

# Race Book

*Location and Facilities*

*The Basic Rules*

*Important Schedule for the day*

*Short Course*

*Middle Course*

*Long Course*



 15th June 2024

8.5 km  
  
Short

10.6km  
  
Middle

25.1 km  
  
Long



## Race HQ

Knoll beach, Studland, Dorset, BH19 3AH

<https://maps.app.goo.gl/hY2qbPR1eM8azA377>

<https://w3w.co/staining.benched.gates>

## Nearest Town

Swanage 4 miles

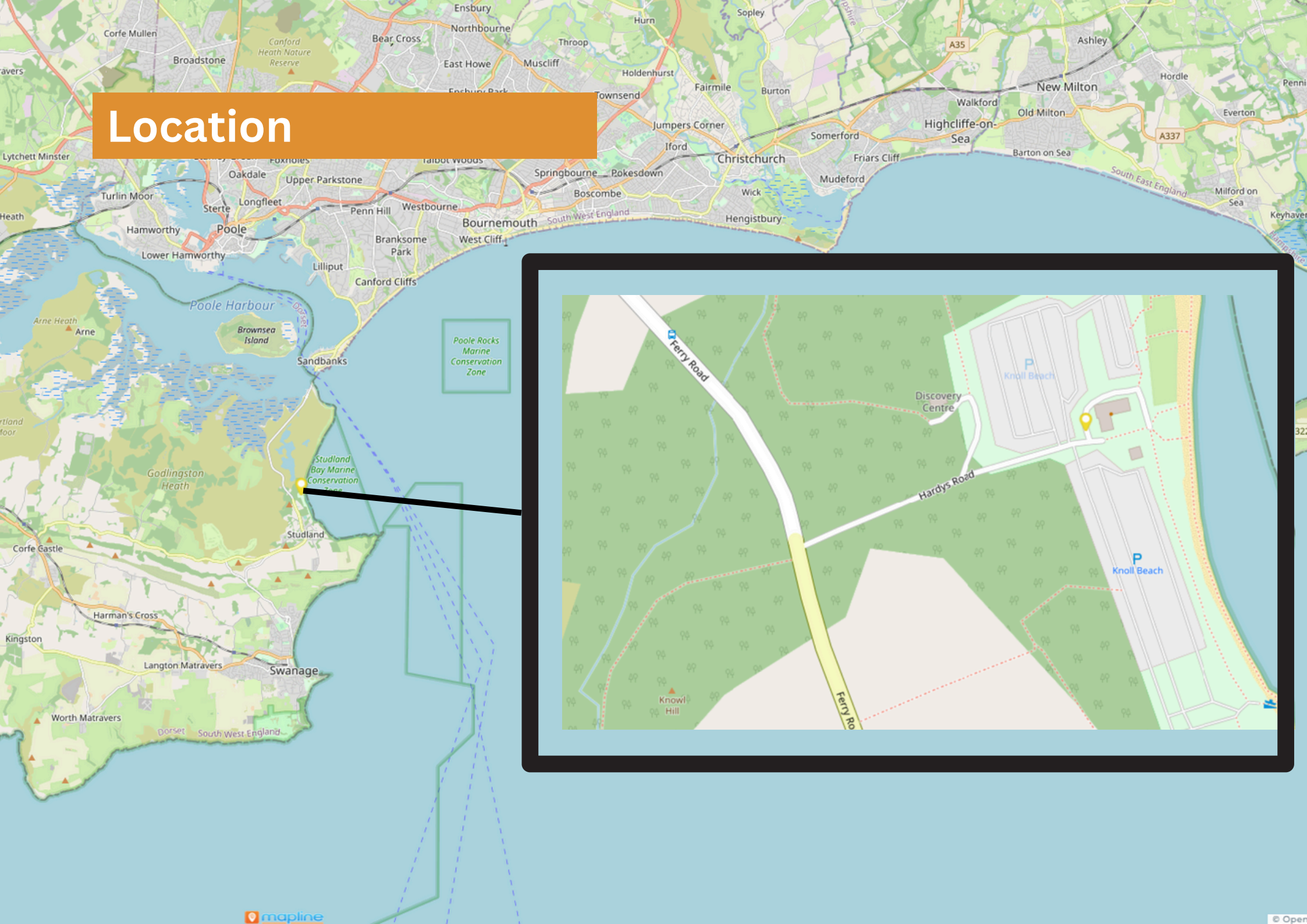
## Car Parking available

£12.00 all day / £8 for 4hrs / Free for National Trust members

## Other facilities on site

Watersports, beach sauna, café, toilets, beach hut rental,  
National Trust (membership)

