



Prifysgol Abertawe  
Swansea University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAW

## RACE DAY GUIDE

9<sup>TH</sup> JUNE 2024

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



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EVENTS LTD





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Abertawe  
Swansea  
University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAW

## CAMAU BREISION 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 #TÎMABERTAW

**CYFRANNWCH RHODD**

SWANSEA.AC.UK/CY/CAMAU-BREISION/



## 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**

SWANSEA.AC.UK/MAKING-STRIDES/



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Prifysgol  
Abertawe  
Swansea  
University

# SWANSEA

## Half Marathon

HANNER MARATHON ABERTAWE

It's been 10 years since our inaugural event in 2014, which saw just 2000 runners #RunSwansea - in 2024, as we celebrate the 10th anniversary of the Swansea Half Marathon, we are expecting 5000 runners across the event.

This year not only sees the half marathon distance, but welcomes the return of the Freedom Family Fun Run, along with the brand new Front Runner 5 Miler.

We are excited to welcome back those of you who return year after year, and look forward to welcoming those of you who are going to #RunSwansea for the very first time.

We'd like to thank ALL runners, partners, sponsors, race makers, crew, suppliers and friends who have continued to show us enormous levels of support each and every year. We're a small team, striving to deliver the best race we possibly can, and this year is no different as we prepare to help you #BeYourBest as you #RunSwansea.

The Front Runner Events Team wishes you all the very best of luck and whether you are seeking a personal best, looking for a qualifying time, running for charity or simply wanting to complete your chosen distance, we hope you achieve your goal.

See you on the Start Line!



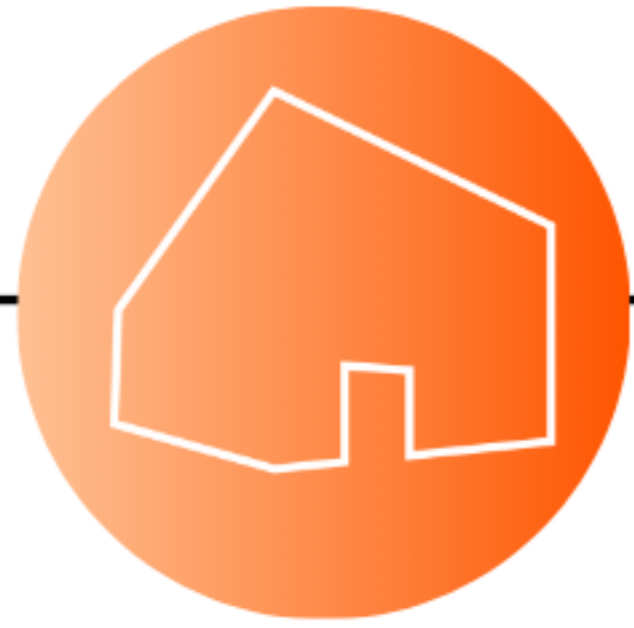
#RunSwansea

[SWANSEAHALFMARATHON.CO.UK](https://www.swanseahalfmarathon.co.uk)



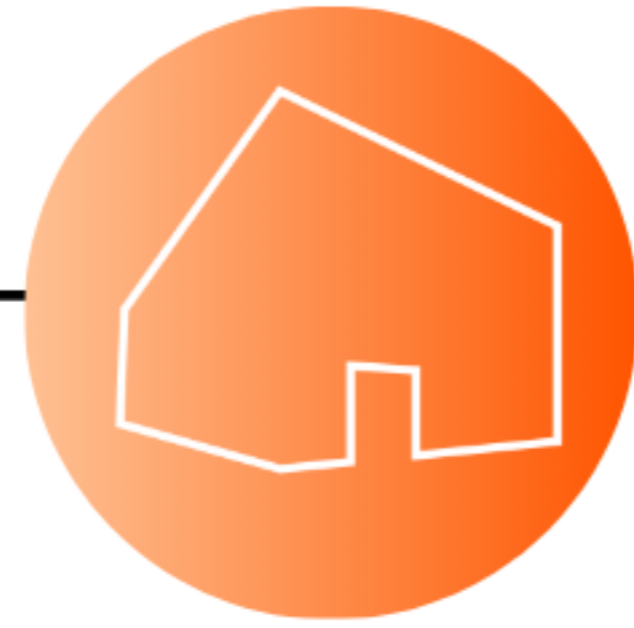
# CANCER IN THE WORKPLACE WORKSHOP

FOR MORE  
INFORMATION, CONTACT  
[LUCIA.OSMOND@  
MAGGIES.ORG](mailto:LUCIA.OSMOND@MAGGIES.ORG)



## Understanding

Understand the emotional and physical needs of employees with cancer.



## Financial

The financial impacts cancer has and what is available to those living with cancer and their employers.



## Strategy

Providing a toolkit to support managers and HR professionals to better support their employees.

UPCOMING DATES:  
Wednesday 26th June  
Wednesday 17th July  
Wednesday 4th September  
Wednesday 2nd October  
Wednesday 6th November

"NO MATTER HOW MUCH YOU THINK YOU KNOW,  
YOU CAN ALWAYS LEARN MORE."

