

24TH MAY 2025



SWANSEASWIM.COM
RACE PACK

IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY,
EVEN IF YOU HAVE RACED BEFORE.**

Activity Wales Events would like to take this opportunity to thank you for participating in The Swansea Swim 2025. 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 the Swansea Triathlon and The Swansea 5k both taking place on Sunday, we're sure the weekend will 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 everyone 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'd love to see you return next year or attend one of our other AWE events.

A huge thank you again for your continued support.

See you on race day!



THE ACTIVITY WALES EVENTS TEAM

CONTENTS

Event Itinerary	4
Pre-event Information	5-6
Event Day Information	7
Course Information	8
Rules	9
Post-event Information	11-12



EVENT ITINERARY

SATURDAY 24TH MAY

WHEN	WHAT	WHERE
12pm - 3.30pm	Registration open	Civic Centre
4pm	All Distances Swim Start	The Secret Beach Bar
6pm	Swim Cut-Off	The Secret Beach Bar

Please note the swim will take place at the entrance for Secrets Cafe.

There are WHAT3WORD locations for the above on page 5.



PRE EVENT INFORMATION

— REGISTRATION: CIVIC CENTRE

WHAT3WORDS: ///tides.bill.hotels

EVENT LOCATION (START LINE) : The Secret Beach Bar & Kitchen

WHAT3WORDS: ///online.leader.horses

— PARKING:

LOCATION: The Quadrant MSCP, Plymouth Street SA1 3QR

WHAT3WORDS: ///burst.ladder.shave

LOCATION: Civic Centre, Oystermouth Road, SA1 3SN

WHAT3WORDS: ///keen.when.emerge

LOCATION: Paxton Street Car Park, Maritime Quarter, Swansea SA1 3SA

WHAT3WORDS: ///open.chimps.spend

LOCATION: Marina Park, 188 St Margarets Court SA1 1RW

WHAT3WORDS: ///jolly.purple.beans

LOCATION: St David's Multi-storey, SA1 3LQ

WHAT3WORDS: ///fees.dairy.moss

SWANSEA CITY CENTRE CAR PARKS - there are a number of alternative car parks listed here.

— **REGISTRATION**

REGISTRATION: CIVIC CENTRE

WHAT3WORDS: ///tides.bill.hotels



DON'T FORGET YOUR PHOTO ID

Without a photo ID & QR Code, you will be unable to register. You cannot register on someone else's behalf.

On registering you will receive:-

1 x coloured swim hat as per your allocated wave

1 x timing chip to be worn on your ankle outside of your wetsuit

— **BAG DROP**

LOCATION: Finish Line (The Secret Beach Bar & Kitchen)

WHAT3WORDS: ///online.leader.horses

A bag drop will be available at the finish line. Bag Drop will open at 3pm and will close at 6.30pm. Any bags left after this time will be removed and delivered to race registration as lost property. You will be issued a tag when you arrive at the bag drop. Please make sure you write your race number onto the tag and attach it to your bag.

Please note there may be bag checks when you drop your bag off, which will be completed in front of you.

Every effort will be made to keep your bag secure however, items are left at your own risk. The race organisers cannot be held responsible for any items left behind. We will try to accommodate all bags at the bag drop, however, space is limited so only small bags under 5kg will be accepted.

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

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

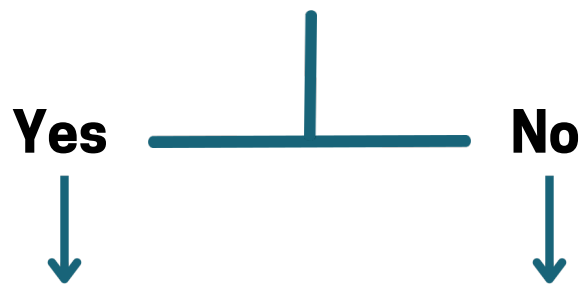


**Do you struggle with
the swim?**



MYSWIMCO.

Want to get faster?



MYSWIMCO.

Why not?

MYSWIMCO.

MYSWIMCO.
Swimming, for everyone.

EVENT DAY INFORMATION

RACE BRIEFING VIDEO

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

[Find the video briefing here](#)

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.

FINISH LINE

At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin. Failing to do so will result in a replacement fee of £100.

ENVIRONMENTAL IMPACT

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

LEARN TO
SWIM,
FAST

OR

LEARN TO
SWIM
FAST

It makes no difference, we do both.

MYSWIMCO.

COURSE & MAPS

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:

COURSE MAPS

— **SWIM 3k - 2 LAPS - 4pm**

SWIM 1.9K - 2 LAP - 4pm

SWIM 750m - 1 LAP - 4pm

Overall cut off 6pm

PLEASE BE AT THE START LINE 15 MINUTES BEFORE YOUR START TIME

WETSUITS ARE MANDATORY FOR THIS EVENT

THE SWIM WILL TAKE PLACE OUTSIDE THE SECERTS CAFE AND BAR

- You will be briefed on the day on which coloured buoys to follow as per your distance.
- Make sure you give yourself plenty of space. This will enhance your enjoyment of the swim. Water safety is provided by professional and well trained organisations. **Should you get into trouble please lie on your back and put your hand in the air and they will assist you.** Water safety are there to enhance enjoyment and naturally to ensure your safety, you will not be DQ'D for requesting their help should you then be able to continue and complete the swim.
- On exiting the swim, athletes of all abilities can get dizzy, this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from water.



