



## FAQS

### **Are there are specific SwimRun rules?**

You must enter as a team of two (male, female or mixed). Wetsuits are compulsory and you must stay within 10 metres of your partner at all times. There are no transition areas to get changed in, what you wear must be suitable for both running and swimming – find more kit information here.

### **Do you have to carry all your equipment with you for the duration of the race or are there stations you can leave and collect equipment/kit at?**

The ethos of SwimRun is everything you need you carry. Leaving anything behind, or getting anything from external support is against the rules and will sadly lead to disqualification - find more kit information here.

### **Are there different distances I can compete in?**

Yes, three! The Short distance which is just over 10km, the Middle distance just over 21km and endurance distance, which is a challenging 36.5km. Find out more about each course here.

### **Is there an age limit?**

Sprint distance – 16 years old, Middle distance – 17 years old, Endurance distance – 18 years old. See more here.

### **Do I need to compete in a pair?**

Yes – teamwork is at the heart of SwimRun. Taking part as a pair will allow you to help each other around the course, and enjoy it all the more. It also forms a key part of our safety system. If you can't find anyone to take part with, use our Facebook page to pair up with someone else in the same position. You must stay within 10m of your teammate at all times during the event.

### **Can I change teammates?**

If you need to change your teammate please get in touch with our customer services team at [info@greatswim.org](mailto:info@greatswim.org) before the event.

### **What will I receive from Great SwimRun in my race pack?**

You'll receive a goody-bag with edible treats, special offers, technical t-shirt and medal...

### **Are there water stations at various points during the race?**

Yes, there are feed stations at various points on course. These can be seen on the course maps, and each station will have Aqua Pura, Lucozade sport and energy gels.

### **During the race what should I eat and drink?**

It's entirely your decision on what you eat and drink during the race. You will be on course for a prolonged period so you should make sure you stay hydrated and take on board sufficient energy. Use the feed stations on route and feel free to carry additional food and drink with you. Many people chose to take a water bladder with them and carry energy bars and gels in their wetsuit.

### **What is the terrain like?**

The terrain will be mixed and at times difficult. Please take care and look out for each other. You will be running on trails and paths that are shared with the general public. Please respect them and give way if required. Take particular care when on footpaths adjacent to roads and traffic, ensuring both competitors and the public do not need to step on the road. If you need to stop: stop.

### **How is the event split up between swimming and running?**

There will be approximately 15% swimming and 85% running – however, depending on the distance chosen this will vary slightly.

### **How good at swimming do I need to be?**

You must be able to swim a minimum of half a mile, unaided, in open water in a variety of conditions.

### **How good at running do I need to be?**

We recommend choosing your distance based on the following:

Short distance – you should be able to run a 10k

Middle distance – you should be able to run a half marathon

Endurance distance – you should be able to run a marathon

### **Can I take part in more than 1 SwimRun event on the same day?**

No. Taking part in more than one event will not be possible.

### **How are the events timed?**

Your timing chip will be attached to your ankle and the timing mats will be placed at the start and the end of the race.

### **What is the water quality like?**

The water in the Lake District is generally of a high quality for open water swimming, however regular tests are carried out in the run up to event day. Should the quality not reach our minimum standards, alternative plans will be in place and will be communicated to all participants.

### **What are the elevation profiles?**

It depends on the distance you choose. The elevation ranges from 200 metres to 1200 metres.

### **Can we cover the distance as a relay team?**

No. Your team of two must complete the whole distance together.

### **What are the cut off times?**

If you take part in the sprint distance you can take your time, there is no time limit for finishing. However if you take part in the middle distance you will need to complete the course within 5 hours, and if you choose the endurance distance you must complete it within 8 hours.

### **What kind of kit do I need? Can you recommend kit?**

See our 'Great SwimRun gear guide' for more information, but it is essentially up to you. A wetsuit is compulsory and of course you'll need trainers for running and swimming in, but after that you are welcome to bring what you need.

### **Do I really swim in my trainers and run in my wetsuit?**

Yes, it's a unique experience but once you get going it feels entirely normal. Some choose to take their trainers and stash them in their wetsuit for the swim, but like many things, this is entirely your decision. We recommend trying different things in training to help you decide.

### **Can I withdraw from a race or switch to another one?**

If you wish to change distances then please contact our customer services at [info@greatswim.org](mailto:info@greatswim.org). Sadly we cannot refund or transfer entries.

### **Do I need a specific type of wetsuit/ trainers?**

There are various bits of SwimRun kit out there that you can buy, which are specifically designed for the demands of SwimRun. You can also choose to use equipment you already have, and modify it if necessary. Many people use a standard 'shorty' wetsuit and trail shoes that drain well. Read our 'gear guide' for more info

### **Can spectators come and watch me race?**

Spectators are welcome to view from anywhere on course. It is advisable they plan their route in advance to enable them to see you as much as possible.

**Can I have a copy of the race route?**

These are available on the website and will be given out at the pre-race briefing. Please note the final route is subject to change until the day of the event.

**Is there somewhere I can leave valuables before the race?**

There are baggage and changing facilities on site near the finish areas.

**What can we expect at the finish area?**

The finish area at Low Wood Bay Hotel will be the perfect place for your family and friends to meet you. There are also a number of places to enjoy a selection of hot and cold food and drink options, as well as a number of charity and merchandise stalls.

**Is the route marked out or do you need to navigate to the finish yourself?**

The route will have clear way markers for you to follow, however you will be supplied with a course map and the onus is on you to navigate your way around. The essential equipment list includes a compass, and you will need to have a basic competency in map reading.

**Do I need any specialist training or qualifications before competing?**

No, none at all. We do advise that you have trained in your wetsuit and trainers, and you are sufficiently fit and healthy to take part come race day.

**Can I have sponsors/charities marked on my race gear?**

This is no problem, however you must wear your race bib over the top at all times.

**What's the correct procedure for carrying out a transition?**

There is no procedure as such. You must swim in your swim hat and wetsuit, but it is up to you what you keep on and what you carry for the running sections.

**Disqualification**

Anyone in breach of the above points will be disqualified.