



Grafham Water Swimrun 2025 SUMARPO Sunday 29th June 2025

Grafham Water, Marlow Car Park, Grafham, Huntingdon PE28 0BH

Thank you for entering the Grafham Water Swimrun.

We hope you have a brilliant race and enjoy your time with us

We're thrilled to have you racing with us and can't wait to see you out on the course. Whether you're dipping your toes into our 5k Intro, taking on the 10k Mild Mustard Sprint, or tackling the full 21k Middling Mustard Half — you're in for an incredible day of adventure.

It's always great to be back at beautiful Grafham Water with the support of Anglian Water. With a mix of stunning reservoir swims and scenic, mixed-terrain runs through woodland, reed banks, nature reserves, and quiet trails — this venue really does have it all.

Our 5k Intro Swimrun race is no less than 5k and consists of approx. 1.4k of open water swimming and 4km of mixed terrain running. 4 swim sections 5 run sections. Longest swim 550m, longest run 1200m

Our 10k Mild Mustard Sprint Swimrun race is no less than 10k and consists of approx. 2.9k of open water swimming and 8 km of mixed terrain running. 7 swim sections 8 run sections. Longest swim 620m, longest run 1350m.

Our 21k Middling Mustard Half Swimrun race is no less than 21k and consists of approx 4k of open water swimming and 17k of mixed terrain running. 10 swim sections 11 run sections. Longest swim 700m, longest run 6000m



Race Day Timetable

Sunday 29th June



0700 hrs to 0845 hrs Registration is Open.

0815 hrs 21k and 10k Mandatory Race Safety Brief

0830 hrs Race Start 21k

0835 hrs Race Start 10k

0845 hrs 5k Mandatory Race Safety Brief

0900 hrs Race Start 5k

1030 hrs Prize Giving for 5k and 10k tbc

1145 hrs Prize Giving for 21k tbc

POST-RACE BIOSECURITY

Help us protect the waterways — please wash your wetsuits using the wash station behind the cafe, before you head home.

PARKING + ARRIVAL

Use postcode PE28 0BH to access the car park. Pay on exit.

The race village is next to the car park by the water, just in front of the café

REGISTRATION AND NUMBER BANDS

- Find your name on the number board.
 - Collect your race pack from registration.
 - Your race pack has your number band (goes on your right leg, number facing outwards) and swim cap.
 - NO bag drop –keys only. Use your race pack envelope for key drop.
 - Number bands are comfy and secure — just make sure it's on your right leg, number facing out.
- Lost/damaged bands incur a £10 fee.

SAFETY FIRST!

- All participants must register on the day.
- Mandatory Safety Briefs take place 15 mins before each race start — don't miss it!
- You must be fit and confident in open water and off-road terrain.
- Marshals and medics have the final say — your safety is top priority.

AID STATIONS

Aid stations will offer water and Precision Hydration drinks. The long course will also have gels and jelly sweets. In hot weather, marshals will have additional water at some swim entry and exits

Need help with fuelling? Precision Hydration have a swimrun specific nutrition calculator at <https://www.precisionhydration.com/planner/>





MANDATORY KIT CHECKLIST

You must carry the following at all times:

- Number band (right leg, number out)
- Swim cap (every swim)
- Whistle
- Collapsible cup (no plastic bottles provided only large dispensers!)
- Small compression bandage Example here
https://www.medisave.co.uk/conforming-bandage-5cm-x-4m.html?gclid=Cj0KCQjw_vWBhD8ARIsAH1mCd5L1JEpD89d4FYADVeNQ91PFYZ1eNe-p5wBJcxFLTes-EQk7mRBpLoaAkZLEALw_wcB
- Wetsuit **if water is <14°** (historically its around 19°)
- Running shoes (must be worn the whole race)



Optional swim aids

- Hand paddles
- Pull buoy / float (max 100x60cm)
- Fins (max 20cm)



All kit must be carried throughout the race. No kit = no prize



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

Each race distance has a separate mass start and your time will start at the gun. Please position yourself according to your ability at the start line..