SOUTH WALES POLICE ATTENDEE



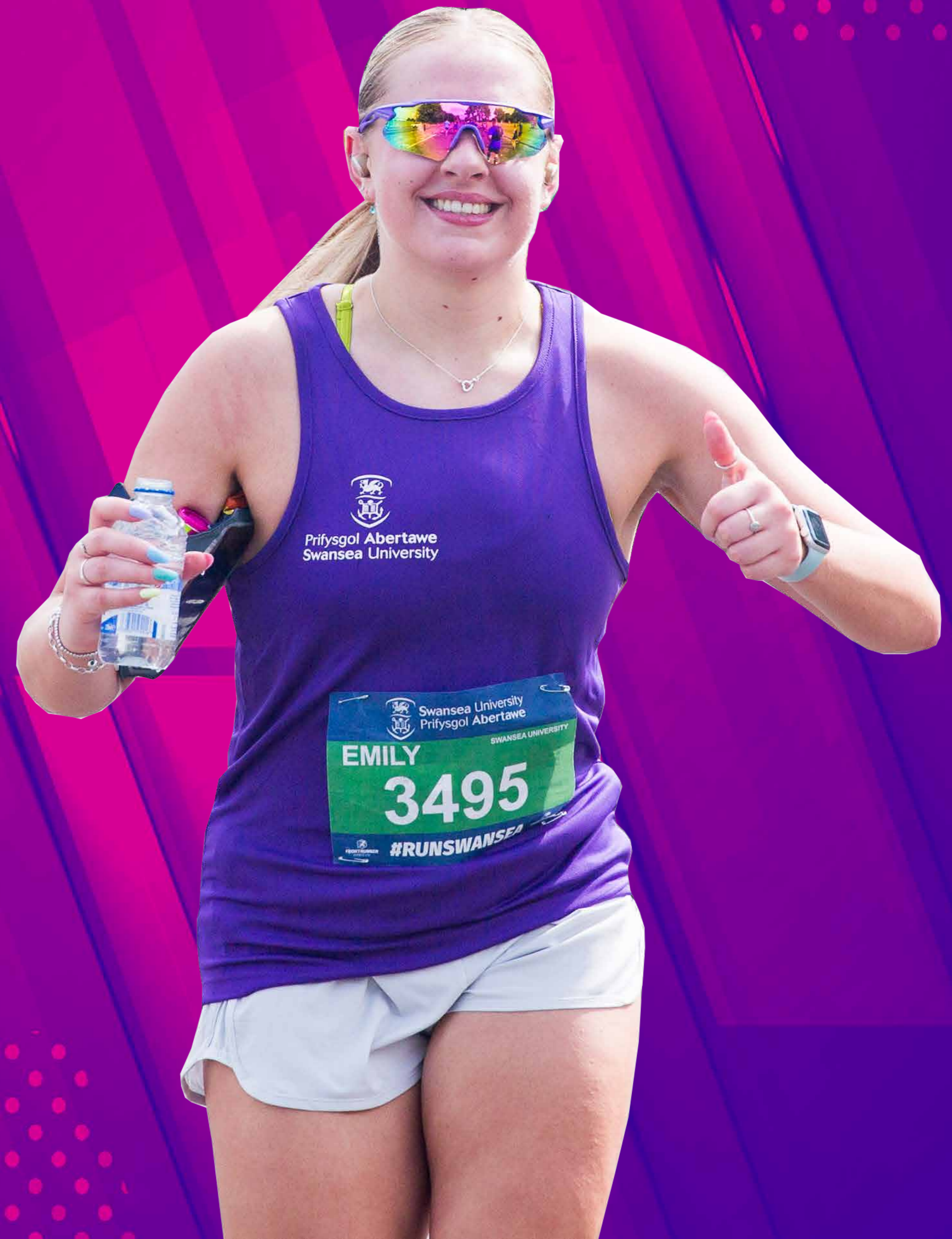
## Prifysgol Abertawe Swansea University

