



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

**RACE DAY  
GUIDE**

**7<sup>TH</sup> JUNE 2026**

**SWANSEAHALFMARATHON.CO.UK**



**FRONTRUNNER**  
EVENTS LTD



## Get ready Swansea—race day is back!

We are excited to bring you a fantastic line-up of events as you #RunSwansea. Whether you're taking on the Mizuno Swansea Half Marathon or enjoying the Freedom Leisure Family Fun Run, you're in for an unforgettable day.

We're a small but mighty team, and we're all here to help you #BeYourBest. Powered by an incredible community—thank you to every volunteer, supporter, sponsor, runner, and crew member. You're the heartbeat of it all!

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 behind you on every step of the way.

## See you on the start line!



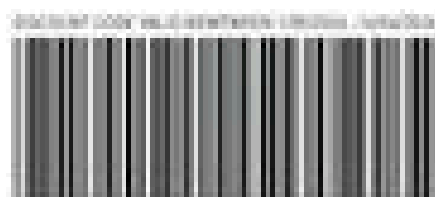
# MIZUNO NEO VISTA 3

MIZUNO RUNNING

ミスノランニング



COME AND VISIT THE MIZUNO STAND ON RACE DAY TO TRY THE BRAND - NEW NEO VISTA 3!  
YOU CAN HEAD TO MOTI IN STORE & ONLINE TO USE YOUR EXCLUSIVE 25% DISCOUNT CODE



Mizuno25

**moti>**



# PREPARING FOR RACE DAY

If you selected postal delivery, your race pack will arrive 1-2 weeks before race day.

If you chose to collect, are travelling from overseas, or taking part in the family fun run, your pack can be picked up:

**WHERE:** Moti Store,  
The Quadrant Centre (SA1 3QW):

**WHEN:** 9:30 - 17:00  
Thurs - Sat (4<sup>th</sup> - 6<sup>th</sup> June)

## **IMPORTANT:**

**No race day collection, so don't forget or lose your bibs.**

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



## **DON'T TAKE RISKS**

### **Race Number**

Do not wear someone else's number, it's a serious safety risk. You'll be disqualified, receive no time or certificate, and will be reported to Welsh Athletics and your relevant governing body.

### **Medical Info**

Complete the details on the back of your number. If you have a condition, mark a red X on the front.

### **Need Help?**

Alert a marshal or fellow runner. St. John medical team are on the course and at the finish.

### **Can't Finish?**

Move left, signal a marshall, and show your number. You'll be assisted back (no medal or time).

### **Feeling Unwell?**

Please stay home—there will be other races.





**FRONTRUNNER**  
EVENTS LTD

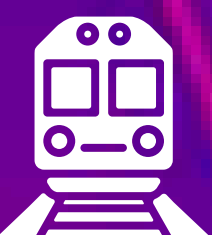
# PLAN YOUR JOURNEY



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 are shown below and full closure notice can be found here.

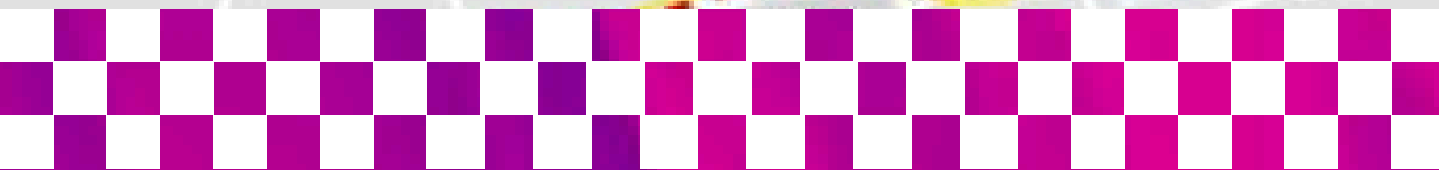


**By Car:** Use M4 Junctions 42-47. Be parked before 08:00 to avoid road closures. We encourage car sharing where possible to reduce congestion and your carbon footprint.