Teams must stay within 10 m of each other in the swim sections and 100m on the run sections. The last team member over the line is your team time .



HOUSEKEEPING

We're proud of our countryside. Please

- Use bins or give rubbish to marshals. We have a zero tolerance policy on littering
- Respect others, locals, landowners, marshals and volunteers. Abusive language and/or behavior is not acceptable
- Close gates, follow the Countryside Code.
- No litter = happy landowners = more events!

Marshals, Race Director and the Safety officers decisions are final.



ON COURSE.

If at any point you need to stop or retire from the race, **please speak to the nearest marshal as soon as possible.**

It's really important that we know you're safe and off the course

Once you're back at the race village, head to registration to check in and **return your number band**. Lost or unreturned number bands will incur a **£10 replacement fee**.

Your safety is our priority — and keeping track of everyone helps us make sure the event runs smoothly for all!



CUT OFF

There are cut off times for the 5k, 10k and 21k for entering the water as stated on the course maps on the last page. You may be asked to cut short the course, **if it's safe and appropriate** and it looks like you are going to run out of time, rather than being asked to stop. Please follow the marshals instructions.



RUN

A large proportion of the run is off road and through some rough ground. Please be aware that there may be unexpected natural hazards i.e. lumps, bumps, holes, mud, over hanging trees. The 21k has sections of quiet road please be aware of vehicles in the road and move to the grass verges where appropriate.


SWIM


For your safety and to protect the natural environment, **please only enter and exit the water at the designated points** marked on the course. These spots have been carefully selected to:


- **Minimise ecological impact** on lake edges
- **Ensure your safety** while still adding an adventurous element to your race

Be aware:

There may be natural hazards just beneath the surface, such as rocks, ledges, or uneven ground. Please tread carefully when getting in or out of the water. Marshals will be on hand to assist you if needed — don't hesitate to ask.

 It's common to feel a bit disoriented when standing up after a swim. Take your time and **follow marshal instructions** as you transition back to running.

 **Swim any stroke you like**, as long as you're swimming **on your front**.




 If you're struggling in the water or need help:


- **Roll onto your back**
- **Raise one arm straight up to signal the safety team**

 If assisted by a safety boat, **only hold onto the front of the boat**.

IMPORTANT COURSE NAVIGATION INFORMATION

Each race has its own colour-coded tape and signs

-  **5K = Green tape & signs**
-  **10K = Yellow tape & signs**
-  **21K = Red tape & signs**

 **Follow YOUR colour. If you haven't seen tape for 500m, STOP and backtrack.**

 **Do NOT blindly follow others — their course may be different**

- This is an adventure race. Please be observant and **look** for your signs and tape.
- Your course may run along the same route as another distance but then branch off, don't be a sheep!
- There are marshals on swim entry and exit points but signs and tape will guide you over the rest of the course.
- Paint will be used on the ground and on trees/posts on parts of the course where it's not possible to put signs or to reiterate directions. Taking the wrong course may result in disqualification.
- The Race Director & Safety Officer reserve the right to change the course at any point up to and including race day.

Throughout the course, you'll be entering and exiting the water at clearly marked locations. Look out for the **'Swim In' signs** and **yellow feather flags** to guide you to the exit points.


While we've taken every precaution to make these areas as safe as possible, please remember that this is a **natural environment**. There may be **rocks, roots, or debris** underfoot or just below the surface, and conditions can be **slippery or muddy**, especially near the edges. Take your time, watch your footing, and don't hesitate to ask marshals for assistance if needed — they'll be there to support you at each swim entry and exit.

Diving is not permitted

ASSISTANCE AND FIRST AID

If you or another participant needs medical assistance during the race, please **alert the nearest marshal** as soon as possible.

If you're unable to move or reach a marshal, **use your whistle to attract attention**. If you hear a whistle nearby, and it's safe to do so, please stop and **offer help** or notify the closest marshal.

 **Helping others is always encouraged** — you will **not** be penalised for assisting a fellow swimrunner in need. Looking out for one another is part of what makes this sport so special.