“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**

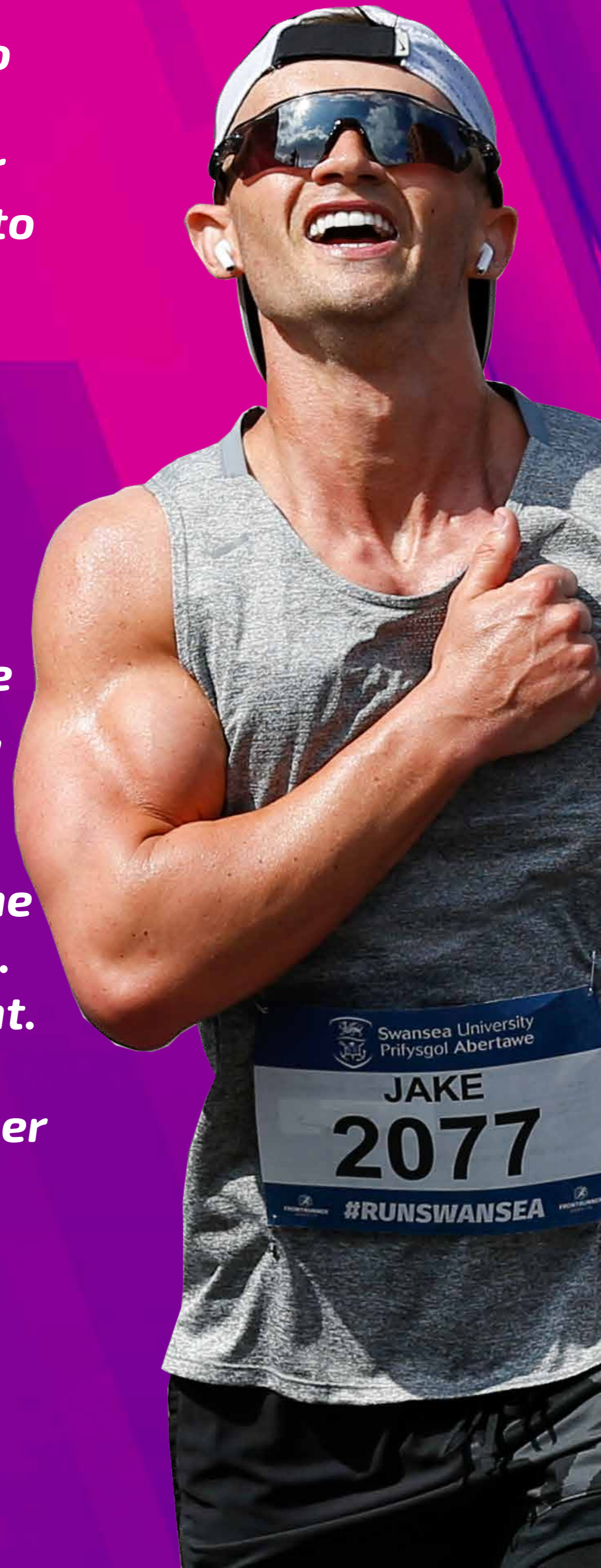
# PREPARE FOR RACE DAY

*Your race pack will be sent out in the post to you two weeks prior to race day. It will include your race number where your timing chip will be attached and safety pins to attach it to your top.*

**YOUR TIMING CHIP WILL ACTIVATE AS YOU CROSS THE START LINE SO, PLEASE DON'T WORRY IF OTHERS START BEFORE YOU!**

*If your race pack has not arrived before race day, or you lose or forget your race number, there will be a limited number of spares available at the Information Point at Museum Green (SA1 1SN) on Saturday 8th June (10am-2pm) and Sunday 9th June (pre-race). It'll cost you £10 (cash only) for a replacement.*

*So please don't lose or forget your race number on race day.*



# DON'T BE A RISKY RUNNER

**You must never wear someone else's race number. By doing this you are putting yourself and others at risk. If you do so, you will be disqualified, reported to Welsh Athletics and will not receive a finishing time or certificate. You must complete the medical details on the reverse of your race number. If you have a medical condition, we need to be aware of please mark the front of your race number with a RED X.**

**If you need medical assistance during the race please stop, rest, and tell the nearest race maker or ask another runner to tell them on your behalf. St John's medical team will be at the event with medical stations along the course route and at the finish line should you require it.**

**If you feel you can't or don't want to continue your race, please make your way to the left-hand side of the road and flag down a member of the crew, your race number must be shown to the crew who will make a note of it. The crew will then help with assisting you back to the event village. Please note, you will not receive a finishing time, certificate, medal or goodies.**

**Please do not take any chances with your health, if you feel unwell do not come to the event. There will always be other race days to participate in.**

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**



**Thank you for popping our bottles into a recycling bin!**

**Our ploggers will be collecting the bottles on course**



# PLAN YOUR JOURNEY



**By Car:** The main access route to Swansea is via the M4 using Junctions 42-47. You'll need to be parked by 08:00 before the road closures come into effect.



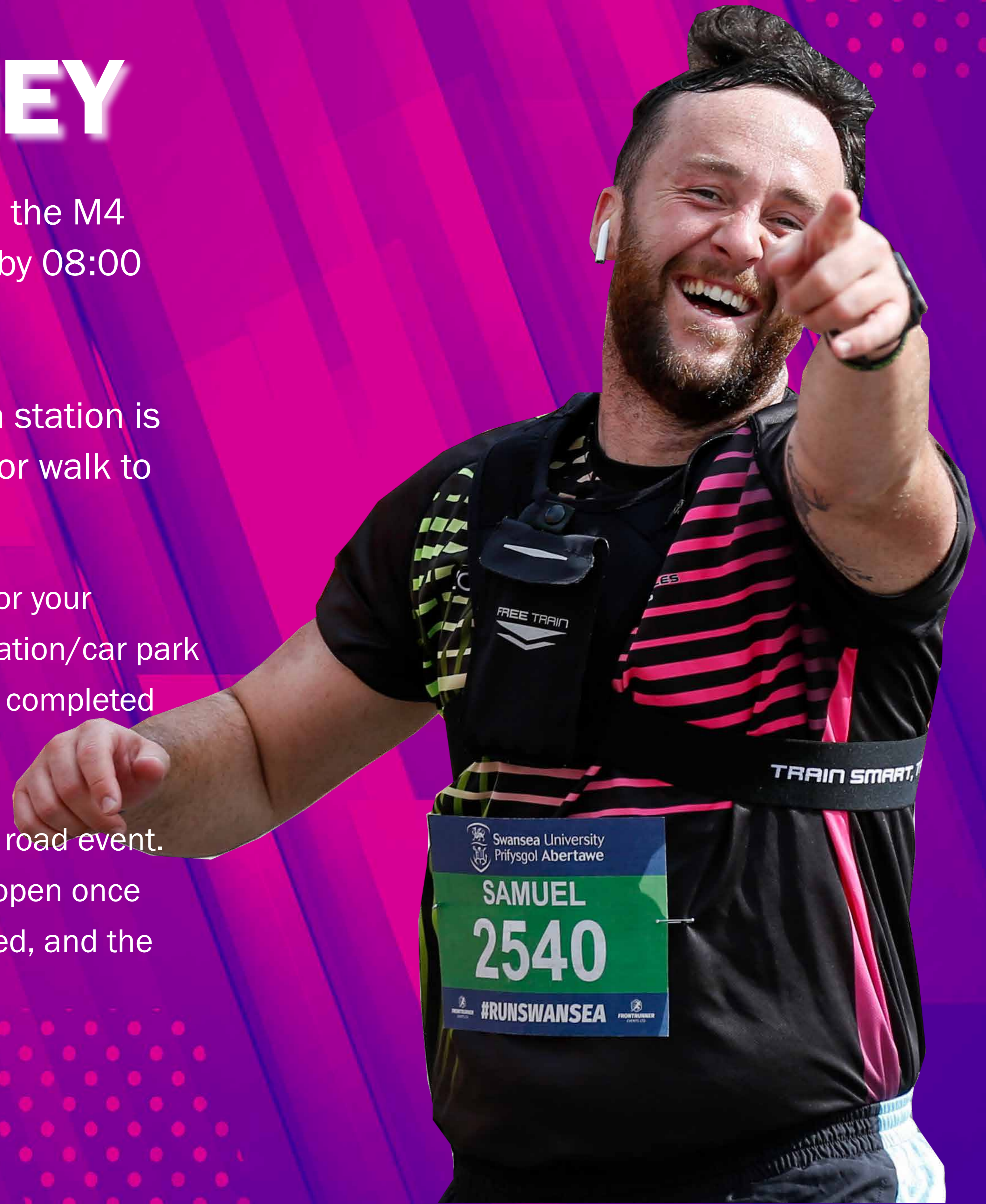
**By Train:** If you're arriving by train, Swansea train station is based on the high street and is a short taxi ride or walk to the start line.