RULES

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 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 ensure you follow all instructions they give you.
- When the cut-off of (6pm) comes into play, you must obey Water Safety Instructions for extraction.
- It is your decision to enter the water.



POST EVENT INFORMATION

AWARDS & RESULTS

We will hold the presentation 5 minutes after the 1st, 2nd and 3rd male and female athletes have 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.

Please note, on-the-day presentation will only be for 1st/2nd/3rd overall male and female winners only.

WINNING CATEGORIES

3k - 1st, 2nd, 3rd Male and Female

1.9k - 1st, 2nd, 3rd Male and Female

750m - 1st, 2nd, 3rd Male and Female

Results will be available at
[SWANSEA SWIM RESULTS](#)



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.

LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #swanseaswim, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race.

DIABLOS SA1 - (01792 457000)

PUMP HOUSE - (01792 651080)

JUNIPER PLACE - (01792 468715)

GALLINIS - (01792 456285)

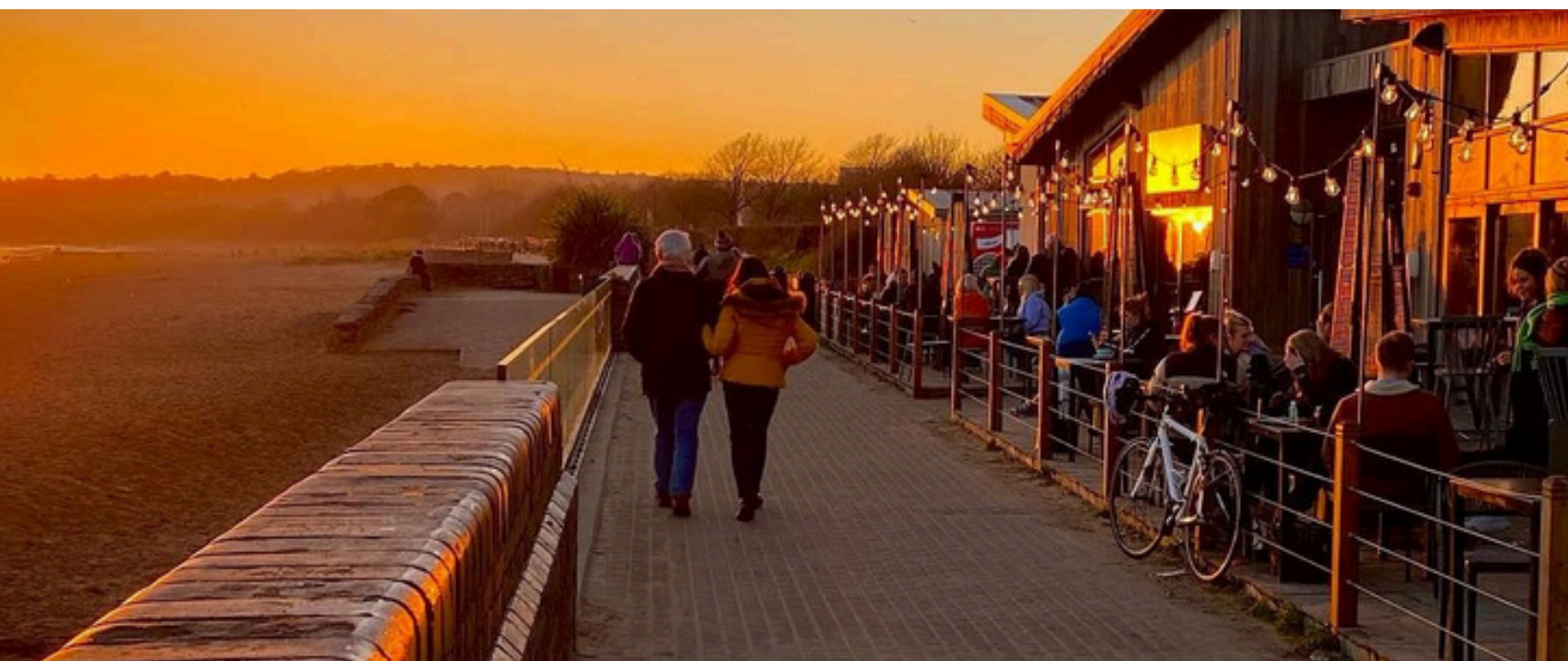
EL PESCADOR - (01792 464947)

THE GREEN ROOM BAR AND KITCHEN - (01792 712555)

THE SECRET BEACH BAR & KITCHEN (01792 439220)

A bustling beachfront venue offering breakfast, brunch, lunch and dinner while enjoying views over Swansea Bay. All dishes are cooked from fresh and ingredients sourced from within a 10 mile radius of the premises wherever possible.

The outside kiosk offers snacks, hot drinks and alcohol which can all be taken away.



OUR EVENTS 2025

WALES TRIATHLON 15TH JUNE

FISHGUARD TRIATHLON 15TH JUNE

LONG COURSE WEEKEND WALES 27TH - 29TH JUNE

THE WALES SWIM 27TH JUNE

THE WALES SPORTIVE 28TH JUNE

THE WALES MARATHON 29TH JUNE

THE WALES HALF MARATHON 29TH JUNE

THE WALES 10K 29TH JUNE

THE WALES 5K 29TH JUNE

WALES SWIM RUN 26TH JULY

LONG COURSE WEEKEND YORKSHIRE 29TH - 31ST SEPTEMBER

SAUNDERSFOOT TRIATHLON 19TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 26TH - 28TH SEPTEMBER