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

## Traffic Plan



### 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.

- S/F Start / Finish (Swansea Arena)
- ▨▨▨▨ Event Village

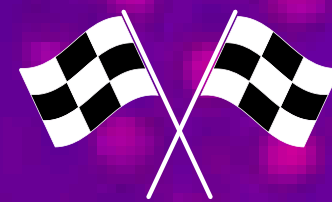
\*All car parks will be unsupervised during the event. Car Park rules apply as normal on Race Day

## Parking

Swansea City Centre has a number of car parks. Please note, these are managed by a third party and may be subject to tariffs or time restrictions. Please check signage upon arrival (as we accept no responsibility for your vehicle or fines, which you may incur by attending the event).

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

# GETTING TO THE START LINE



Participants need to enter the starting pens through the Race Village on Museum Green. No spectators will be allowed in the Start Pens or baggage areas. To keep areas less congested we recommend spectators head out on the route to catch you in action!



## STEP 1: START PENS



## STEP 2: STAY



## STEP 3: DISCARD & GO

Access the colour coded pen as shown above in good time.

There are access points, so please do not jump any barriers as you risk injuring yourself and others around you.

Once you've entered your assigned pen – you cannot move forward. If you wish to move to a later pen, you need to enter through the correct pen entry point. Do not push to get in front of others.

Dispose of any unwanted clothing on the barriers. They will be collected and donated to charity.

Your chip will activate once you pass the start line.



## KEY TIMINGS

07:00 Event Opens  
07:00 Race Village Opens  
07:00 Bag Drop Opens (in the LC)  
08:00 Road Closures Start  
08:30 Half Marathon Start Pens Open  
08:30 Freedom Family Fun Run start\*  
09:00 Half Marathon start\*  
13:00 Last runner expected  
14:00 Event closes

\* Race timings subject to conditions on the day.



All half marathon participants must arrive in their assigned start pen no later than 08:45 and Fun Runners by 08.20.

Any latecomers may be refused entry and you will not be able to take part in the event.



## FREEDOM FAMILY FUN RUN

The Freedom Leisure Family Fun Run will start at 08:30 (approx.). All those participating must be wearing their bibs (there are no collections on the day). All fun runners need to meet at the information point situated in the event village by the amphitheatre at 08.20am.

The race welcomes participants of all ages & abilities. The start line is situated at the Half Marathon finish line.



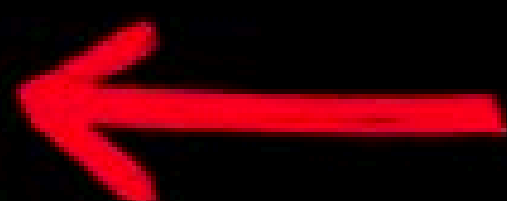


# SHELTER CYMRU

**HOME IS EVERYTHING**

[sheltercymru.org.uk](http://sheltercymru.org.uk)

Shelter Cymru is Wales' leading homelessness prevention charity. Last year, we helped **20,820** people through our advice and support services. We exist to defend the right to a safe home and fight the devastating impact the housing emergency has on people and society.



