



Bewl Water Swimrun 2025 SUMARPO

Sunday 7th September 2025

BEWL WATER, BEWLBRIDGE LANE, WADHURST, TN3 8JH

Welcome to the Beautiful Bewl Water Swimrun!

We're absolutely thrilled to be back at beautiful Bewl Water for another exciting edition of our swimrun adventure. This truly is one of the most scenic venues in the UK – and we're privileged to race here with the kind permission of the Bewl Water team.

The Courses

Please note due to low water the 10k course has a few changes. 6k is unchanged but swims will be shorter. The 21k has minor tweaks and some shorter swims

All races feature easy swim entries and exits into the reservoir, and undulating run sections on a mix of trails, tracks, fields, and woodland paths.

6k start by heading across the dam wall, out through the woodland, into the water, 10k head downhill and into the water before winding your way out and round through beautiful terrain to the finish.

21k: You'll head straight downhill and into the water, before heading out on a challenging loop around the reservoir. Expect epic trail sections, quiet country roads, steep hills, and a great adventure through the scenic Kent countryside. The final run stretches feature grass tracks and wooded areas, with a couple more swims before you make your way back around to the finish line

Thank you for joining us at Bewl Water

We hope you have a brilliant race, soak in the views, and enjoy every moment of this unique challenge.

🏁 RACE DISTANCES

🌱 Intro Mustard – 6K (Approx.)

A brilliant introduction to swimrun – small but mighty!

- 🏊 1.4K of open water swimming
- 🏃 5K of mixed terrain running
- 🔄 4 swim sections / 5 run sections
- 🌊 Longest swim: 400m
- 🏞️ Longest run: 1,800m

🍷 Mild Mustard Sprint – 10K (Approx.)

A zesty step up for those wanting more time in the water and on the trails.

- 🏊 2K of open water swimming
- 🏃 8K of mixed terrain running
- 🔄 6 swim sections / 7 run sections
- 🌊 Longest swim: 400m
- 🏞️ Longest run: 2,000m

🔥 Middling Mustard Half – 21K (Approx.)

A full-bodied, endurance-packed course for the adventurous mustardeers.

- 🏊 4.2K of open water swimming
- 🏃 17K of mixed terrain running
- 🔄 9 swim sections / 10 run sections
- 🌊 Longest swim: 1,000m
- 🏞️ Longest run: 7,200m

🕒 RACE DAY TIMETABLE - SUNDAY 7TH SEPTEMBER 2025

TIME	EVENT
06:45 – 08:20	Registration Open
08:20	Mandatory Race Safety Briefing – 21k, 10k & 6k participants (at the start line)
08:30	21k Race Start
08:35	10k & 6k Race Start
10:40 (TBC)	Prize Giving – 6k & 10k
11:30 (TBC)	Prize Giving – 21k

🚗 CAR PARKING

Postcode: TN3 8JH – this will bring you straight to the main car park.
Please note: There is a parking charge

📄 REGISTRATION



Head to the yellow gazebo to register on race morning.

Check the number board to find your race number

Collect your number band and swim cap from our registration team

PLEASE NOTE: There is **NO** bag drop – only a key drop!

Use your race pack envelope (with your number on it) to seal your keys securely
Hand it in at registration – you'll collect it again at the finish

Let's get you ready to race! 🍷

1 2 3 4 NUMBER BANDS

We're using **number bands** instead of bibs for a more comfortable race experience! Please wear your number band on your right leg with the number facing outward.

Put it on **before your shoes**

Remove your shoe **before taking the band off** post-race

Lost or damaged bands incur a £10 replacement charge – please look after them!

🚒 RACE SAFETY

Mandatory:

All participants must report to registration to collect their number band and swim cap
You must attend the **Race Safety Briefing at the start line – 10 minutes before your race start**
All participants must be:

- Physically fit for their chosen distance
- Comfortable with open water swimming
- Confident running on mixed, off-road terrain

The race team, marshals, and medical crew reserve the right to withdraw any participant who appears unfit or is showing signs of serious fatigue. Your safety is our top priority.