Please plan your route well in advance, and allow plenty of time for your journey, including the time it will take to walk from your arrival station/car park to the event village. Make sure you also plan leaving after you've completed the race.

The Swansea University Swansea Half Marathon is a fully closed road event. There'll be road closures throughout the race. Most roads will reopen once all the runners are on the promenade. Details of all roads affected, and the timings of closures can be found **here**.

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**





Prifysgol  
Abertawe  
Swansea  
University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAW

## CWRDD Â

## #TÎMABERTAWENYRSIO

Mae Adam, Sam, Cath, Evie, a Ffion yn ddarlithwyr ac yn fyfyrwyr yn Adran Nyrsio Prifysgol Abertawe, ac maent yn rhedeg Hanner Marathon Abertawe er budd Cymryd Camau Breision dros lechyd Meddwl.

Mae myfyrwyr nyrsio yn chwarae rhan hanfodol mewn gofal iechyd. Nhw yw gweithwyr rheng flaen y dyfodol, yn gofalu am gleifion ac yn cyfrannu at les cymunedau. Mae'n hanfodol cydnabod bod myfyrwyr nyrsio yn fwy na'u perfformiad academaidd yn unig a bod eu lles meddwl yn bwysig hefyd.

"Rwyf am i'r adran nyrsio fod yn rhan o wneud gwahaniaeth i'n myfyrwyr nyrsio, drwy godi arian i'w helpu yn ystod adegau anodd. Mae ein nyrsys bob amser yn helpu eraill, ac er mwyn i ni eu galluogi i barhau â hyn, mae angen i ni sicrhau eu bod yn wydn ac yn derbyn gofal eu hunain."

## CEFNOGWCH Y

## TÎM NYRSIO MYFYRWYR



I BLE GALLAI GRADD O BRIFYSGOL ABERTAW EICH ARWAIN?

DIWRNOD AGORED ISRADDEDIG 15 MEHEFIN

## CADWCH EICH LLE NAWR



## MEET

## #TEAMSWANSEA NURSES

Adam, Sam, Cath, Evie, and Ffion are lecturers and students in Swansea University's Nursing Department, and they are running Swansea Half Marathon in aid of Making Strides for Mental Health.

Student nurses play a crucial role in healthcare. They are the future frontline workers, caring for patients and contributing to the well-being of communities. It's vital to recognise that student nurses are more than just their academic performance and their mental wellbeing matters, too.

"I want the department of nursing to be a part of making a difference to our nursing student body, by raising money to help them in times of need. Our nurses are always helping others, and to enable them to continue this, we need to ensure they are resilient and cared for."

## SUPPORT THE

## STUDENT NURSING TEAM



WHERE COULD A DEGREE FROM SWANSEA UNIVERSITY TAKE YOU?

UNDERGRADUATE OPEN DAY 15<sup>TH</sup> JUNE

## BOOK YOUR PLACE NOW



**Cath Norris**  
Athro Cyswilt - Meddygaeth, Iechyd a Gwyddor Bywyd  
Associate Professor - Medicine, Health and Life Science

# THE START

The Swansea University Swansea Half Marathon will begin at 9:00am, with the Wheelchair race starting at 08:55am. Followed by the Front Runner 5 Miler at 9:15am approx and the Freedom Leisure Family Fun Run starting at approx 9:20am

The race will have one single holding area, which will be split into 5 different colour pens.

Your race bib will have been designated based on your estimated finish time.