**Scan me to  
donate today**

**Good Luck #TeamShelterCymru!**



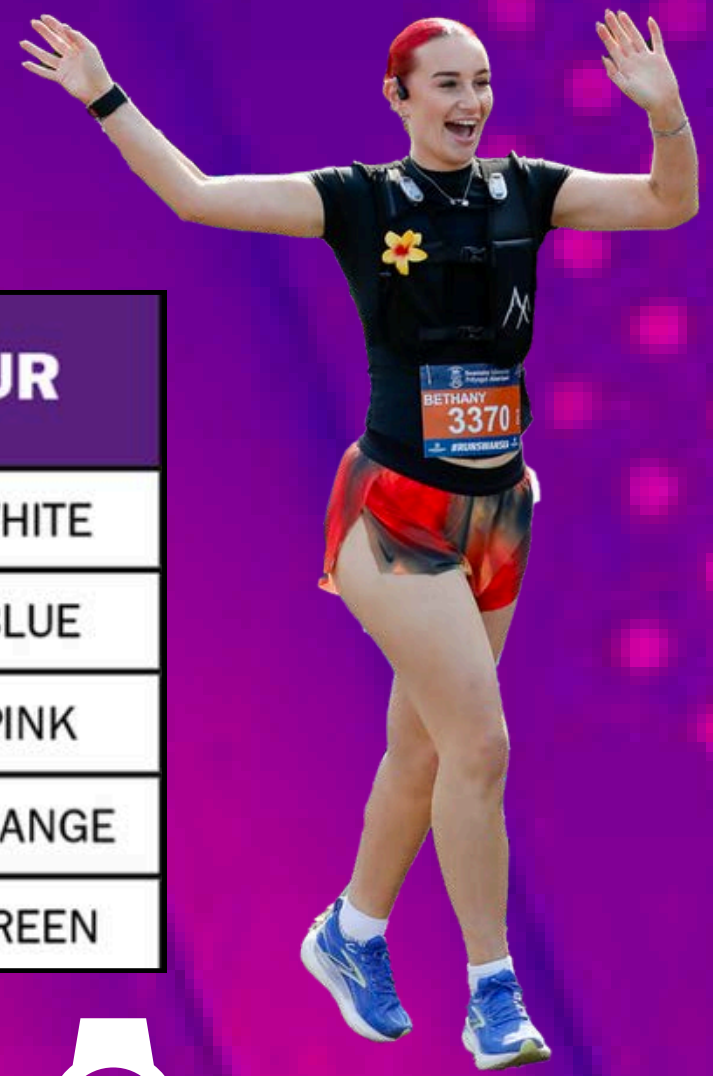


## START WAVES & PENS

The start area has five colour-coded zones:

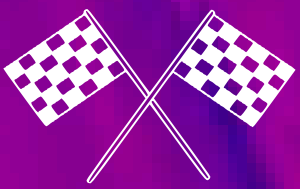
White, Blue, Pink, Orange, and Green with clearly marked entry points.

WAVE	COLOUR	
WAVE 1		WHITE
WAVE 2		BLUE
WAVE 3		PINK
WAVE 4		ORANGE
WAVE 5		GREEN



Runners will start in waves. 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 safety, follow all volunteer and marshal instructions. Respect fellow runners—your race starts when you cross the line.



## CUT-OFF TIMES

The Half Marathon cut-off time is 4 hours. You must reach 13K within 2 hour 29 minutes to continue. Tail walkers will be behind the last runners in each race.



## PACERS

The pacers will be on the course wearing pacer t-shirts with an estimated target time.

Look out for them within your start pen & try to stay near to them throughout the race to hit your target time.



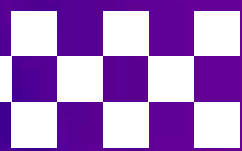
## THE FINISH

Keep moving through the finish line, following marshal instructions, to help avoid congestion.

Collect your medal and finishers' goodies as you exit alongside the LC building - you cannot go back and must not wait for others. It's important you keep moving, follow the flow of runners past the amphitheatre and back to collect your bags in the LC sports hall.

## FIND YOUR PACER TIME

1.30 (6.52 per mile)	1.35 (7.15 per mile)
1.40 (6.52 per mile)	1.45 (6.52 per mile)
1.50 (6.52 per mile)	2.00 (6.52 per mile)
2.10 (6.52 per mile)	2.15 (6.52 per mile)
2.20 (6.52 per mile)	2.30 (6.52 per mile)
2.45 (12.35 per mile)	3.00 (13.44 per mile)
3.15 (14.53 per mile)	3.30 (16.02 per mile)



# RACE BIBS EXPLAINED



PERSONALISED WITH YOUR NAME

YOUR PEN COLOUR

YOUR RACE NUMBER

COMPLETE EMERGENCY DETAILS ON THE REVERSE

Your timing chip is attached to your race number. Your official race time will be recorded from when you cross the start line. There is a bag tag enclosed in the race pack separately.

Please ensure that you have completed the emergency contact and medical information on the reverse of your race bib.

Please remember your race number **CANNOT** be used by someone else – it is serious health and safety risk and breach of race rules.



## BAGGAGE

The bag drop is located in the LC, a signposted one-way system will guide runners through a side entrance into the sports hall, where bags should be left in the colour-coded section matching your race bib. Runners will then exit onto Museum Green. The same one-way system will operate after the race for bag collection.

Your bag tag is included in your race pack – simply loop it through your bag handle before handing it in.

