

26TH MAY 2024



SWANSEA5K.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 5k 2024. 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 Swim 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 ACTIVITY WALES EVENTS TEAM

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EVENT ITINERARY

SATURDAY 25TH MAY

WHEN

10am - 5pm

(Priority will be given to Swansea Swim athletes between 10am-2pm)

WHAT

Swansea 5k Registration open

WHERE

Dylan Thomas Centre

There are WHAT3WORD locations for the above on page 5.

SUNDAY 26TH MAY

WHEN

6am - 9.30am

10.00am

11.00am

WHAT

Swansea 5k Registration open

5k Starts

Last athlete finishes

WHERE

Dylan Thomas Centre

East Burrows Road Car Park

Finish Line

There are WHAT3WORD locations for the above on page 5.



PRE EVENT INFORMATION

REGISTRATION: DYLAN THOMAS CENTRE

WHAT3WORDS: ///home.spends.once

START LINE: OUTSIDE EAST BURROWS CAR PARK

WHAT3WORDS: ///cans.rounds.sang

FINISHLINE: NATIONAL WATERFRONT MUSEUM

WHAT3WORDS: ///stable.motel.ends

PARKING:

LOCATION: The Quadrant MSCP, Plymouth Street SA1 3QR

WHAT3WORDS: ///burst.ladder.shave

LOCATION: Civic Centre, Oystermouth Road, SA1 3SN

WHAT3WORDS: ///keep.fuel.labels

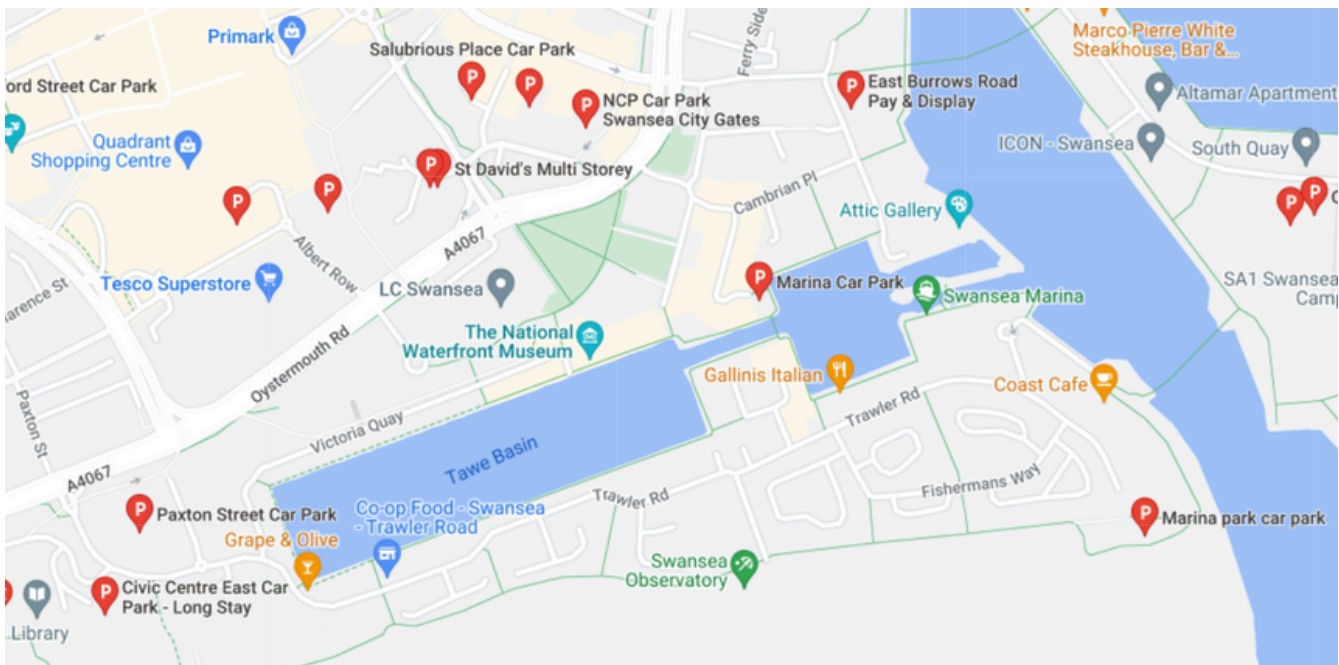
LOCATION: Marina Park, 188 St Margarets Court SA1 1RW

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

LOCATION: DYLAN THOMAS CENTRE

WHAT3WORDS: ///home.spends.once

! 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:-

SWANSEA 5K

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

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

Please bring a pen with you to complete your medical conditions on the back of your bib number.

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.





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EVENT DAY INFORMATION

SAFETY

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

Event briefing video

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.

MEDIA & PHOTOGRAPHY

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

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.

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.

COURSE & MAPS

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

COURSE MAPS

Courses are comprehensively marshalled and signed with black arrows/fluorescent background.

START TIME: 10.00AM

START LINE LOCATION: EAST BURROWS CAR PARK

WHAT3WORDS ///salon.bricks.winner

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 in front of the National Waterfront Museum.

RACE INFORMATION

- 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.

ON THE DAY EVENT RULES

- 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.

Swansea Bay Health Charity

The official charity of your local NHS



All donations made stay in Swansea Bay Health Board

-Support your local NHS

Contact us

swanseabay.healthcharity
@wales.nhs.uk

**Follow us
on social media**



Swansea Bay
University Health
Board

Registered Charity Number:1122805

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.

WINNING CATEGORIES

Swansea 5k

1st, 2nd, 3rd Male and Female

Results will be available on the link below

[SWANSEA 5K 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 #swansea5k. Be 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 SECRET BEACH BAR & KITCHEN - (01792 439220)



OUR REMAINING EVENTS 2024

CHALLENGE WALES 9TH JUNE

FISHGUARD TRIATHLON 9TH JUNE

LONG COURSE WEEKEND WALES 21ST - 23RD JUNE

THE WALES SWIM 21ST JUNE

THE WALES SPORTIVE 22ND JUNE

THE WALES MARATHON 23RD JUNE

THE WALES HALF MARATHON 23RD JUNE

THE WALES 10K 23RD JUNE

THE WALES 5K 23RD JUNE

WALES SWIM RUN 13TH JULY

LONG COURSE WEEKEND YORKSHIRE 6TH - 8TH SEPTEMBER

SAUNDERSFOOT TRI 20TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 20TH - 22ND SEPTEMBER



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