



Prifysgol Abertawe  
Swansea University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAWE

## RACE DAY GUIDE

8<sup>TH</sup> JUNE 2025

[SWANSEAHALFMARATHON.CO.UK](http://SWANSEAHALFMARATHON.CO.UK)



**FRONT RUNNER**  
EVENTS LTD





# CONTENTS

---

**3 Introduction**

---

**5 Swansea University**

---

**6 Event Information**

Race Pack Info

Don't Be A Risky Runner

---

**8 Plan Your Journey & The Start**

---

**10 Starting Pens & Cut-Off Times**

---

**11 Route Map**

---

**13 Traffic Plan**

---

---

**15 Staying Safe in the Sun**

---

**17 Sustainability & Hydration**

---

**19 Pacers, Photos & Results**

---

**21 RaceMakers**

---

**21 Corporate Challenge**

---

**23 Partners**

---

**24 2026**

---

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**





Prifysgol  
Abertawe  
Swansea  
University

# SWANSEA

## Half Marathon

HANNER MARATHON ABERTAWE

### Get Ready, Swansea—Race Day is Back!

This year, we're bringing you an exciting line-up of events as you #RunSwansea.

Whether you're conquering the Swansea University Swansea Half Marathon, racing through the city in the Front Runner 5 Miler, or soaking up the buzz at the Freedom Family Fun Run, one thing's for sure—you'll be hooked and eager to sign up again!

We're a small but mighty team, and we're all here to help you #BeYourBest and in doing so, we want to give a massive shoutout to every volunteer, supporter, sponsor, runner and crew member—you're the heartbeat of this event!

Whether you're a seasoned runner or lacing up for your first event as we #RunSwansea, we're thrilled to have you with us. Whatever your goal—smashing a PB, qualifying, fundraising, or just crossing that finish line—we're cheering you on every step of the way.

**Let's do this. See you on the start line!**



**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**







Prifysgol  
Abertawe  
Swansea  
University

# SWANSEA

## Half Marathon

HANNER MARATHON ABERTAWE

### CAMAU BREISON DROS IECHYD MEDDWL

Ym Mhrifysgol Abertawe, rydym yn cymryd camau breision dros les gwell, ac yn credu na ddylai neb sy'n cael trafferth â'i iechyd meddwl ddioddef ar ei ben ei hun.