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 1.45 (up to 1.44)		White
	Blue	Sub 2.00 (1.45-1.59)		Blue
	Pink	Sub 2.15 (2.00-2.14)		Pink
	Orange	Sub 2.30 (2.15-2.29)		Orange
	Green	Plus 2.30 (2.30 plus)		Green



# MAGGIE'S WALES WELSH 3 PEAKS



## FRIDAY

Coach from Maggie's  
Cardiff to Snowdonia

## SATURDAY

Snowdonia  
Cadair Idris  
Pen y Fan

## SUNDAY

Arrive back at Maggie's  
Cardiff

# WALK FOR MAGGIE'S

SUNDAY 1ST SEPTEMBER 2024

5 MILE SPONSORED WALK

STARTING TIME: 10.30AM

AN AMAZING WALK

FOR ALL THE FAMILY

START: MAGGIE'S SWANSEA

END: MUMBLES CRICKET CLUB



SIGN UP HERE

SIGN UP HERE



# CHRISTMAS EXTRAVAGANZA

AFTER THE INCREDIBLE  
SUCCESS OF THE 2023  
CHRISTMAS

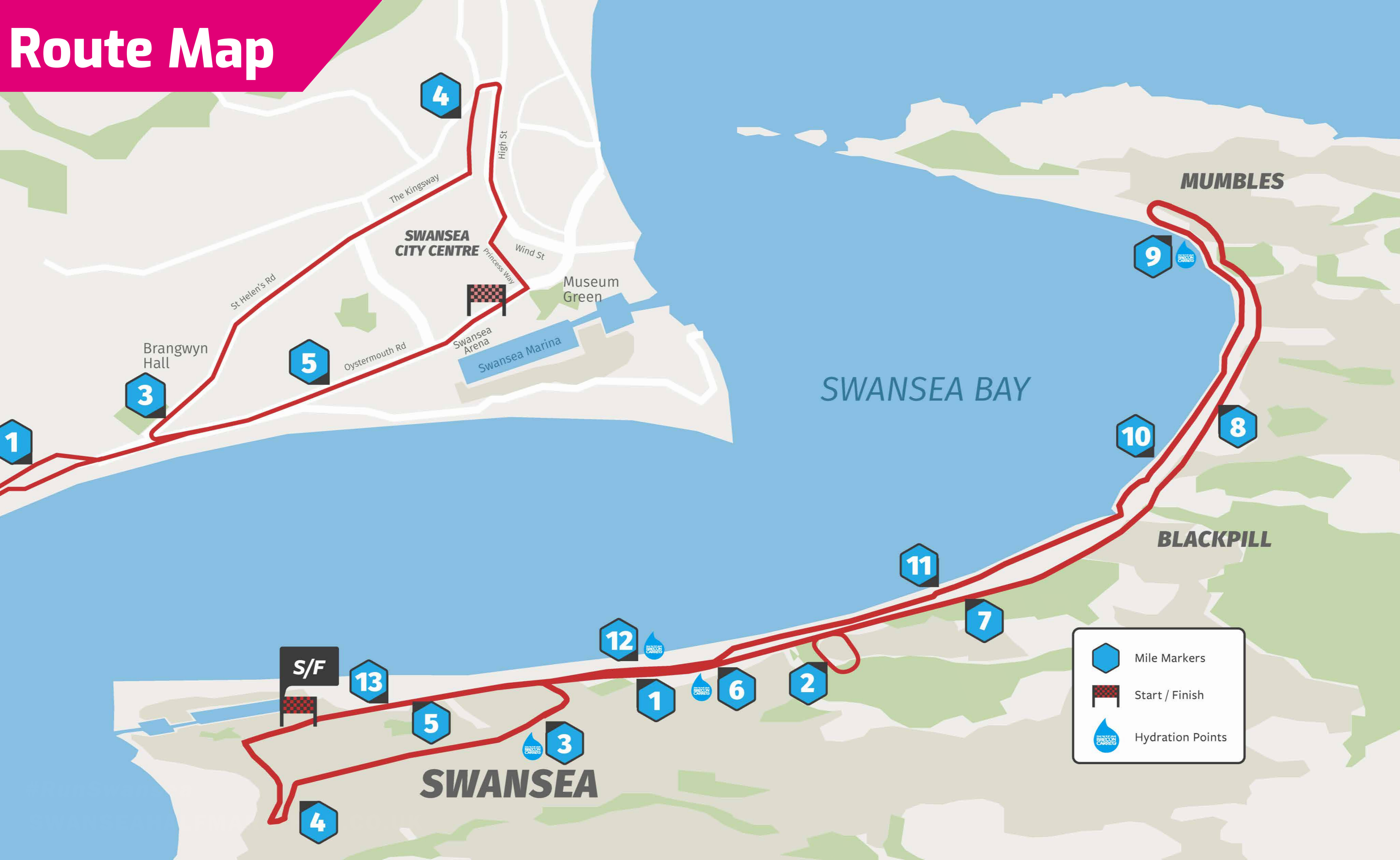
EXTRAVAGANZAZ, WE ARE  
HAPPY TO ANNOUNCE THE  
RETURN IN 2024!