🥤 AID STATIONS

Short Courses (6k & 10k):

Water

Precision Hydration energy drinks

Jelly Sweets

Long Course (21k):

Water

Precision Hydration drinks

PF 30 gels

Snacks and jelly sweets

Please bring extra energy gels and/or hydration if you know you'll need more!

🧰 MANDATORY EQUIPMENT

To race safely and successfully, you must have the following kit with you at all times:

- 1 Number Band
- Worn on your right leg, number facing outwards at all times, supplied by us
- 2 Swim Cap
- Must be worn for every swim section, supplied by us
- 3 Whistle
- For attracting attention in an emergency
- 4 Collapsible or Soft Cup
- Essential for aid stations and the finish line
No single-use bottles – we operate using water dispensers only!
- 5 Small Compression Bandage
- Must be waterproof-packaged and carried during the race
Example: [View Here](#)
- 6 Wetsuit Requirement
- Wetsuits are mandatory if the water temperature is below 14°C
Otherwise, you may wear a trisuit, swimming gear, t-shirt and shorts
- 7 Running Shoes
- Trainers or trail shoes must be worn throughout the entire event

Random kit checks will take place at the start line – no kit = no race, so please come prepared.

🧰 OPTIONAL EQUIPMENT (FOR SWIM SECTIONS)

You may also carry the following to support your swim:

Hand Paddles

Pull Buoy or Buoyancy Aid (*max size: 100cm x 60cm*)

Fins (no longer than 20cm in total length)

All optional and mandatory equipment must be carried from start to finish – drop it and you're not eligible for prizes.

Let us know if you have any questions before race day – and remember: come kitted, come prepared, come ready for adventure! 🧡



Fenland Runner will have their mobile retail sales unit at the event for last minute purchases and to browse Sumarpo wetsuits and lots of other swimrunning equipment

🕒 TIMING & TEAMS

All races will begin with a mass start, and your time will start on the gun. Please position yourself according to your pace and ability at the start line.

Team Rules

- In the swim, team mates must stay within 10 metres of each other
- On the run, keep within 100 metres
- Your finish time will be recorded as the time the last team member crosses the line

🗑️ HOUSEKEEPING & RESPECTING THE LAND

We operate a zero-tolerance policy on litter.
Drop litter = disqualification
Please use:

- Bins in the event village
- Bins at aid stations
- Marshals – happy to take gel wrappers or waste

We are honoured to have access to the land around Bewl Water and the surrounding villages.
Please:

- Be courteous to walkers and locals
- Shut all gates behind you
- Follow the Countryside Code
- Treat the trails, tracks and roads as if they were your own

Decisions made by the Race Director, Marshals, and Safety Officers are final
Abusive language or behaviour will not be tolerated under any circumstances

ON COURSE

If you need to stop or withdraw from the race:

- **Report to the nearest marshal**
- **Let registration know you've retired**
- **Return your number band – lost bands incur a £10 charge**

Cut-Off Times

Cut-offs for water entry points are detailed on the course maps (see final pages of the Racebook).
Please review and plan your pace accordingly.

🏃 RUNNING SECTIONS

Much of the course is off-road, with some rough ground and natural hazards – expect:

- Mud, lumps, bumps, tree roots
- Overhanging branches, uneven surfaces
- Quiet roads on the 21k course – be aware of traffic and move to verges when needed

SWIM SECTIONS

- Only enter/exit the water at designated points
- These are chosen to minimise ecological impact and add challenge & adventure
- Watch for underwater hazards (rocks, ledges etc.)
- Take your time standing up after a swim – you may feel briefly disoriented
- Marshals will be nearby to help – listen to their instructions

If you're in trouble:

- Roll onto your back, raise one arm
- A safety team will attend to you promptly
- If a boat assists you, hold on to the front of the craft only

IMPORTANT COURSE NAVIGATION INFORMATION – PLEASE READ CAREFULLY!