Please do not leave valuables, as all items are left at your own risk.

## EVENT VILLAGE

**You'll be able to find everything you need in our Event Village surrounding Museum Green:**

- Information Point
- Bag Drop Inside the LC
- Toilets & Urinals
- Massage
- Refreshments
- Charity Tents

## BUILT FOR THE LONG RUN

PROUD VEHICLE SPONSOR OF THE SWANSEA HALF MARATHON



RENAULT 5










NEW KIA EV2



DACIA DUSTER



 KIDWELLY 01554 890436  SWANSEA 01792 621780  ABERGAVENNY 01873 856888 [WWW.GRAVELLS.CO.UK](http://WWW.GRAVELLS.CO.UK)  
 BRIDGEND 01656 641000  NARBERTH 01834 862600  HEREFORD 01432 805073   



# Thank you for recycling

Every Brecon Carreg bottle is 100% recyclable - labels and lids included. Our bottles also contain 30% recycled plastic so please pop them in a recycling bin so they can be given a second life!



## WORLD'S FIRST ISOTONIC ENERGY GEL

- > 22g Carbohydrates per gel
- > Isotonic formula - no need for additional water
- > Aim to consume 1-3+ gels every hour to reach a 60g-90g target intake.

Available in your finisher bag.





# ROUTE MAP

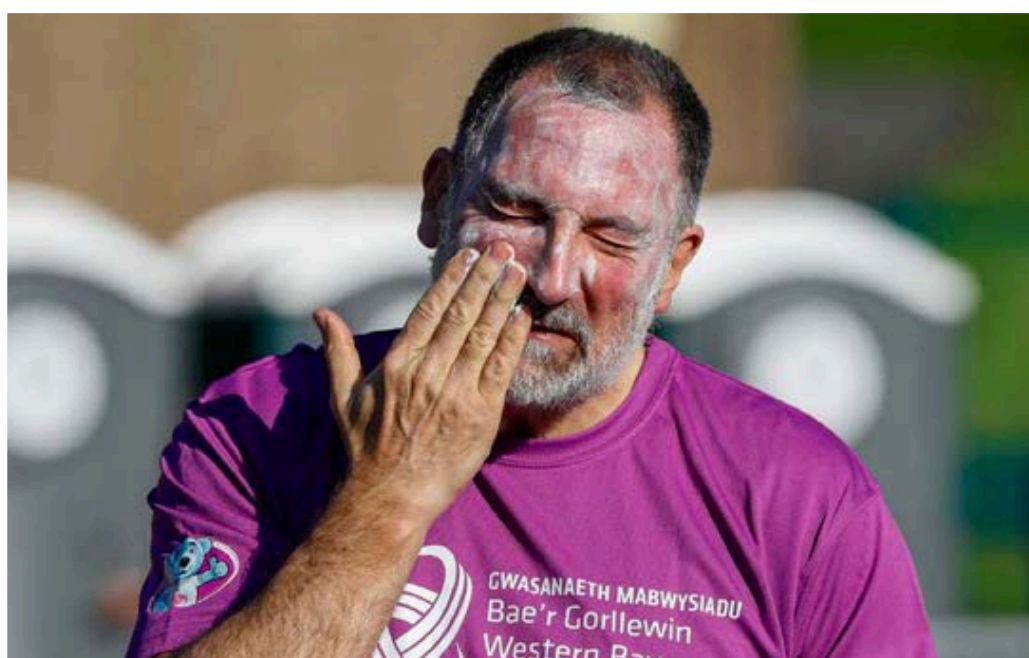


**FRONTRUNNER**  
EVENTS LTD



## LEADING THE WAY

You'll see our vehicle partners Gravells leading the way to ensure you put in an electrifying performance on race day!



## SUN SAFETY TIPS

With the route being largely exposed, it's important to stay sun-safe on race day, so follow these tips:

- Cover up: Wear light sun-protective clothing, cap & sunglasses.
- Use sunscreen: SPF 30+ (broad-spectrum) on all exposed skin.
- Apply enough: About 1 tsp per area (face, neck, each arm, each leg).
- Reapply: Especially if running over 2 hours or between 10am-2pm.
- Find shade: Where possible, before, during, and after the race.

