

This race pack is **LIVE**. Race information is correct and up-to-date as of
28/07/2026 12:57:50

PEAKS FISHGUARD SWIM RACE PACK



THANK YOU.

We would like to take this opportunity to thank you for participating in the PEAKS Fishguard Swim. We can't wait to see you on the start line.

With many other events also taking place on the weekend, including the Fishguard Half Marathon, Fishguard 10k, Fishguard 5k and of course the legendary Wales Triathlon, there will be a range of athletes participating.

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

We hope that you have a great time and enjoy the day enough to return next year.

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

Ocean Lab Car Park, **///wage.suitable.unrated**

Registration

Phoenix Centre, **///dust.scatters.zealous**

PARKING

Moor Car Park (no parking on the grass verge)

Goodwick, [///workflow.reclaim.snack](#)

Fishguard & Goodwick Station

, [///prep.demanding.staining](#)

Please note there is NO parking at The Shack.

This is a private car park, [Please do not park here](#)

Station Hill

Goodwick, [///leads.ants.bibs](#)

West Street

Fishguard, [///petty.florists.waitress](#)

ITINERARY

Friday 5th June

 **2pm-5pm** Registration Open  Phoenix Centre [///dust.scatters.zealous](http://dust.scatters.zealous)

Saturday 6th June

 **5:30am-7:15am** Registration Open  Phoenix Centre [///dust.scatters.zealous](http://dust.scatters.zealous)

 **7:35am** Acclimatisation  Slipway (Start-line)

 **7:45am** Mandatory Race Briefing  Start Line

 **8am** Race Start  Slipway

 **8:30am** First Lap Cut Off  Swim Exit

 **9am** Overall Cut Off  Finish Line

 **9am** Swim Podium  Finish Line

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 timing chip to be worn on your LEFT ANKLE OUTSIDE OF YOUR WETSUIT

1 X Swim Hat

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

Safety Briefing



Watch the pre-event briefing video at:
<https://www.youtube.com/watch?v=SjQMQt7-qA>

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

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If you pull out of the swim, please make sure you report to an official or you will be classed as missing.

If you are unable to finish the race, you **MUST** report to an official to inform them and hand back your timing chip. Failure to return your chip will result in a cost of £100.

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

Please attach your timing chip to your left ankle for the duration of the event.

**FAILURE TO RETURN YOUR CHIP, DURING OR AFTER THE EVENT, WILL RESULT IN A
£100 CHARGE FOR LOSS OF CHIP.**

If you are unable to finish, please report to a marshal/team leader ASAP. If you are unaccounted for, we will assume you are missing.

WAVES

All athletes will go at the same time.

THE COURSE

1.9k Swim - 1.9k

SWIM - 1.2 MILES

LAPS 2

All course cut-off times can be found in the [event itinerary](#).

This is a 2 lap swim with short run between exit and re-entering the water.

950m Swim - 950m

SWIM - 950M

LAPS 1

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

Finish Line

Water and sweets will be available for your post-race recovery.

ROUTE TO THE FINISH

Once you complete your entered distance, Head towards the breakwater and make a sharp right turn just before, then another sharp right, down the glorious red carpet finish line to receive your well-deserved medal!

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 ALL the rules.

- 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.
- Please keep the buoys on your right-hand side.
- No fins or flotation 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 comes into play, you must obey the Water Safety Instructions for extraction.

It is your choice to enter the water.

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 Overall

🏆 1st, 2nd, 3rd Female 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

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.