# Location





# Site Plan

FINISH

START

CAR PARK

Registration

Cafe

Toilet

Sauna

Discovery center, National trust, Studland

National Trust, Knoll Beach Cafe

Studland Watersports

SW Coast Path



## Catering

National Trust kiosk open at Knoll Beach (registration, start, finish) from 08:30 for hot and cold drinks, breakfast baps, confectionery. Main NT restaurant open from 09:30.

Salted Pig cafe (Middle Beach) open from 08:00 for hot and cold drinks, breakfast and pastries

Joes Cafe (South Beach) open from 09:00 for hot and cold drinks and snacks.

## Spectators

For the best viewing places for friends and family:

Short and middle courses:

Middle Beach <https://w3w.co/dollar.butterfly.recipient>

South Beach: <https://w3w.co/fault.thatched.outbound>



Long Course:

As above, plus:

Banjo Pier, Swanage: <https://w3w.co/shuffles.reporting.boot>

Swanage Downs: <https://w3w.co/pulsing.scrubbing.retire>

Durlston Castle: <https://w3w.co/followers.decanter.fanfare>

## Post Race Gathering

The Bankes Arms, Studland

(<https://w3w.co/punctual.resonated.tarred>)

Have their own micro-brewery and stone baked pizza oven.

We've arranged a casual meet up after the race for beer and pizza (or whatever you fancy!)

Get together with your fellow racers, volunteers and organisers to celebrate the day!

Book your ticket so they know how many to expect.



# The Important Rules

## Equipment

Each competitor must possess the compulsory race equipment for the entire event and to present it at the organization's random checks, failing which he or she will be disqualified.

No one will be allowed to start without the compulsory equipment shown below

## Required equipment

- **1 race bib per person**, worn visibly for the entire race (supplied by the organizers)
- **1 race swimming cap per person**, must be worn on the head during the swimming sections (supplied by the organizers)
- **1 whistle per person**, always at hand
- **1 pressure bandage in a waterproof bag (long course)**
- **1 water bottle / re-usable cup per person** There will be NO cups at water stations. You will be provided with a Precision Hydration soft flask in your registration pack. If you prefer a cup, please bring your own.
- **1 pair of suitable shoes per person**



- **1 wetsuit per person**, required unless otherwise communicated by the race director based on weather forecast and sea temperature.
- **1 pull buoy / tow float per person**, if a pull buoy is not being used, then a tow float must be.

If you fail to comply with these rules, you will not be allowed to start the race.

## Authorized equipment (non-exhaustive list)

- Pull buoy
- Hand paddles
- Organic anti-chafe cream and organic sun cream
- A tether for pairs is authorized but not mandatory, must not be greater than 4m and must be releasable.

## Equipment strictly forbidden

- Inflatable equipment larger than 100cm x 60cm  
Snorkels, flippers, any motorized equipment, headphones.

## Abandoning the race

The organizers will collect competitors who do not wish to continue, only in the areas designated for this purpose – Swanage Banjo Pier aid station, Durlston Castle aid station, Glebe Road aid station

**Any abandonment outside these zones (except in medical cases) will not be accepted!**

## Warning!

Never leave the race without invalidating your number at the drop-out zones. If you are absent from the trails, you will be billed for any searches required to find you. Any team member dropping out will result in the disqualification of the entire team (i.e. all members) from the race!

1 member can complete the course but will not be eligible for podium position.

## Photography

There will be official photographers on course throughout the day. Links to online albums will be provided after the event. All downloads are free of charge.



## Disqualification

Participants may be disqualified for the following reasons. Disqualification is final and irreversible.

- Absence of race bib during the competition
- Littering - gel wrappers or any other littering
- Competitors are not allowed to use unfair methods to gain advantages (Possible examples include unauthorized assistance such as "boats, kayak, or board carriage during a swim leg," taking shortcuts, etc.). Use of prohibited equipment (means of transport during the event...)