CEFNOGWCH UN O REDWYR #TÎMABERTAWE  
**RHOWCH ARIAN NAWR**

CEFNOGI.SWANSEA.AC.UK



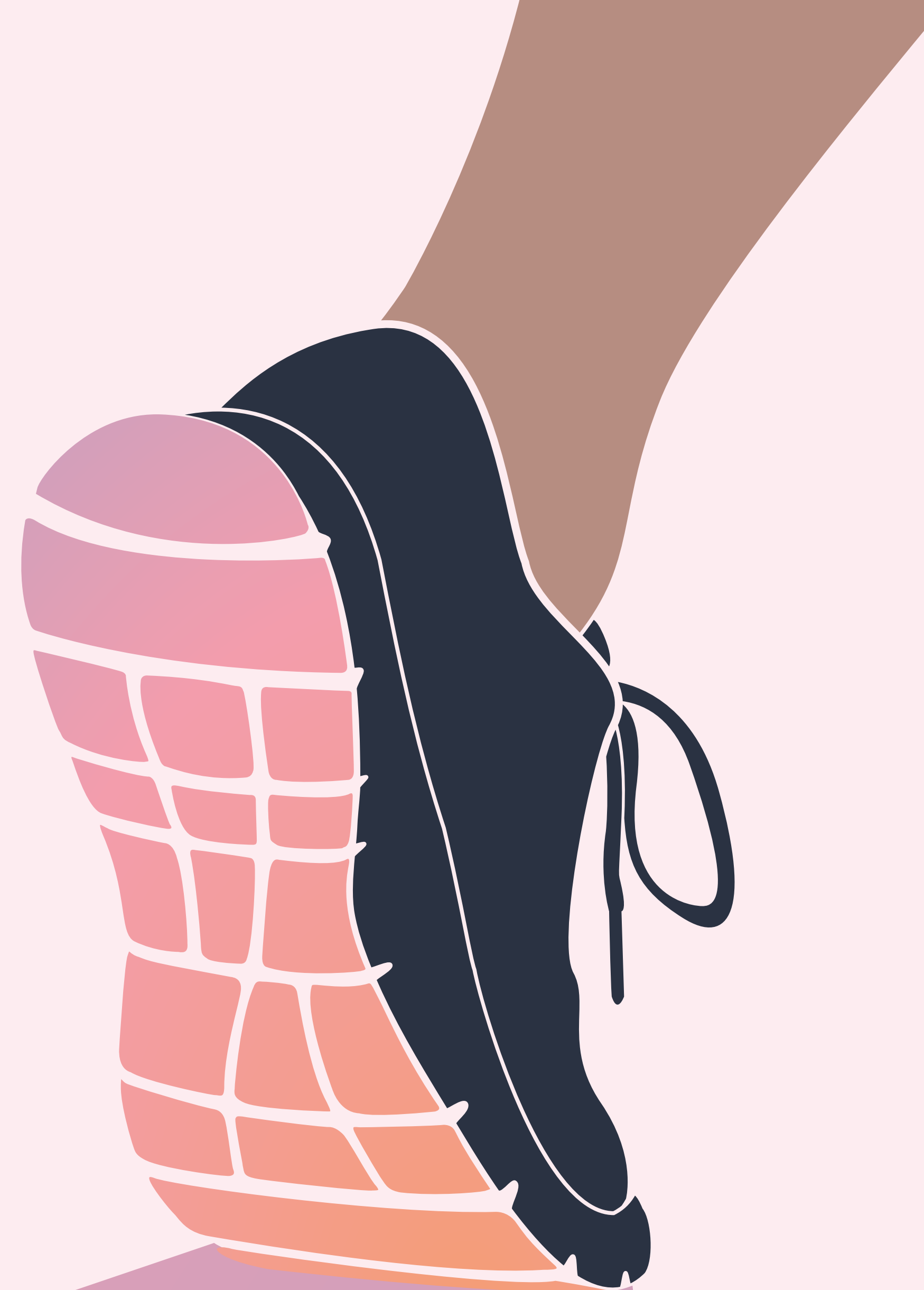
### MAKING STRIDES FOR MENTAL HEALTH

At Swansea University, we're making strides towards greater wellbeing, and believe nobody struggling with their mental health should suffer alone.

SUPPORT A #TEAMSWANSEA RUNNER

**DONATE NOW**

SUPPORTING.SWANSEA.AC.UK







**Prifysgol Abertawe  
Swansea University**

“This is a day to celebrate Swansea. To take in our city and its iconic coastline, and to reflect on the hard work and commitment that has enabled you to take part today.

The race is a fantastic spectacle for our entire Swansea community, in which you can participate, or simply watch and enjoy. At Swansea University, we share the motivations of today’s runners; the drive to improve physical and mental health and to enhance the lives of others through fundraising.

Whatever your motivations for running, enjoy your day and our beautiful city. We will see you at the finish line.”

**Professor Paul Boyle, Vice-Chancellor  
Swansea University**



**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**



# RACE PACK INFO

Your race pack will arrive around 2 weeks before the event. It includes your race number (timing chip attached) and baggage tag. If you registered after 20th May you'll be contacted with race pack collection details prior to the event.

Your **chip activates when you cross the start line**—so no stress if others start ahead of you!

If you haven't received your pack, or lose/forget your number, **limited replacements are available at the Information Point, Museum Green (SA1 1SN):**

- **Saturday 7th June (10am–2pm)**
  - **Sunday 8th June (pre-race** – this option is **NOT advisable** and **MUST ONLY** be used if you are travelling more than 2 hours to the race.)
- Replacement cost: **£10 (cash only)**—so keep your number safe!

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**



# DON'T BE A RISKY RUNNER

## NEVER WEAR SOMEONE ELSE'S RACE NUMBER!

It's a serious safety risk. You'll be disqualified, won't receive a time or certificate, and will be reported to Welsh Athletics. Fill in your medical details on the back of your race number.

## HAVE A MEDICAL CONDITION?

Mark a RED X on the front so we're aware.

## NEED HELP ON THE COURSE?

Stop, rest, and alert a race maker—or ask another runner to do so. St John's medical team will be stationed along the route and at the finish.

## CAN'T CONTINUE?

Move to the left side of the road and signal a crew member. Show your number—they'll log it and help you get back to the event village. (Note: No medal, time, or race goodies if you don't finish.)

## FEELING UNWELL?

Please don't risk it. Stay home—there will always be other race days.

## WE'RE AN INCLUSIVE EVENT

We're committed to making race day welcoming for everyone. A quiet room will be available at the LC for anyone who may need a calm space, including those with sensory sensitivities or additional needs. If you require further support, please speak to a crew member—we're here to help.





**HOME IS EVERYTHING**  
[sheltercymru.org.uk](http://sheltercymru.org.uk)



# PLAN YOUR JOURNEY



By Car: Use M4 Junctions 42–47. Be parked by 08:00 to avoid road closures. We encourage car sharing where possible to reduce congestion and your carbon footprint.



By Train: Swansea Station is on the High Street—just a short walk or taxi ride to the start line.

Plan ahead and allow extra time to get from your arrival point to the event village. Don't forget to plan your return journey too! Details of all roads affected, and the timings of closures can be found **here**.