SCAN THE QR CODE TO  
KEEP UP TO DATE WITH  
ACTS AND TICKETS

SIGN UP HERE

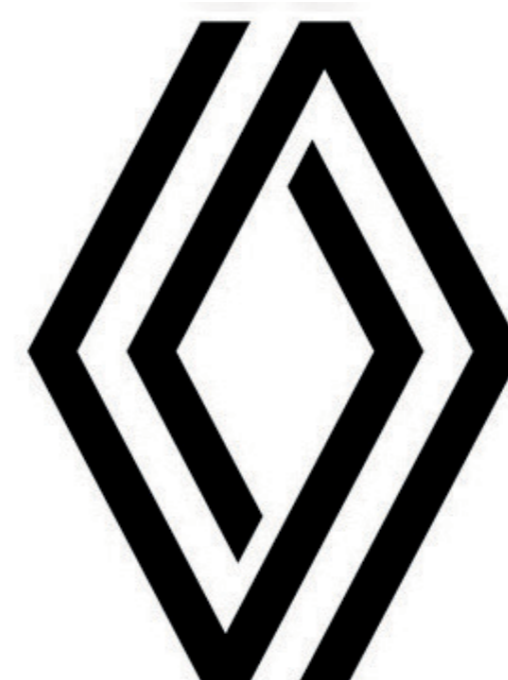


# Route Map





DACIA



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 Motability

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gymuned ers 1932

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since 1932

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



Kia Sportage



Kia EV6 GT

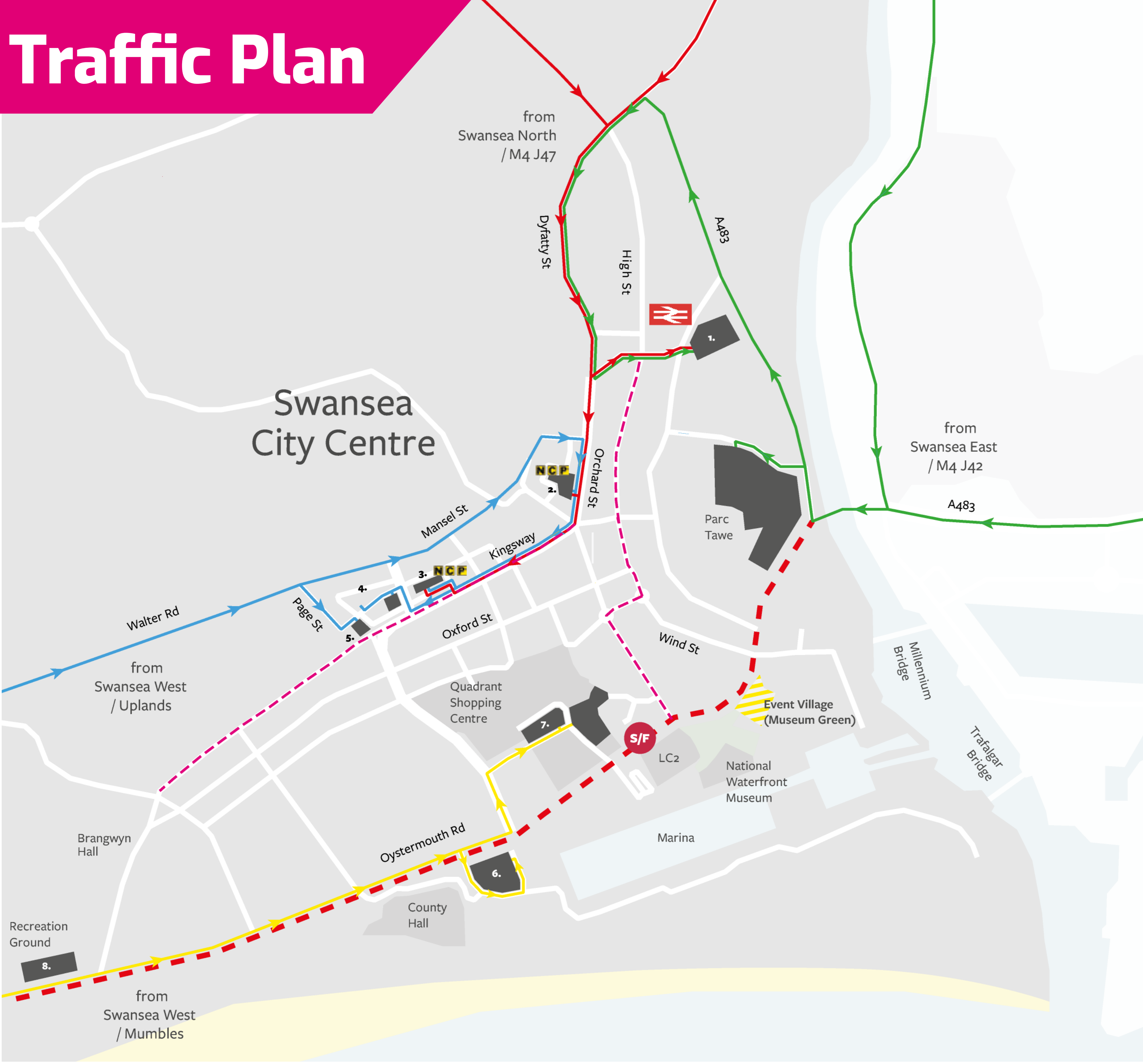


**New** Renault Scenic E-Tech Electric







**New** Dacia Jogger (7 seater)



# Traffic Plan



### 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 oAT   |
| 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



## SURVEY OF PRIMARY SCHOOLS IN WALES KEY RESULTS

### SHADE

**5%** of Schools have sufficient shade for most active outdoor pursuits

**41%** of Schools feel unable to address the issue of shade due to funding

### UNIFORM

**8%** of Schools include hats within their school uniforms

**65%** of Schools encourage pupils to bring and wear sun hats

### EDUCATION

**8%** of Schools include sun protection guidance in staff manuals

**29%** of Schools include sun safety in the curriculum for all students

### COMMUNICATION

**95%** of Schools send communications to parents about sun safety

**38%** of Schools liaise with their Governing Body

### SUNCREAM

**63%** of Schools recommend pupils wear suncream in Spring and Summer terms

**96%** of Schools rely on parents to apply sun cream to pupils before school

### PLANNING

**94%** of Schools consider sun protection when planning outdoor learning

**39%** of Schools undertake a formal risk analysis as part of planning

### POLICY

**39%** of Schools have a formal sun safety policy

**35%** of Schools were unaware of the need for a sun safety policy

#### FIND OUT MORE

Sunproofed is a sun safety study funded by Health and Care Research Wales and conducted by Swansea University. Data relates to a survey of 471 Primary Schools across Wales in Summer 2022.