FINISH

As you cross the finish line, you'll be presented with your eco-friendly seed medal — a little something to plant and remember your achievement!

Take your time to remove your number band by first taking off your shoe (it's much easier that way!). Then, make your way down the finish chute to collect your goodie bag



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



RACE DAY CONTACT

In an emergency please contact

Chelsey Bailey (Safety Officer) on 07525069815

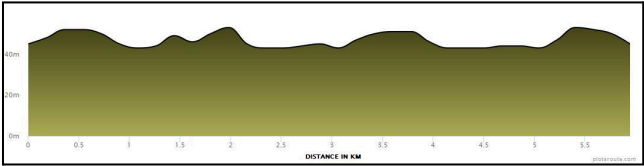
Nicky Bailey (Race Director) 07966559952

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

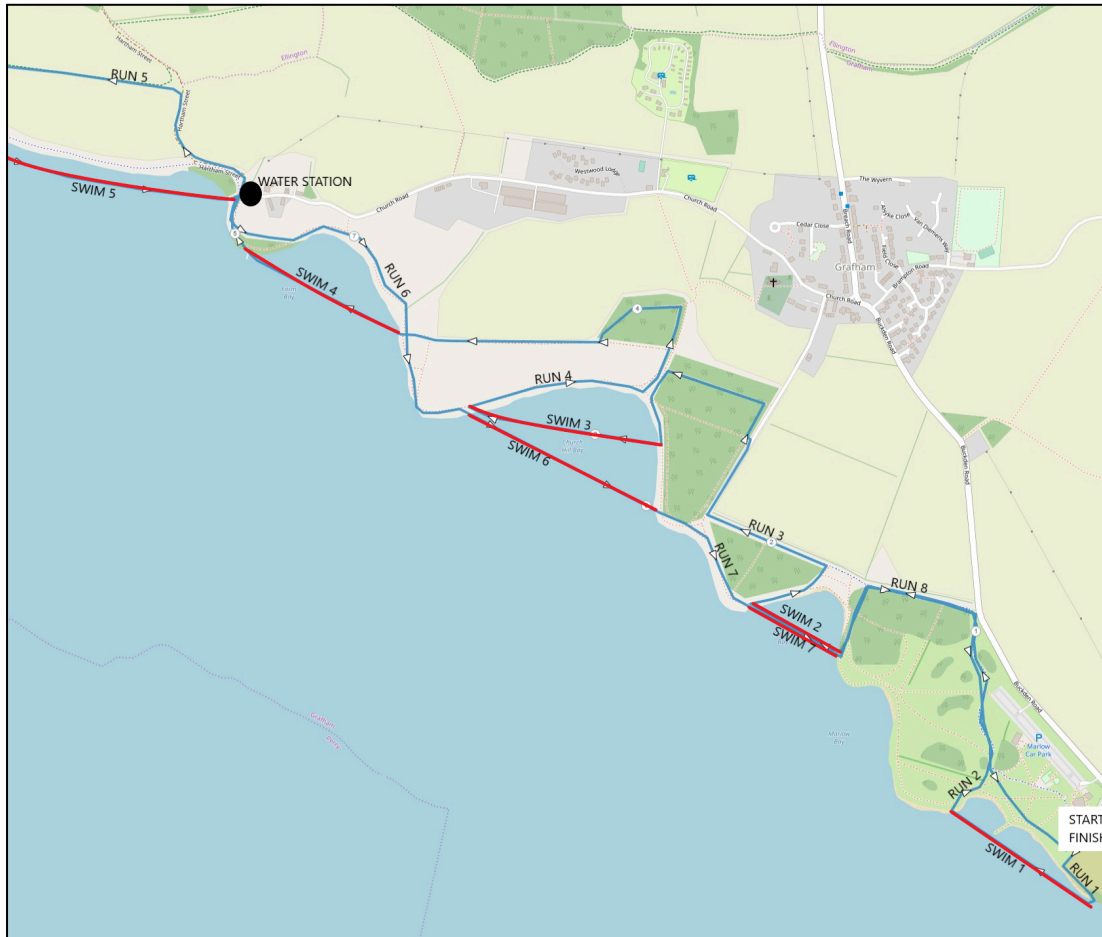
5K Solo 29/06/25 Race Start 0900hrs



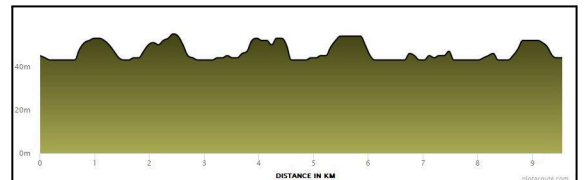
Course Details
Distance 5.67 km
Ascent/Descent 41 m / 41
Uphill 2.52 km (42.0%)
Downhill 2.34 km (39.0%)
Flat 1.08 km (18.0%)
Steepest Uphill +3.3% (at 5.22 km)
Steepest Downhill -4.4% (at 1.98 km)
Longest Uphill 0.72 km (at 3.06 km)
Longest Downhill 0.72 km (at 3.78 km)

Run	Swim
Run 1 1100m	Swim 1 240m
Run 2 700m	Swim 2 450m
Run 3 1200m <i>longest run</i>	Swim 3 550m <i>longest swim</i>
Run 4 330m	Swim 4 240m
Run 5 1100m	

Cut off into any water 1100 hrs



Run	Swim
Run 1 200m	Swim 1 400m
Run 2 900m	Swim 2 240m