## THE START

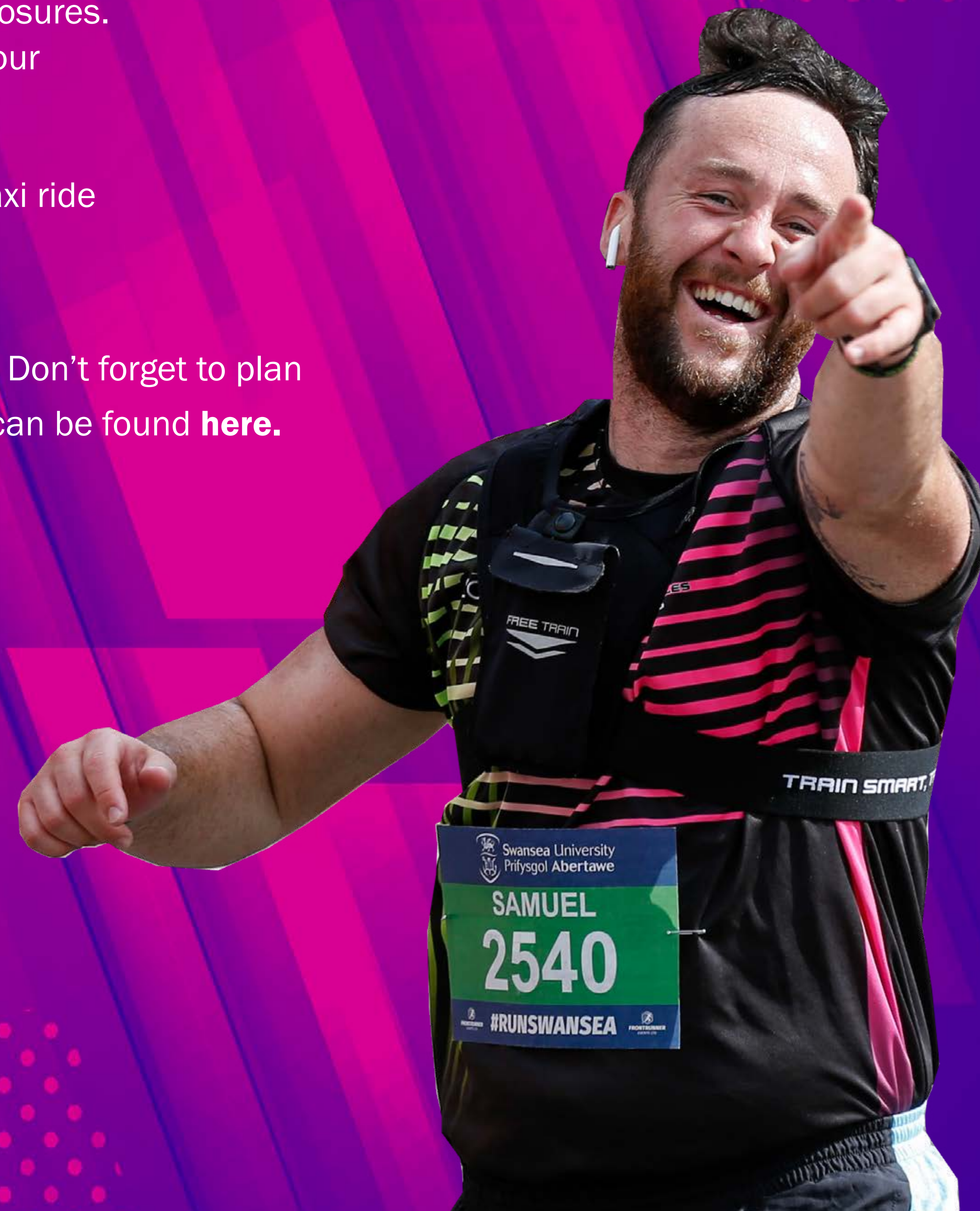
### KEY TIMINGS\*

07:00 Event Opens  
07:00 Baggage Opens  
08:15 Road Closures Start  
08:30 Start Pens Open  
08:55 Wheelchair race starts\*  
09:00 Half Marathon & 5 Miler race starts\*  
09:20 Freedom Family Fun Run starts\*  
13:00 Last runner expected  
14:00 Event closes

\* Race timings subject to conditions on the day.

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**







# SWANSEA Half Marathon

HANNER MARATHON ABERTAWE

## CWRDD Â #TÎMABERTAWE SARAH GWILYM

Ar ôl blynyddoedd o eisiau cymryd rhan, mae Sarah o'r diwedd yn rhedeg Hanner Marathon Abertawe er cof am ffrind annwyl iddi a fu farw chwe mlynedd yn ôl. Daeth rhedeg i fod yn rhan hollbwysig wrth iddi adfer ei hiechyd meddwl ac yn symbol o'i chryfder. Mae cefnogi'r ymgyrch Camau Breision dros Iechyd Meddwl yn golygu rhywbeth arbennig i Sarah, sy'n canmol cymorth Prifysgol Abertawe yn ystod ei hadegau anoddaf.