Stay safe and enjoy your race—  
#BeYourBest!

# 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!**



**TOCYN 7 DIWRNOD  
AM DDIM  
FREE 7 DAY PASS**

**MYNNWCH  
EICH UN CHI  
HEDDIW!**



**GET  
YOURS  
TODAY!**

**LC ABERTAWE  
LC SWANSEA**

[www.thelcswansea.com](http://www.thelcswansea.com) 01792466500 **LC2**  



## Construction Hiring Specialists in Wales



Scan to visit our LinkedIn



**Our Services**  
Permanent Hires  
Temporary Cover  
Executive Search



[callum@bowdenjones-recruitment.co.uk](mailto:callum@bowdenjones-recruitment.co.uk)  
07376 244121

[owen@bowdenjones-recruitment.co.uk](mailto:owen@bowdenjones-recruitment.co.uk)  
07376 244126

**3000+** Placed across Wales

**10+** years combined recruitment experience

The average bad hire costs **3x their salary**. Get it right first time.


**FROM THE  
FINISH LINE**

Visit us at the  
Swansea Marina

**TO THE  
SKYLINE**

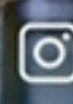
*el*  
**Pescador**  
RESTAURANT & BAR



 [elcswansea](https://www.instagram.com/elcswansea)  
[elpescador.co.uk](http://elpescador.co.uk)

*Altitude 28*  
SKY BAR &  
RESTAURANT



 [altitude\\_28](https://www.instagram.com/altitude28)  
[altitude28skybar.co.uk](http://altitude28skybar.co.uk)

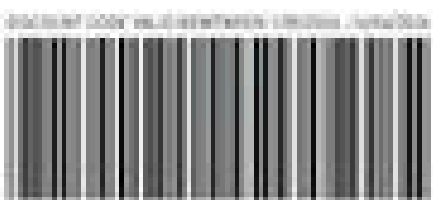
# MIZUNO NEO VISTA 3

MIZUNO RUNNING

ミスノランニング



COME AND VISIT THE MIZUNO STAND ON RACE DAY TO TRY THE BRAND - NEW NEO VISTA 3!  
YOU CAN HEAD TO MOTI IN STORE & ONLINE TO USE YOUR EXCLUSIVE 25% DISCOUNT CODE



**moti>**





# MORGAN'S ARMY

NO ONE FIGHTS ALONE

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

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

[WWW.MORGANSARMY.CO.UK](http://WWW.MORGANSARMY.CO.UK)

[INFO@MORGANSARMY.CO.UK](mailto:INFO@MORGANSARMY.CO.UK)

01792 000352



DONATE

# BANDS ACROSS THE BAY

From high-energy anthems to feel-good tunes, local bands will be stationed along the course to keep spirits high and legs moving.

Here's the line up:

Ros Evans – At The Start

Dr Epic – Course Motivator

Shiko Drums – The Brangwyn

Mumbles Lifeboat Singers – Verdis

The Rock Project – Blackpill

Abertaiko Drums – Sketty Lane



Know someone who could be the perfect act email us at: [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk) to nominate a performer.

## RUNNING FOR CHARITY

A special thanks to the charities involved for 2026!

Why not give your miles even more meaning by running for charity? You can run, fundraise, or donate to one of the fantastic causes below:



Start fundraising with  
**JustGiving™**

Through our partnership with JustGiving, fundraising couldn't be easier! With our integration it offers a seamless experience to help runners raise more and allow charities to reach more supporters.

If you're a charity interested in getting involved with the event, we'd love to hear from you. Our charity partnerships offer great exposure, enthusiastic fundraisers, and a brilliant race-day atmosphere.





# 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, wanting to host a Bake and Brew event, or getting into the festive spirit at our 2026 Christmas Extravaganza!

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



SCAN ME



MAGGIE'S

# RACE DAY DEALS



Special savings to fuel your race weekend:



## the shed

restaurant & bar

Celebrate your finish at The Shed.

All Swansea Half Marathon runners receive a complimentary pint, soft drink or glass of wine.



