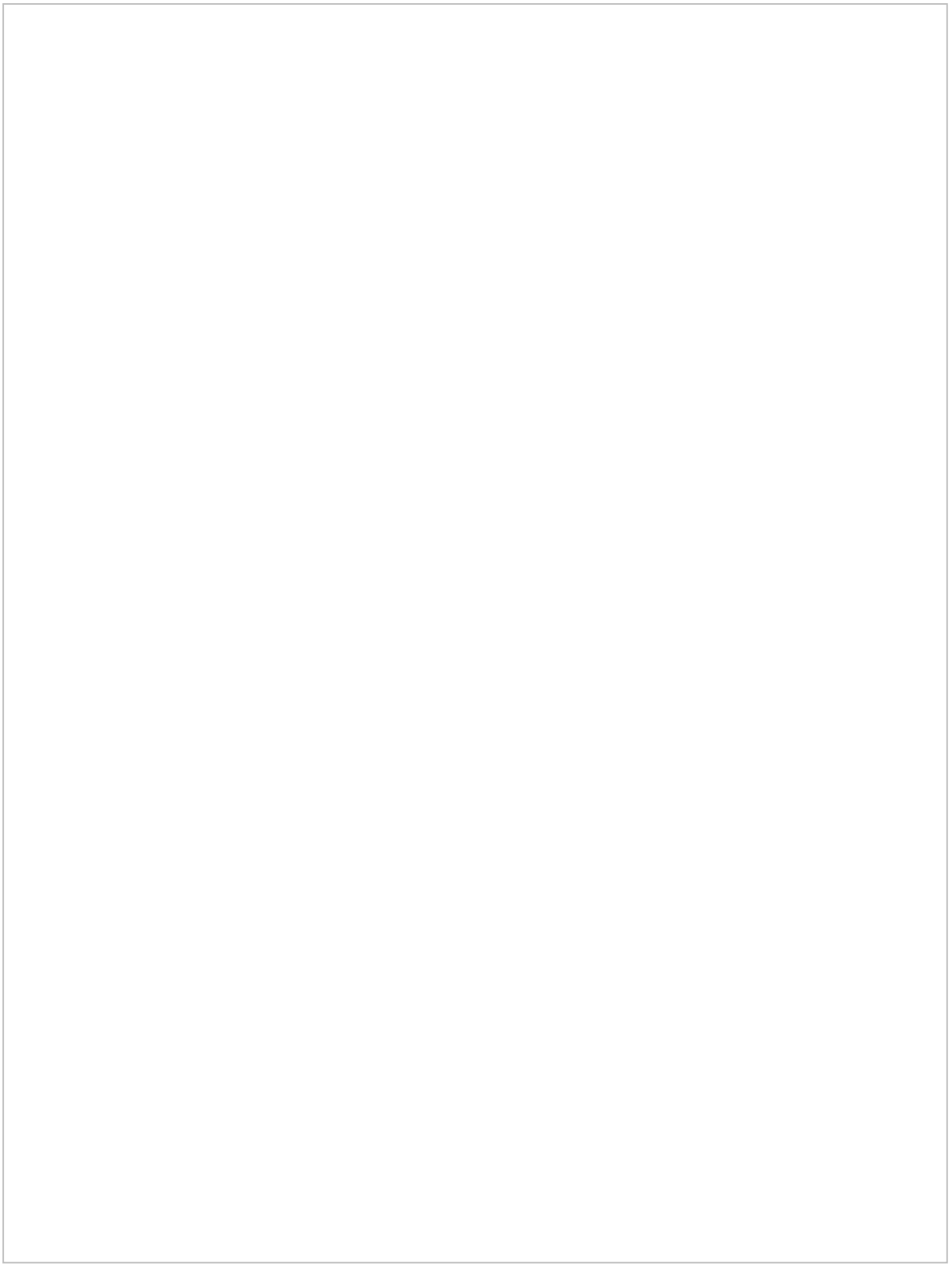
GENERAL RULES & EVENT CONDUCT

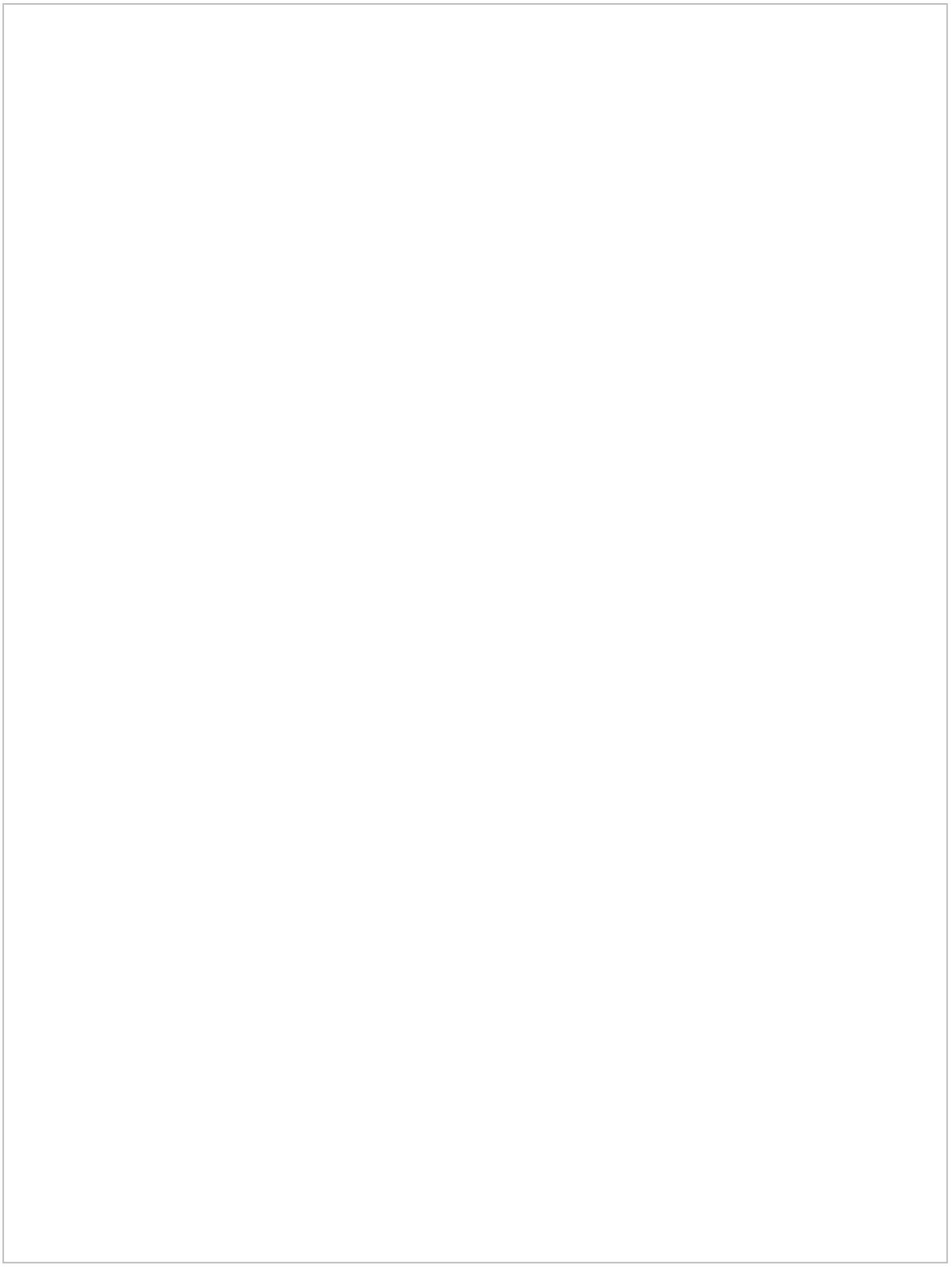
Race Entry

- To be able to participate you must be at least 18 years old and able to swim competently .
- Each team member/individual needs to have valid insurance for competing in the swim run.
- There will be no option to transfer your entry to another event, defer your entry or swap an athlete out of a team.
- All participants (each team member) will need to show proof of ID when registering for the event.
- By entering the event you are accepting full responsibility of all the rules, terms and conditions and disclaimers.

Course Information

- Follow the coastal path at all times - some sections on the course where we feel extra help is required then this will be signed with a arrow. There will be some arrows and marshals on course, but you must know the route prior to the event. It will be your own responsibility to follow the marked courses. Failure to follow the course will result in disqualification.
- There will be 4 water/food stations on course at Manorbier, Lydstep, Saundersfoot and Tenby.
- There will be medical staff at feed stations if needed.