"Mae rhedeg yn rhoi ymdeimlad o ryddid a chyflawniad imi", meddai Sarah. "Mae gwybod fy mod yn anrhydeddu cof fy ffrind ac yn codi arian ar gyfer iechyd meddwl yn fy nghadw i fynd, hyd yn oed ar y diwrnodau anoddaf".

Er nad yw hi erioed wedi rasio o'r blaen—dim hyd yn oed 5k—mae Sarah yn camu ymhell y tu allan i'w pharth cysur, gan hyfforddi'n raddol tuag at ei nod: croesi'r llinell derfyn a gwneud gwahaniaeth.

### CEFNOGWCH SARAH



I BLE GALLAI GRADD O BRIFYSGOL ABERTAWE EICH ARWAIN?

DIWRNOD AGORED ISRADDEDIG 14 MEHEFIN

CADWCH EICH LLE NAWR



## MEET #TEAMSWANSEA SARAH GWILYM

After years of wanting to take part, Sarah is finally running the Swansea Half Marathon in memory of a dear friend she lost six years ago. Running became a vital part of her mental health recovery and a symbol of her strength. Supporting Making Strides for Mental Health holds special meaning for Sarah, who credits Swansea University's support during her toughest times.

"Running gives me a real sense of freedom and achievement," says Sarah. "Knowing I'm honouring my friend's memory and raising awareness for mental health keeps me going, even on the hard days."

Despite never having raced before — not even a 5k — Sarah is stepping far outside her comfort zone, training steadily towards her goal: simply crossing the finish line and making a difference.

### SUPPORT SARAH



WHERE COULD A DEGREE FROM SWANSEA UNIVERSITY TAKE YOU?

UNDERGRADUATE OPEN DAY 14<sup>TH</sup> JUNE

BOOK YOUR PLACE NOW





# START WAVES & PENS



The start area will have three colour-coded holding zones (White, Pink, and Orange), each with clearly signposted access points.

This year, due to increased capacity, we’ve introduced start waves. Each wave is colour-coded and divided into smaller pen groups (A–I) based on estimated finish times.

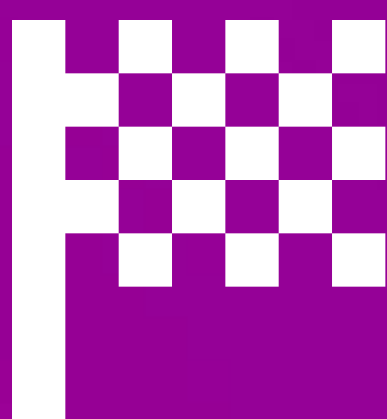
You will be allocated a pen letter according to the finish time you provided during registration.

Your race bib will indicate your designated pen, which has been assigned to you from the estimated time you provided on entry. **You cannot move forward to a faster pen, however, you’re able to move back into a slower pen should you need to!**

For everyone’s safety, **please listen to the volunteers and marshals managing your pen.** They’re there to help you, ensure everything runs smoothly, and maintain the safety of every participant. We ask you to respect each other and remember that your race only begins once you cross the start line!

The 5 Miler start pen will be situated between Wave 1 and Wave 2 of the Half Marathon - this will be signposted on race day.

## CUT-OFF TIMES



The Half Marathon cut-off time is **4 hours**. You must **reach 10K within 1 hour 53 minutes** to continue. Tail walkers will be behind the last runners in each race.

Keep moving through the finish area to avoid congestion. Follow the Race Crew’s instructions. Collect your medal and finishers’ goodies as you exit.

**#RunSwansea**  
**SWANSEAHALFMARATHON.CO.UK**

WAVE	COLOUR	PEN	ESTIMATED TIME
WAVE 1	WHITE	A	SUB 1:30
		B	SUB 1:45
		C	SUB 1:50
WAVE 2	PINK	D	SUB 2:00
		E	SUB 2:15
		F	SUB 2:30
WAVE 3	ORANGE	G	SUB 2:45
		H	SUB 3:00
		I	PLUS 3:00





Prifysgol  
Abertawe  
Swansea  
University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAWE

5 MILER

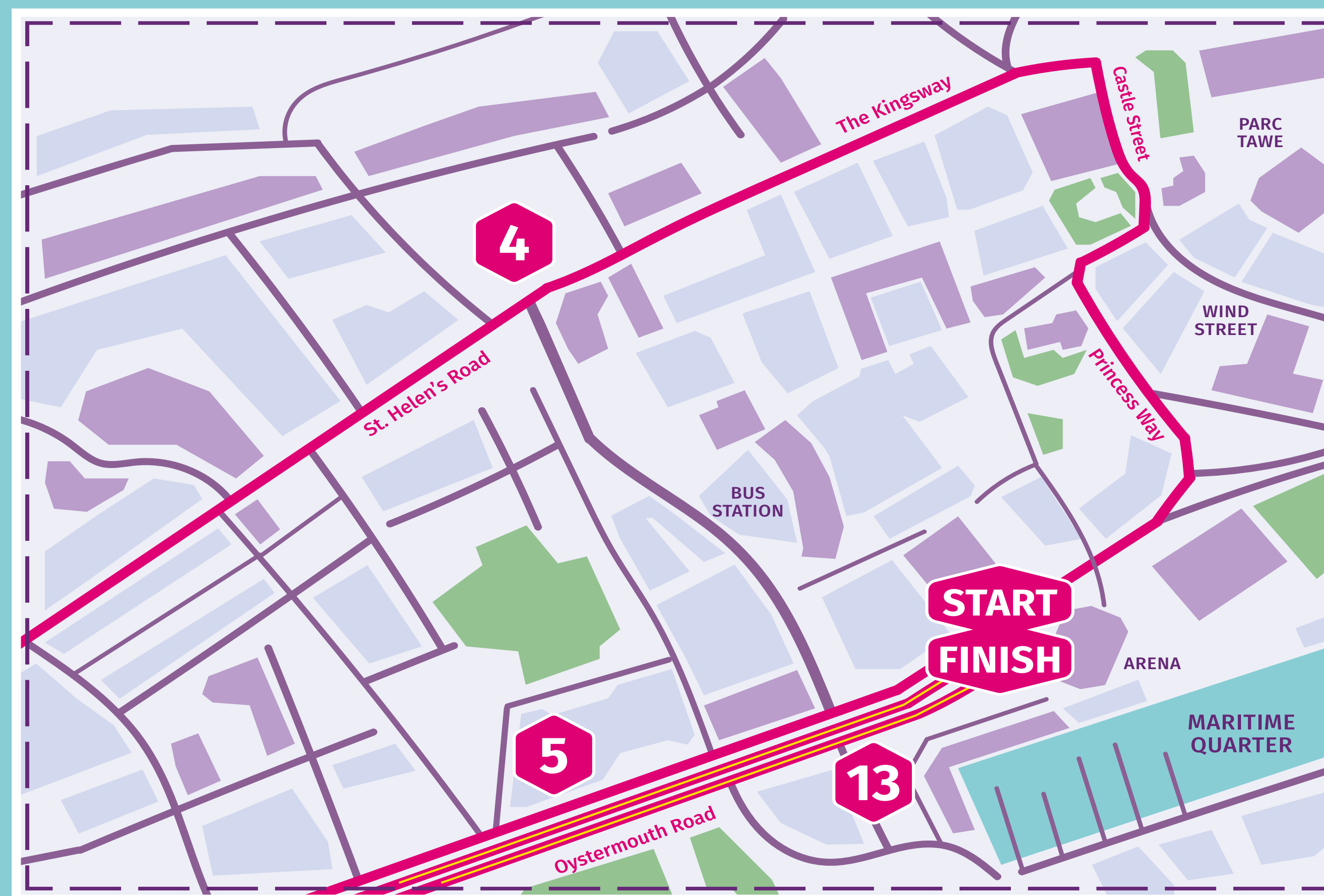
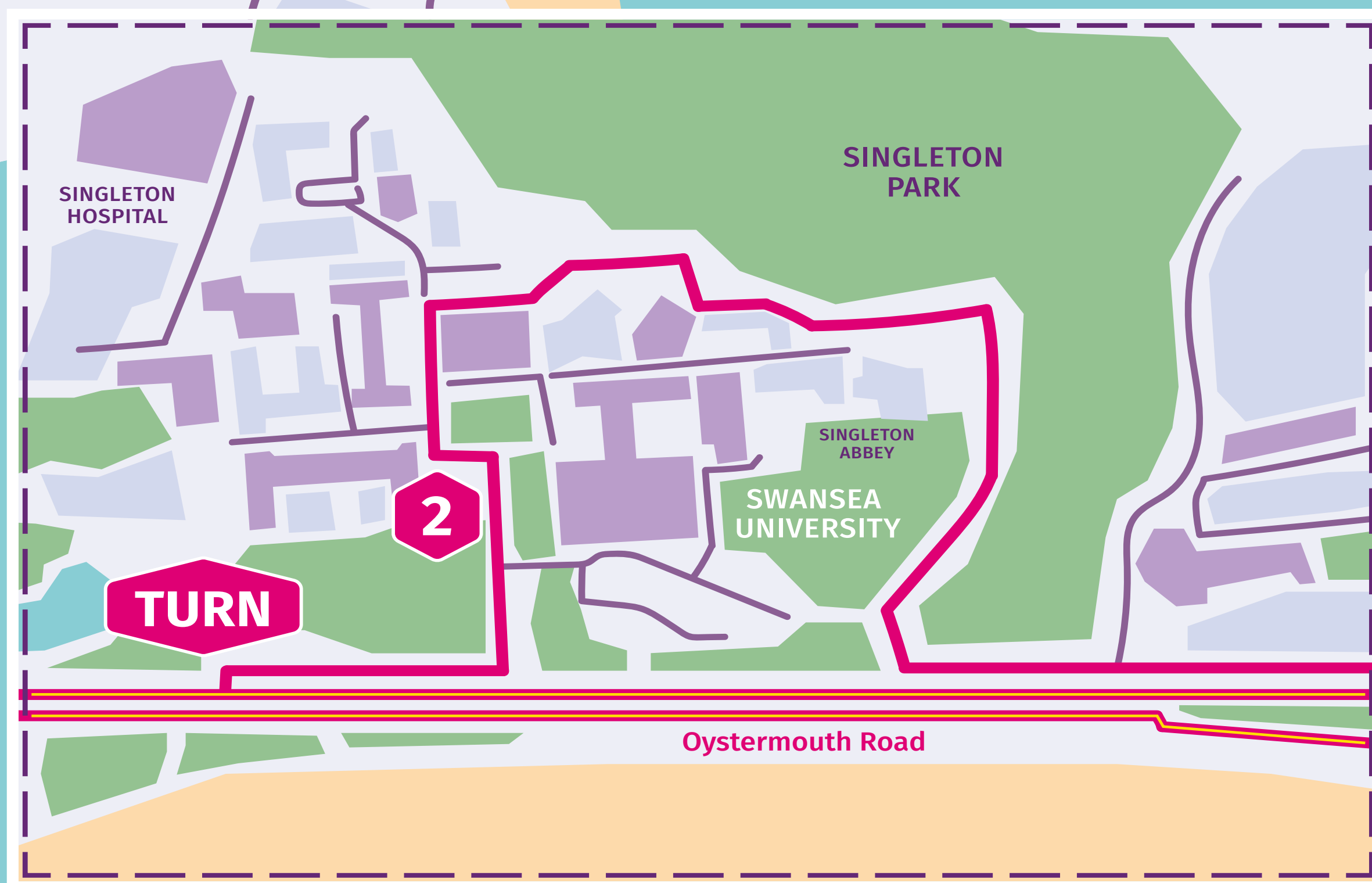
HALF