 @sunproofed



# STAYING SAFE IN THE SUN

With skin cancer rates raising by 8% a year in Wales, prevention by practicing sun safe behaviours is key! Researchers from Swansea University wanted to understand how primary schools in Wales can both educate pupils and protect them from the sun while they're at school. Overall, we found that sun safety practices in schools in Wales needs improvement but with schools such busy places, they need support and assistance in this area.

We'd like to wish all upcoming runners a sun safe race and Dr Rachel Abbott, Study Clinical Lead and Consultant Dermatologist, provides these top tips for protecting your skin when running outside:

1. Wear clothing, a hat eg. Legionnaire style and sunglasses which provide as much skin coverage as you can tolerate
2. Apply a high factor (>30SPF), broad spectrum (>4\*) sunscreen over any exposed skin
3. Use at least 1 teaspoon of sunscreen for the face & neck and each arm and leg
4. Reapply sunscreen if you're outside for over 2 hours, particularly between 10am-2pm when the ultraviolet (UV) level is highest
5. Run in the shade where possible





# SUSTAINABILITY & HYDRATION

We always try to put our best foot forward when it comes to sustainability and are proud to continue our commitment to reduce our carbon footprint and minimise the environmental impact across our events. Over a number of years, several trials have been undertaken to remove all unnecessary waste and plastic from our events, which has resulted in considerable reductions and improvements.

We'd love it if you'd help us out by bringing your own prefilled water bottle/hydration pack. There will also be water available on the route at approx miles 3, 6.7, 9.2 and 12. Water will also be available at the finish line for all runners. Please dispose of your bottles in our designated recycling zones, our racemakers will then collect and recycle them!

Electrolytes will also be available in cups at approx miles 6 and 10.3.

**Brecon Carreg** are our hydration partners, and they will be providing water for all our water stops across the route. Brecon Carreg are committed to bringing you 100% recyclable packaging thanks to 100% collection rates and close partnerships in the industry.

**DRINK** what you need, **DRAIN** any remaining water from the bottle and **DISPOSE** of the bottle in the designated recycle zone.



#RunSwansea

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# Your health, our care.

At Sancta Maria Hospital, patient care is at the heart of everything we do. Working with some of the UK's leading consultants and healthcare professionals, we offer an extensive list of procedures from our state-of-the-art, SA1 hospital in the heart of Swansea Marina.

## Why choose us?

- Self-pay and insured patients welcome
- Pioneering procedures
- Advance diagnostic suite with an MRI
- Three surgical theatres
- Day surgery unit
- An experienced team to support you each step of the way, from enquiry to recovery
- On-site parking



## Available procedures

Our range of procedures span from diagnostics to orthopaedics, and include:

### Cosmetics

- Breast
- Abdominal
- Ears
- Face
- Eyes
- Liposuction
- Nose

### Diagnostics

- MRI
- Ultrasound
- X-Ray

Plus a range of other general procedures.

### Audiology

- Wax Removal
- Hearing Assessments

### Orthopaedics

- Elbow
- Knee
- Hip
- Spine
- Shoulder
- Hand & Wrist
- Pain Management
- Foot & Ankle

### Ophthalmology

- Cataracts

To view our full range of treatments and surgeries, please visit our website at: [www.hmtsanctamaria.org](http://www.hmtsanctamaria.org) or call at 01792 469040

Lamberts Road, Swansea SA1 8FD

# 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 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.

# PHOTOS

**Marathon Photos** are our official photographers. Photos will be taken during the race so don't forget to bring your smile!



# RESULTS

We'll upload provisional **race results** online as soon as we have them. You'll be able to download your very own official race certificate and times following the event. Race results can take up to 14 days to be ratified.