## Event Cancellation

We will, of course, make every possible effort to run the event as planned. Sometimes though, nature has other ideas and we must have your safety as our primary concern. The following Thresholds will be followed:

- Wind speed including gusting 30mph - Event Cancelled
- Wave height > 1.5m with less than 10 second period - Swim cancelled
- Water temperature <15C - wetsuit required
- Water temperature 15C - 20C but wind >15mph - wetsuit required

# Important Schedule for the day

**07:30** Gates Open, Registration Open & Packet Pickup

**09:00** Long Course Start

**09:15** Middle Course Start

**09:30** Short Course Start

Podium celebrations for all courses are expected at around **13:00**

## Packets

Your registration packs will contain Your race bibs (x2 if team), swim hat, car keys envelope, Precision Hydration soft flask, PF90 gel for long course.

## Bag Dropoff

We will not store bags. All bags must be kept in your car and car keys may be deposited at Race HQ in the numbered envelope provided at registration.

It is the participant's responsibility to ensure the envelope number matches the race number. The organisers accept no responsibility for any personal possessions.



## Race Briefing

We have chosen to conduct our safety briefing for Studland in advance of race day and online.

Race briefings will be held:

Long Course 12th June 18:30 [meet.google.com/hfg-fjmf-ovb](https://meet.google.com/hfg-fjmf-ovb)

Short and middle course - 12th June 19:00 [meet.google.com/vzb-eygj-qkd](https://meet.google.com/vzb-eygj-qkd)

## Other important stuff:

- For your own safety, do not attempt a long drive home if you are tired. Please ensure you can drive safely before you set off.
- Results will be published asap after the race and a link will be sent by email.

## On site catering:

The National Trust cafe at Knoll Beach opens at 09:30 for coffee, snacks, ice cream, paninis

Say "Hello!"

to our partners!



Our good mates at PFH are huge supporters of swimrun.

Hydration stations will be stocked with electrolyte infused water and gels.

Long course entrants can also set off fuelled by a PF90 gel in your registration packs

Learn more at

<https://www.precisionhydration.com>



Studland Water Sports offer a FREE 15 minute sauna (subject to availability) to unwind after your race. (subject to availability)

Book on the day. Learn more at <https://studlandwatersports.co.uk>





Orca has been supporting SwimRun since 2016. We are proud that you'll be wearing Orca swim hats for our race.

You also have a discount code to use at the checkout on their website. Simply enter OF\_STUDLAND\_S20 to get 20% off!

Perfect opportunity to treat yourself to a swimrun wetsuit!

<https://www.orca.com/en-gb/m/swimrun>



The Salt Pig ethos is that food consumed should be from where you're from. All their beef, lamb, pork and game comes from within 8 miles of their cafes.

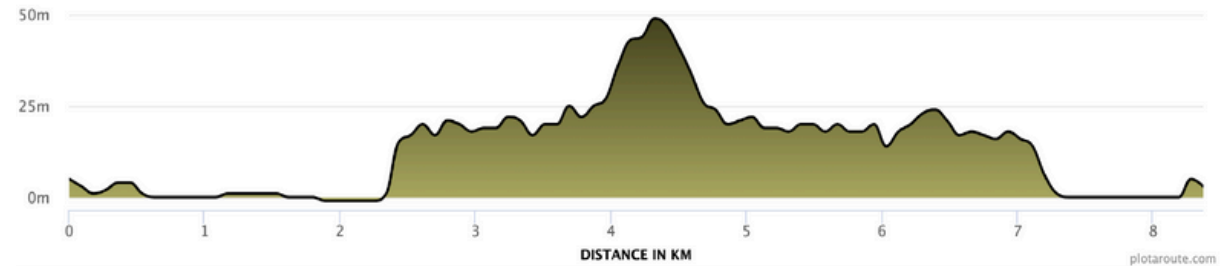
They have fantastic restaurants in Wareham, Studland (Middle Beach), Swanage, Tyneham, Secret Garden and now Chesil Beach.

The Salt Pig are providing packed lunches for our volunteers and opening their Studland branch early for coffee and breakfast.