WATER



ELECTROLYTES



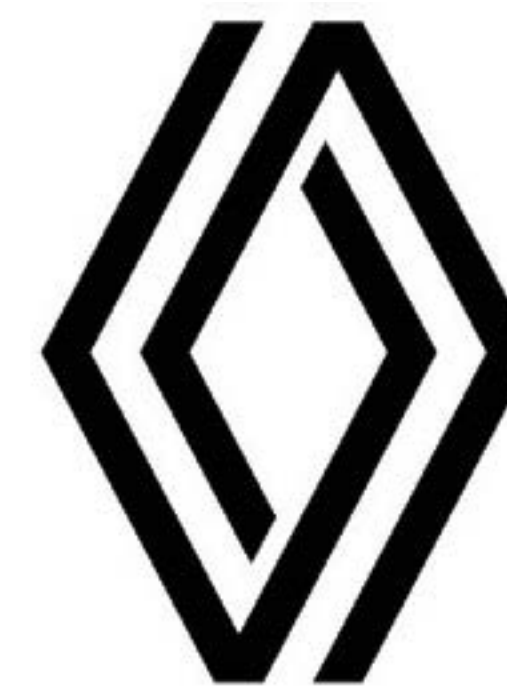
## Route Map





AR GYFER EICH HOLL ANGHENION MODURO  
FOR ALL YOUR MOTORING NEEDS

DACIA



**Gwasanaethu'r  
gymuned ers 1932**

**Serving the community  
since 1932**

Kidwelly 01554 890436  
Swansea 01792 621780  
Narberth 01834 862600  
Bridgend 01656 641000  
Abergavenny 01873 856888  
Hereford 01432 805073



Kia Sportage



Kia EV6 GT



**New** Renault Scenic E-Tech Electric



**New** Dacia Jogger (7 seater)







# Traffic Plan





Prifysgol  
Abertawe  
Swansea  
University

**SWANSEA**  
*Half Marathon*  
HANNER MARATHON ABERTAWE

## Traffic Routes travelling from...

-  Swansea East / M4 J42
-  Swansea North / M4 J47
-  Swansea West / Uplands
-  Swansea West / Mumbles