# This one is on us.



[www.TheShedSA1.com](http://www.TheShedSA1.com)



**freedomleisure**  
where you matter

Join Freedom Leisure with a monthly membership and pay nothing until July (offer valid until 20th June). Sign up in-centre or use code RUN. You can also try all Swansea facilities with a FREE 7-day trial.

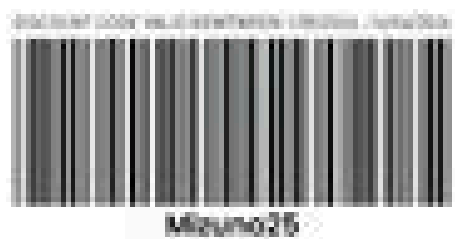
TOCYN 7 DIWRNOD  
AM DDIM  
FREE 7 DAY PASS

MYNNWCH  
EICH UN CHI  
HEDDIW!

GET  
YOURS  
TODAY!

LC ABERTAW  
LC SWANSEA

COME AND VISIT THE MIZUNO STAND ON RACE DAY TO TRY THE BRAND - NEW NEO VISTA 3!  
YOU CAN HEAD TO MOTI IN STORE & ONLINE TO USE YOUR EXCLUSIVE 25% DISCOUNT CODE



**moti>**



**Coleg Gŵyr Abertawe**  
**Gower College Swansea**

Gower College will offer pre- and post-race massages on race day (donations appreciated). They've also kindly provided a FREE massage session at the college—availability in June is very limited, but you can book for a later date. To book, call Broadway on 01792 284049.



**SWANSEAHALFMARATHON.CO.UK**

**Bounce**<sup>®</sup>

High in Protein 164 calories High in Fibre

OMG COATED CARAMEL FILLED PROTEIN BALL

MILLIONAIRE

PLANT PROTEIN

contains natural ingredients

FUELLING YOUR RUN



# Drinks that make a splash



[hello@sunmagicjuices.co.uk](mailto:hello@sunmagicjuices.co.uk)



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



**Clearspring**

ORGANIC

**Clearspring**

ORGANIC

**SEAVEG CRISPIES**

Original

TOASTED MORI SNACK

NO PLASTIC WRAP

24 PACKETS

VEGAN FRIENDLY

# SUSTAINABILITY & HYDRATION

We're committed to reducing our environmental impact & would love your help!

## How can you help?

Bring your own pre-filled water bottle or hydration pack to help us reduce waste. Water will be available at miles 3, 6, 9, 12, and at the finish line.

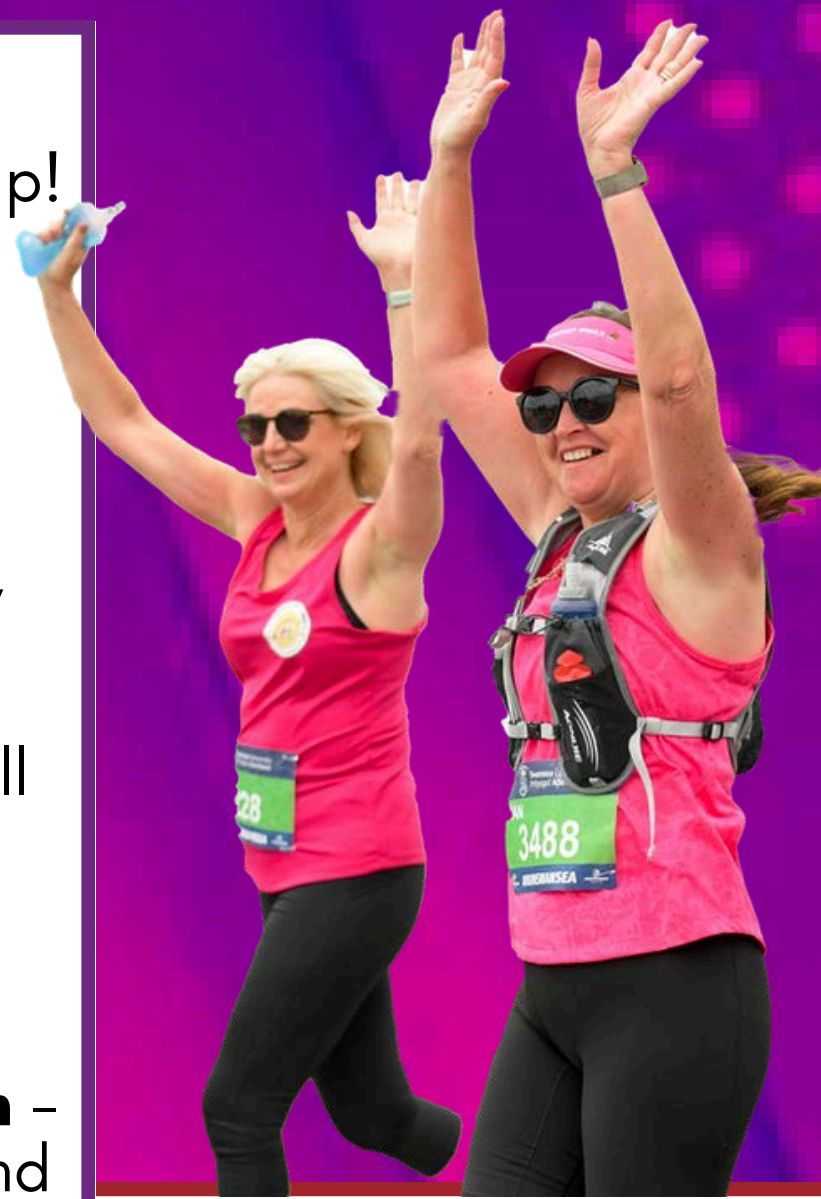
Please dispose of bottles in designated recycling zones, where our race makers will collect and recycle them!