Equipment

- All teams and individuals need to bring all their equipment from start to finish, failure to bring all equipment to the finish line will result in DQ.
- Mandatory Equipment per team/individual which will need to be brought to registration on Friday to be checked –

- First aid pressure bandage, 1 wetsuit per person, suitable for water temperature of 10 degrees Celsius, 1 Compass/Watch Compass, 1 whistle per person.
- Mandatory Equipment the organisation will supply – Bib Vests – must be visible at all times, Timing Chip (Lost or not returned chips will be charged at £100 per chip), Swim Cap (must be visible at all times during the swim legs) Recommended – Tether (as athletes will not be allowed to be more than 10 meters away from each other at any point in the event).
- Equipment Not Allowed – Floatation help that is bigger than 32 cm x 30 cm x 15 cm., Wetsuits that have been modified with paint or colour that washes off, Swim Fins – any of these will result in a DQ

Timing & Cut Offs

- All teams have to pass all timing checkpoints and the finish line together. Your chip is from the start of the race until the finish.
- If you DNF en-route, you are to wait at the next water entry point with a Marshal. Once all athletes have gone through, you will be collected and returned to the finish line.

Racers Responsibility

- The participants must know the rules and follow them.
- The participants shall respect other participants, organisation, spectators and the general public.
- The participants are not allowed to use unfair methods to get advantages. The event is a clean sport and we do not allow any use of illegal substances.
- The participants are taking part at their own risk and cannot hold the organisation responsible for any accident during the event.
- The teams/individual are obliged at their best ability to help another team/individual that have been injured or sick.
- Any team/individual that pulls out of the event shall report to an official as soon as possible.
- The participants are responsible for their own litter and should dispose of it in a bin provided.
- The race bibs cannot be modified in any way and must be worn at all times.

Rules

- There will be race directors present at the event. They will be enforcing the rules, decide the outcome of a protest, decide about disqualification and decide about course changes and rule changes.
- The race directors have the right to use ‘common sense’ to make a decision about an arisen situation if it is not clear in the rules. The race directors decision is definitive.

- Any protests must be given in writing to the race organisation within an hour after finishing the event. This must include – time, location, team number, team name, the reason for protest and any witnesses details if needed. A protest that does not fill this point will be ignored. A decision will be then communicated to those involved as soon as possible. Disqualifications – any offence against the rules leads to disqualification.
- It is not allowed to receive assistance from people other than the race organisation. Each team/individual has to make their own way from start to finish.

Safety

- The race organisation has completed a risk assessment of the event and taken the required steps to minimise the risk of the event.
- There will be the necessary water safety and marshals provided by the organisation. However, your race partner will be the first point of water safety.
- The two team members have to stay together at all time and cannot be more than 10 metres apart.
- The race organisation can refuse a team or individual to continue if they judge them not capable due to fatigue or physical condition, and continuation would pose an unnecessary risk.

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 and Female Individual (Full Distance)
- 🏆 1st, 2nd, 3rd Male Team (Full Distance)
- 🏆 1st, 2nd, 3rd Female Team (Full Distance)
- 🏆 1st, 2nd, 3rd Mixed Team (Full Distance)
- 🏆 1st, 2nd, 3rd Male and Female Individual (Sprint)
- 🏆 1st, 2nd, 3rd Male Team (Sprint)
- 🏆 1st, 2nd, 3rd Female Team (Sprint)
- 🏆 1st, 2nd, 3rd Mixed Team (Sprint)

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

If you are not taking the bus, please ensure that you are parked/dropped off at the race start meeting point no later than 6am Full/8am Sprint.

POST EVENT INFORMATION

Awards Presentation

We will hold the presentation at approximately 1.40pm after the last athlete has crossed the finish line.

If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

BAG DROP

Bag drop is available at both start locations. Your bags will be ready to collect at the finish line once you have finished the race.

Please make sure you put your race number onto the tag provided and attach to your bag. Your bag will be brought back to the finish line.

Every effort will be made to keep your bag secure but you will leave items at your own risk. The race organisers cannot be held responsible for any items left behind.

Freshwater East 5.45am - 6.15am

Lydstep 7.45am - 8.15am

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.

DNF PROCEDURE

If you DNF en-route, you will need to wait at the next water entry point with a Marshal. Once all athletes have passed this point, you will be collected and returned to the finish line.