## Road Closures

-  A4067 to Mumbles & adjoining roads
-  No Parking Restrictions (Tow Away Zone) Sunday 04:00 to 15:00hrs

## Car Parks\*

- |                               |                        |
|-------------------------------|------------------------|
| 1. High St - SA1 1NU          | 6. Paxton St - SA1 3SA |
| 2. Orchard St (NCP) - SA1 5AS | 7. Quadrant - SA1 3QR  |
| 3. Kingsway (NCP) - SA1 5JQ   | 8. The Rec - SA2 0AT   |
| 4. Northampton Lane - SA1 4EW |                        |
| 5. Page St/YMCA - SA1 5JQ     |                        |

**PLEASE REMEMBER CAR PARKS COULD BE AFFECTED BY ROAD CLOSURES.**



Start / Finish (Swansea Arena)



Event Village

\*All car parks will be unsupervised during the event.  
Car Park rules apply as normal on Race Day







# MORGAN'S ARMY

NO ONE FIGHTS ALONE

SUPPORTING FAMILIES IN SOUTH WALES FACING A  
CANCER DIAGNOSIS IN A CHILD OR YOUNG PERSON

***GOOD LUCK TO ALL  
OF OUR RUNNERS***



DONATE

WWW.MORGANSARMY.CO.UK INFO@MORGANSARMY.CO.UK

01792 000352





# SUN SAFETY TIPS FOR RUNNERS

With skin cancer rates rising by 8% annually in Wales, it's crucial to practice sun safety. Swansea University researchers found that schools need more support in educating and protecting students from the sun. We hope all runners take these tips for a sun-safe race:

Dr. Rachel Abbott's Top Tips for Running Safely in the Sun:

1. **Wear protective clothing:** Opt for sun-safe gear, hat, and sunglasses.
2. **Use sunscreen:** Apply **high SPF (>30)**, broad-spectrum sunscreen to all exposed skin.
3. **Sunscreen application:** Use approximately **1 teaspoon per area**—face, neck, each arm, and each leg.
4. **Reapply regularly:** If you're running for over **2 hours**, reapply sunscreen, especially between **10am–2pm**, when UV is strongest.
5. **Seek shade:** We know there aren't many places to seek shade on the route but wherever possible, try and find the shaded spots (before, during and after the race).

**We wish you a safe and enjoyable race day! Stay sun-safe and #BeYourBest.**

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**







**Keep an eye out for the Brecon Carreg ploggers –  
they'll be collecting bottles for recycling whilst  
running the Swansea Half Marathon!**





# SUSTAINABILITY & HYDRATION

We're committed to reducing our environmental impact and would love your help! Over the years, we've worked to cut waste and plastic from our events—resulting in significant improvements.

## How can you help?

**Bring your own pre-filled water bottle or hydration pack** to help us reduce waste. Water will be available on the route at miles **3, 6.7, 9.2, and 12**, with more at the finish line. **Please dispose of bottles in designated recycling zones**, where our race makers will collect and recycle them!

**Electrolytes will be provided at miles 6 and 10.5.**

We're proud to partner with **Brecon Carreg** for hydration, who provide 100% recyclable packaging with a strong focus on sustainability.

**DRINK** what you need

**DRAIN** any remaining water,

**DISPOSE** of the bottle in the recycling zone.

## Want to help our sustainability efforts?

If you know someone who would like to volunteer, or you'd like to lend a hand in future events to keep our routes clean, why not join us as a **plogger**? You can still enjoy race day and know that you've done something good for our environment too! Learn how you could make a difference **here**.

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**





# SPEAK TO US



IF YOU OR SOMEONE YOU LOVE HAS BEEN DIAGNOSED WITH CANCER, WE'RE HERE FOR YOU - WHATEVER STAGE YOU'RE AT. THE KETTLE IS ALREADY ON, THE DOOR'S OPEN, AND THERE'S ALWAYS A WARM WELCOME WAITING. JUST COME IN!"

**Laura, Cancer Support Specialist, Swansea**

# JOIN TEAM MAGGIES

Join Team Maggie's and help raise vital funds for your local Maggie's Centre. Whether you're up for a challenge, a fun-filled family day, or getting into the festive spirit at our 2025 Christmas extravaganza!

TOGETHER WE'RE HELPING MAKE MAGGIE'S  
EVERYONE'S HOME OF CANCER CARE



SCAN ME



MAGGIE'S



# PACERS

FIND YOUR PACER TIME	
1.30	1.35
1.40	1.45
1.50	2.00
2.10	2.15
2.20	2.30
2.45	3.00
3.15	3.30

The pacers will be on the course wearing flags and yellow t-shirts with your estimated finish time on them. Look out for them within your start pen & try to stay near to them throughout the race to hit your target time.