Powerade will be provided at mile 10.

Bring and donate your old trainers to **Jogon** – drop them in the zone near the Mizuno stand at Museum Green and help reduce, reuse, recycle.

## Want to help our sustainability efforts?

If you know someone who would like to lend a hand 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!



# BRECON CARREG

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



## REMEMBER TO:

DRINK what you need

DRAIN any remaining water,

DISPOSE of the bottle in the recycling zones.





## PHOTOS

Marathon Photos are our official race photographers – so remember to strike a pose when you see them!

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.



## ORDERED YOUR ITAB?



Your medal deserves an upgrade! Take your finish to the next level with a personalised iTAB – engraved with your name and time, turning your medal into a lasting memory of race day!

You've put in the miles. Make sure the medal tells the full story. To get your order in just head to your participant dashboard by clicking the link in your confirmation email.



## LOOK THE PART!

BRAND NEW colour for 2026! Look the part – Order now while stock lasts – just head to your participant dashboard to get yours!



2026  
TEESHIRTS  
OUT NOW!



# VOLUNTEER WITH US

You'll find our volunteer Racemaker team clearly visible along the route and at the start-finish area. They're there to support you, offer direction and help cheer you along. They play an integral part in our event and we'd like to say a massive THANK YOU to all our Racemakers who've given up their time generously to help make Swansea Half a success.



## It's not too late to get involved!

If you have a friend or relative coming along to cheer you on, please ask them if they would like to volunteer. All our Racemakers will receive Tempo Time Credits or a free race entry for next year.

Just email [volunteers@frontrunnerevents.co.uk](mailto:volunteers@frontrunnerevents.co.uk). Groups are welcome too, and we offer a donation to groups of 10 or more who get involved.

## CORPORATE CHALLENGE

Proudly Sponsored by Matthews & Co, we're thrilled to welcome the teams below, as they take on this year's Corporate Challenge to #RUNSWANSEA!

It's all about teamwork, fun, and a little friendly competition – and who knows, your team could be next!

**matthews&co**  
chartered accountants

**Want to join in for 2027?**



Drop us a line at [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk) or [CLICK HERE](#) for more information.



**CRADDYS**



**wagamama**



**thinqi**



THANKS TO OUR PARTNERS!



Give your miles more meaning

Raise money for a cause you care about with JustGiving, official partner of Front Runner Events.

[justgiving.com](https://www.justgiving.com)

Find us on:   

JustGiving®

SWANSEAHALFMARATHON.CO.UK





**EARLY BIRD  
OPENING SOON!**



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

**21st March**

**2027**

**SWANSEAHALFMARATHON.CO.UK**



**FRONTRUNNER**  
EVENTS LTD