**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**

# START & FINISH TIMES

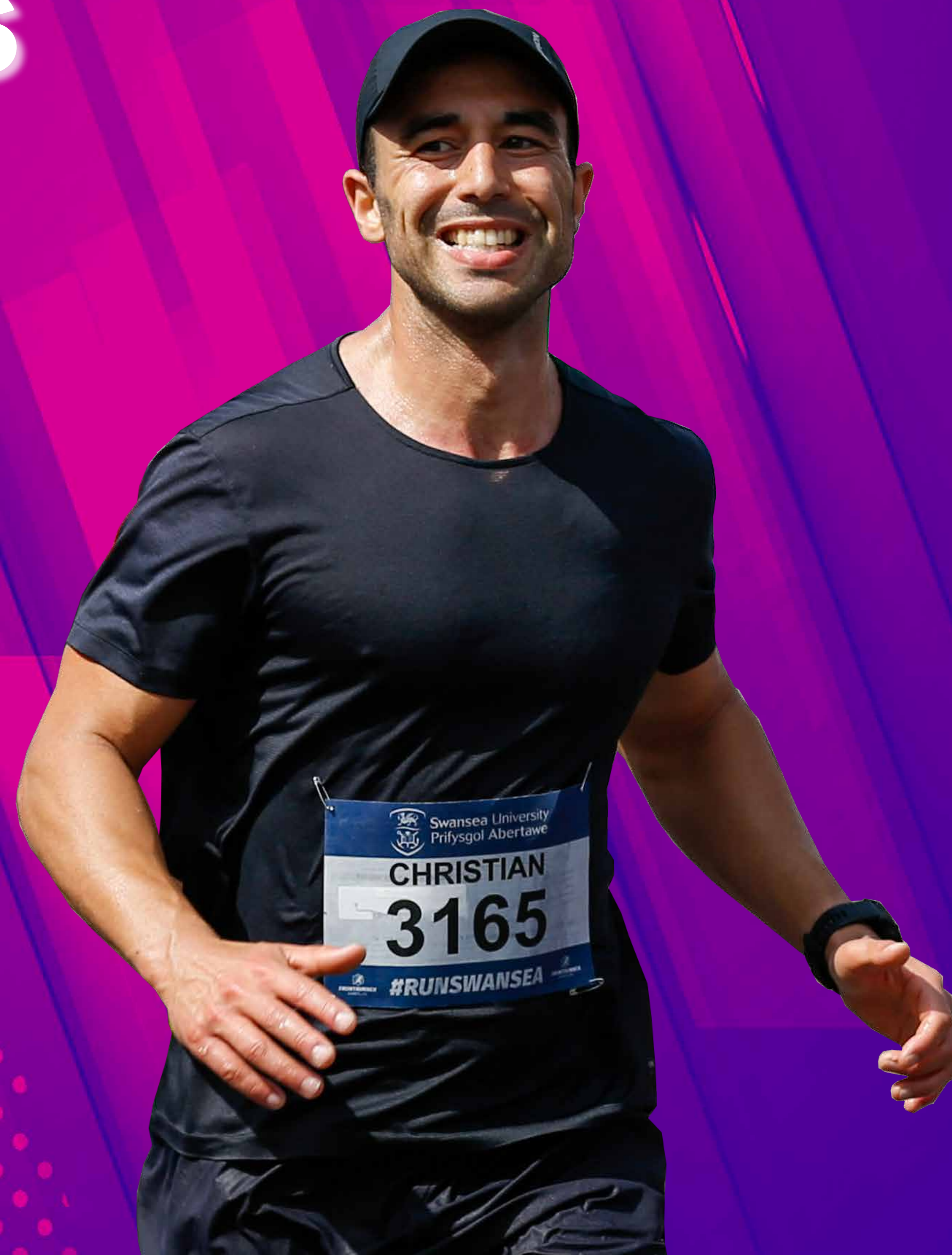


The Swansea University Swansea Half Marathon Elite and Mass race will start at 9am. With the Wheelchair race starting at 08:55am. The 5 Miler will start at approx 9:15am and the Freedom Leisure Family Fun Run at approx 9:20am.

The cut-off time for the half marathon is 4 hours (if you exceed 1 hour 53 minutes at the 10k point, you will not be able to continue with the race). There will be tail walkers at the back of each race.



Once you have finished the race, it is important that you keep moving through the finish area. There will be lots of runners finishing around you and the flow of runners crossing the finish line must keep moving. Listen to instructions provided by the Race Crew and keep walking to collect your goodies!



**#RunSwansea**

**SWANSEAHALFMARATHON.CO.UK**



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- Business Printing
- Leaflets & Brochures
- Display
- Expo
- Students



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# RACEMAKERS

You'll find our Racemakers clearly visible along the route. They're there to support you - our runners, offer direction and help cheer you along the 13.1 miles. They play an integral part of 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 the Swansea University Swansea Half Marathon a success.

If you feel inspired or know someone who'd like to volunteer at this year's race, please get in touch at [volunteers@frontrunnerevents.co.uk](mailto:volunteers@frontrunnerevents.co.uk) or head to our Facebook page **Front Runner Volunteers.**



# CORPORATE CHALLENGE

Businesses from across Wales will compete in the Corporate Challenge to #RunSwansea this year! Corporate teams will range from teams of 4 to 6 runners, with some having multiple teams. The corporate champions are decided based on the first 4 fastest team members.

To get your team involved in 2024 get in touch with us by emailing [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk). To find out more about this brilliant team challenge **CLICK HERE**



#RunSwansea

SWANSEAHALFMARATHON.CO.UK



CELEBRATE WITH US

# Swansea Half Marathon

## BBQ & Entertainment

AT MORGANS HOTEL

Join us at Morgans on 9th June 2024 for live entertainment, a delicious BBQ & a drink in the sun.

### Free Drink

FOR EVERY RUNNER

You read that right! We are offering a FREE drink for every runner that participates in this year's race - simply shows your medal to claim yours.

### 50% Off Rooms

Why not take advantage of our half price Sunday stay offer and relax in the surroundings of Morgans, with rooms starting from just £75. You've earned it!

[morganshotel.co.uk](http://morganshotel.co.uk)

morgans

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University  
SWANSEA  
Half Marathon  
SWANSEA MARATHON ASSOCIATION



## 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.



## 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



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where you matter



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EICH UN CHI  
HEDDIW!



GET  
YOURS  
TODAY!

LC ABERTAWE  
LC SWANSEA

# Strength in numbers

Call for a free consultation about your accountancy and taxation affairs



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chartered accountants

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Mallard Way  
Swansea Vale  
Swansea  
SA7 0AJ

T: 01792 460 116  
E: [info@matthewsandco.co.uk](mailto:info@matthewsandco.co.uk)

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



# THANK YOU TO ALL OUR PARTNERS



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Prifysgol Abertawe  
Swansea University

# SWANSEA Half Marathon

HANNER MARATHON ABERTAWE

# 8<sup>TH</sup> JUNE 2025



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



**OPENING  
SOON**