#RunSwansea  
SWANSEAHALFMARATHON.CO.UK

# PHOTOS

**Marathon Photos** are our official race photographers. They'll be out on the course capturing your race journey—so don't forget to **smile, wave, and celebrate your achievement!**

Your race photos will be available to view and purchase shortly after you cross the finish line, so remember to check them out to order your digital bundle!



# RESULTS

Provisional race results will be available online shortly after the event. Once confirmed, you can download your **official race certificate** and view your final chip time. Please note, results may take up to 14 days to be fully ratified.

### Want a lasting memento?

Remember your #RunSwansea achievement forever with an **iTAB!** Personalise your medal with your name and finish time on a bespoke medal hanger. Order yours **HERE.**





**db**  
daymer bay®

# Discover Daymer Bay

Our delicious and refreshing range of juices, lemonades and mocktails are inspired by the natural beauty of the North Cornish Coastline.



100% RECYCLABLE 250ml GLASS BOTTLES

 @daymer\_bay\_drinks

BOTTLED IN  
BRITAIN

## Strength in numbers

Call for a free consultation about your accountancy and taxation affairs



OFFICIAL SPONSOR  
**SWANSEA**  
Half Marathon

**matthews & co**  
chartered accountants

11 Axis Court  
Mallard Way  
Swansea Vale  
Swansea  
SA7 0AJ

T: 01792 460 116  
E: info@matthewsandco.co.uk

[www.matthewsandco.co.uk](http://www.matthewsandco.co.uk)

## Celebrate your triumph with a complimentary drink on the Shed

We are raising a toast to your incredible accomplishment by offering a FREE drink\* for all Swansea Half marathon runners who reserve a table.

The first drink always goes down smoothly, so to claim your well-deserved treat, simply book your table and flash your medal then let the celebrations begin!

Cheers to your success and let's beat that calorie deficit with our delicious menu.

### BOOK YOUR TABLE NOW

[www.theshedsa1.com/reservations](http://www.theshedsa1.com/reservations)  
or email [reservations@theshedsa1.com](mailto:reservations@theshedsa1.com)  
or call 01792 712 120

**the shed**  
restaurant

\*For all table reservations made on the 9th, 11th or 12th June enjoy a \*free beer, soft drink or glass of wine.





# RACEMAKERS

Our Racemakers will be clearly visible along the route—cheering you on, offering support, and providing direction throughout your race. They're a vital part of the event, and we want to say a huge THANK YOU for their generous time and energy in making race day a success!

## *Feeling inspired?*

If you would like to volunteer at future events or know someone who'd like to be part of race day, email us at [volunteers@frontrunnerevents.co.uk](mailto:volunteers@frontrunnerevents.co.uk)



**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**

# CORPORATE CHALLENGE

Businesses from across Wales are gearing up to take on this year's Corporate Challenge to #RunSwansea – a unique opportunity to boost team spirit, promote health and wellbeing, and raise your company's profile.

Teams of 4 to 6 runners (with the option to enter multiple teams) will compete for the title of Corporate Champions—decided by the combined time of the first four finishers. Whether you're in it to win or just for fun, it's a brilliant way to bring your team together outside the office.

## *Ready to represent your company?*

Email us at [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk) or **CLICK HERE** to learn how your team to join us next year!





# Prif gyrchfan hamdden Cymru Wales' premier leisure destination



**Nofio, chwarae a dringo.**  
**Pob math o antur i gyd o dan yr un to!**  
**Swim, play and climb.**  
**An adventure all under one roof!**



[www.thelcswansea.com](http://www.thelcswansea.com) 01792466500

**LC2**  
ABERTAWE / SWANSEA



**TOCYN DIWRNOD  
AM DDIM  
FREE DAY PASS**

**MYNNWCH  
EICH UN CHI  
HEDDIW!**



**GET  
YOURS  
TODAY!**

**LC ABERTAWE  
LC SWANSEA**



# THANK YOU TO ALL OUR PARTNERS



Prifysgol  
Abertawe  
Swansea  
University

**matthews&co**  
chartered accountants



**GRAVELLS** 

**BRECON  
CARREG**



**freedomleisure**  
where you matter

**bdp**  
WALES

**db**  
daymer bay®

**core**  
highways

**TRIBE**

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**



# SWANSEA *Half Marathon* HANNER MARATHON ABERTAWE

7<sup>TH</sup> JUNE  
2026



**FRONT RUNNER**  
EVENTS LTD

[SWANSEAHALFMARATHON.CO.UK](http://SWANSEAHALFMARATHON.CO.UK)

**OPEN  
NOW!**