Each race distance follows its own colour-coded route:

- 6K – GREEN arrows and tape
- 10K – YELLOW arrows and tape
- 21K – RED arrows and tape

STAY ALERT – DON'T JUST FOLLOW THE PERSON IN FRONT!

Many sections of the course share paths – but branch off at different points. The person ahead may not be on your course. Follow your own colour signs and tape.

Coloured TAPE will be approx every 300–400m on your route.

If you haven't seen your colour tape in over 500m, you may be off course.

STOP, TURN BACK, and retrace your steps until you find your colour again.

Do not loop around or guess – you may get lost.

This is an adventure race – it requires focus and awareness.

Watch for:

- Arrow signs in your colour
- Coloured tape
- Ground markings or paint on trees/posts (where signs can't be placed)

Marshals will be at swim entry and exit points, but otherwise, navigation is your responsibility.

Taking the wrong course or skipping sections may lead to disqualification.

The Race Director and Safety Officer may adjust the course up to and including race day if required.

SWIM ENTRY & EXIT POINTS

- 'Swim In' signs will mark entry points
- Yellow feather flogs will mark swim exits

Please take care – these are natural areas and may be muddy, slippery, or uneven, with possible rocks, tree roots, or debris.

 No diving is permitted at any point.

FIRST AID

If you or another participant needs assistance:

Use your whistle to attract attention if you cannot reach a marshal

Others: please assist if you hear a whistle and alert the nearest marshal immediately

FINISH LINE

You'll receive your eco-friendly seeded medal – plant it and grow something beautiful!

Please remove your shoe to take off your number band

Then grab your goody bag and bask in your achievement!

Don't forget to smile for the photographer out on course and at the finish!

Your safety is our priority – please race smart and stay aware.

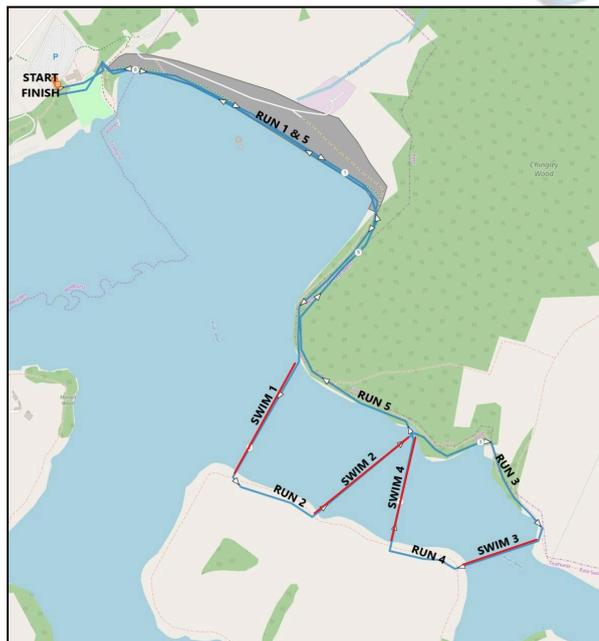
Race Day Contacts

In an emergency please contact
Chelsey Bailey (Safety Officer) on 07525069815
Nicky Bailey (Race Director) 07966559952

In case of a medical emergency, in the first instance please phone 999 and then contact the
Safety Officer or Race Director