<https://www.thesaltpig.co.uk/>

# Short Course

	Run	0.53km
	Swim	490m
	Run	0.56km
	Swim	660m
	Run	5.2km
	Swim	860m
	Run	0.2km



 6.5km  
76%

 2000m  
24%

 211m

[Link to Course](https://www.plotaroute.com/map/2431770)

<https://www.plotaroute.com/map/2431770>

**Hydration Station**

There are no hydration stations on short course. If hot conditions, one will be available during Run 3

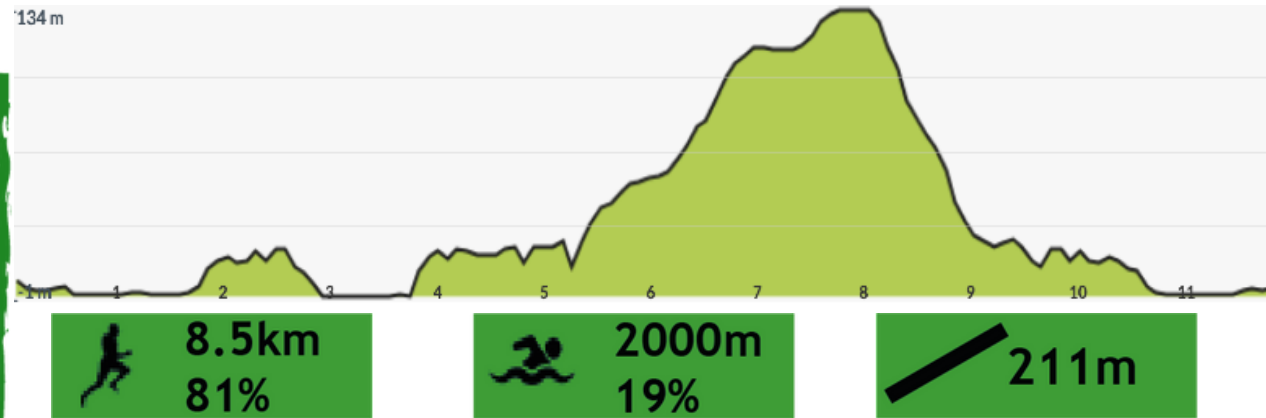
**Cut off times**

Athletes not arriving at **Old Harry** by **12:00** will not be permitted to continue.



# Middle Course

	Run	0.53km
	Swim	490m
	Run	0.56km
	Swim	660m
	Run	7.2km
	Swim	860m
	Run	0.2km



## Link to Course

<https://www.plotaroute.com/route/2608119>

## Hydration Station

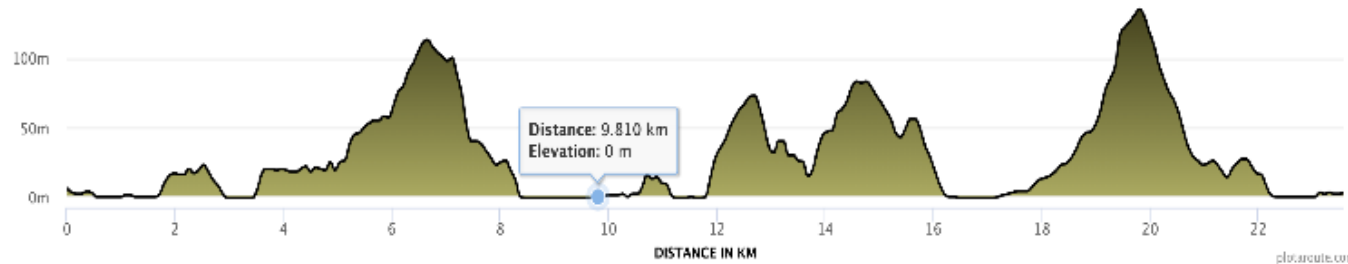
There is 1 hydration stations available at the top of Glebe Road. If hot weather, an additional will be at start of run 3


## Cut off times

Athletes not arriving at Old Harry by **12:00** will not be allowed to continue.

# Long Course

	Run	0.92km
	Swim	800m
	Run	0.6km
	Swim	620m
	Run	7.0km
	Swim	1200m
	Run	1.60km
	Swim	700m
	Run	4.9km
	Swim	450m
	Run	4.90km
	Swim	900m
	Run	0.20km



 20.2km  
81%

 4.9km  
19%

 500m

[Link to Course](#)

<https://www.plotaroute.com/map/2567475>

**Hydration Station**

There are 4 hydration stations available located as shown on the map

**Cut off times**

Athletes not arriving at the checkpoint at **Banjo Pier, Swanage** after swim 3 by **13:00** will not be allowed to continue



# Contact

Contact on the day:

Race Director: David Trehane

07525 069644

[hello@iswimrun.com](mailto:hello@iswimrun.com)

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

"Have Fun, stay safe, look after your fellow swimrunners!"



 15th June 2024