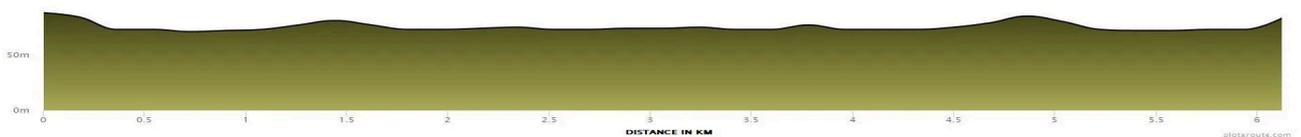
COURSE SPLITS & MAPS

6K SOLO SWIMRUN 07/09/25 Race Start 0835hrs

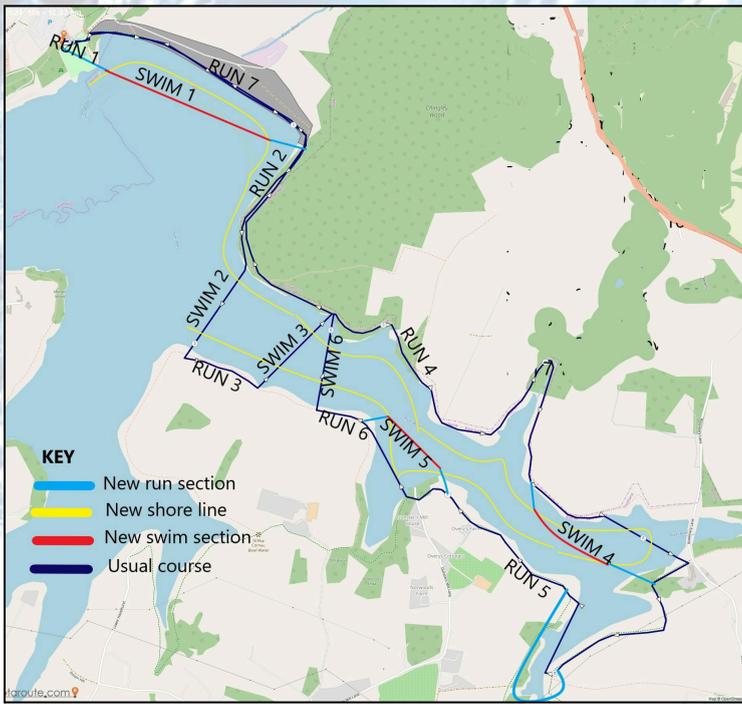


Run	Swim
Run 1 1600m	Swim 1 400m
Run 2 300m	Swim 2 400m
Run 3 600m	Swim 3 250m
Run 4 250m	Swim 4 370m
Run 5 1800m	

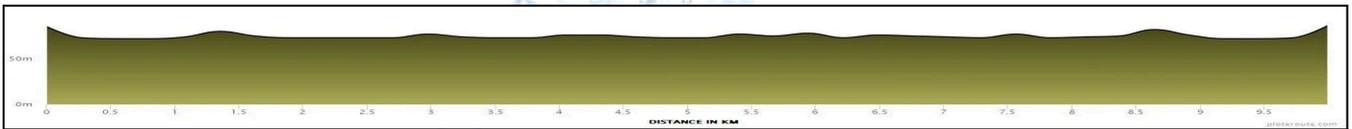
Cut off into any water 1130 hrs



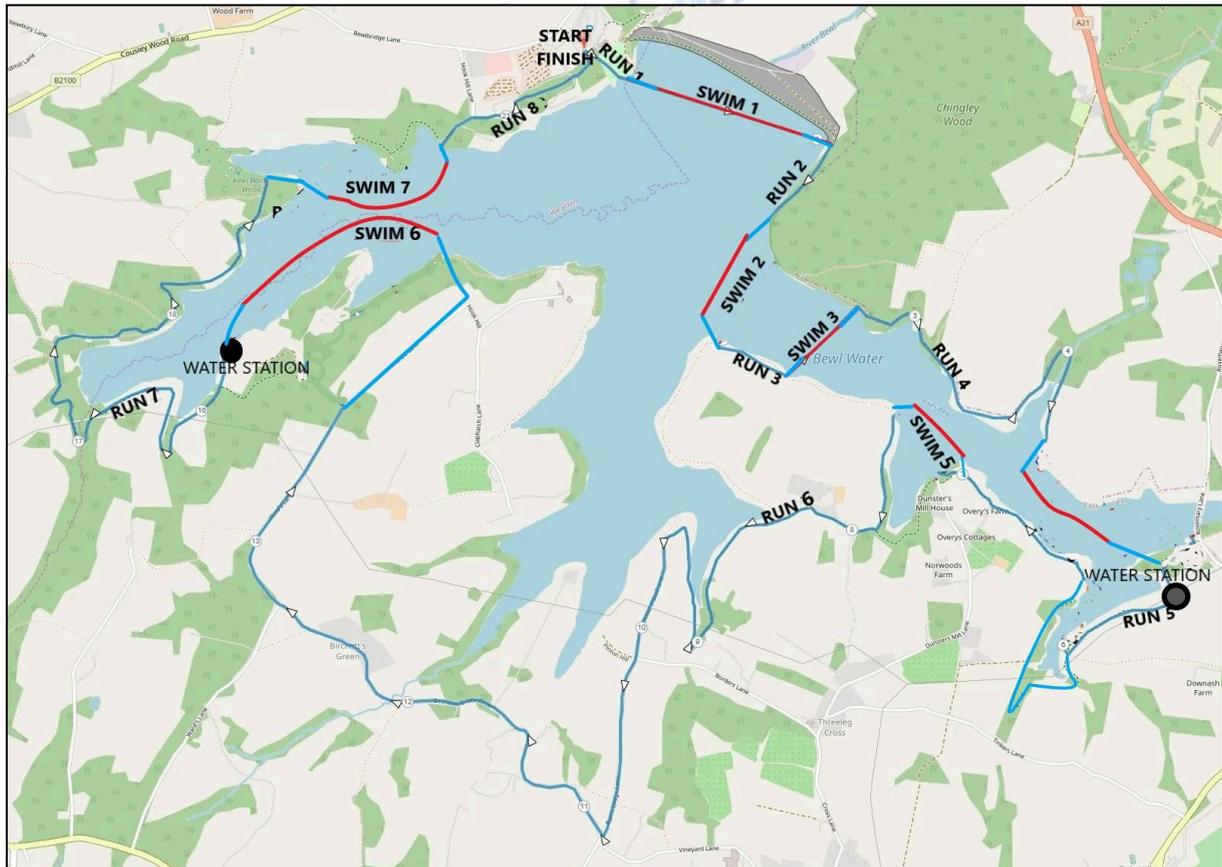
10k SWIMRUN 07/09/25 Race Start 0835hrs **Low water alternative route**



Run	Now	Swim	Now
Run 1	1600m 180m	Swim 1	400m 500m
Run 2	300m 500m	Swim 2	400m 300m
Run 3	2000m 300m	Swim 3	400m 250m
Run 4	900m 1600m	Swim 4	300m 250m
Run 5	850m 2300m	Swim 5	270m 250m
Run 6	250m 400m	Swim 6	370m 250m
Run 7	1800m		
Water/Aid Station		At 6k	
Cut Off into the water		1130hrs	



21k TEAM and SOLO SWIMRUN 08/09/24 Race Start 0830hrs **Low Water alternative route**



Run usual	low water	Swim usual	low water	Run usual	low water	Swim usual	low water
Run 1 180m	180m	Swim 1 850m	500m	Run 6 850	7200m	Swim 6 270m	900m
Run 2 500m	500m	Swim 2 400m	300m	Run 7 7200m	3200m	Swim 7 1100m	600m
Run 3 300m	300m	Swim 3 300m	250m	Run 8 4000m	800m	Swim 8 250m	
Run 4 2000m	1600m	Swim 4 400m	250m	Run 9 20m		Swim 9 700m	
Run 5 900m	2300m	Swim 5 300m	250m	Run 10 800m			
Water/Aid Stations at 5.2k and 15.8k				Cut off into any water at 1245 hrs			