Run 3 1300m	Swim 3 450m
Run 4 1700m <i>longest run</i>	Swim 4 500m
Run 5 1500m	Swim 5 580m <i>longest swim</i>
Run 6 900m	Swim 6 550m
Run 7 330m	Swim 7 230m
Run 8 1100m	



Course Details

Distance 10.25 km

Ascent/Descent 68 m / 69 m

Uphill 2.97 km (31.0%)

Downhill 2.70 km (28.1%)

Flat 3.87 km (40.3%)

Steepest Uphill +5.6% (at 0.63 km)

Steepest Downhill -7.8% (at 4.50 km)

Longest Uphill 0.99 km (at 4.86 km)

Longest Downhill 0.81 km (at 5.85 km)

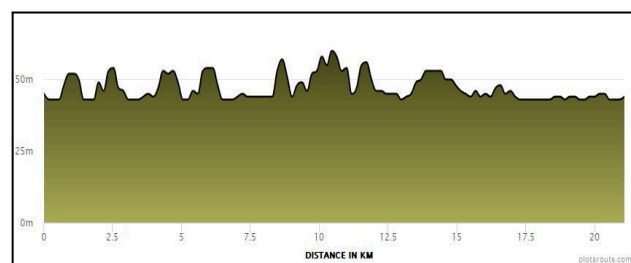
Water/Aid Station at 6k

Cut off into any water at 1130hrs

21k Team and Solo Swimrun 29/06/25 Race Start 0830hrs



Run	Swim
Run 1 200m	Swim 1 400m
Run 2 1100m	Swim 2 240m
Run 3 1500m	Swim 3 500m
Run 4 1700m	Swim 4 500m
Run 5 1500m	Swim 5 580m
Run 6 6000m <i>longest run</i>	Swim 6 250m
Run 7 2300m	Swim 7 300
Run 8 1300m	Swim 8 10m
Run 9 500m	Swim 9 700m <i>longest swim</i>
Run 10 2300m	Swim 10 400m
Run 11 350m	



Course Details

Distance 21.192 km
 Ascent/Descent 119 m / 120 m
 Uphill 7.56 km (35.7%)
 Downhill 7.02 km (33.1%)
 Flat 6.48 km (30.6%)
 Steepest Uphill +5.0% (at 8.28 km)
 Steepest Downhill -5.0% (at 10.98 km)
 Longest Uphill 1.44 km (at 12.96 km)
 Longest Downhill 1.44 km (at 16.92 km)

Water/Aid Stations at 6k and 12.3k

Cut off into any water at 1300hrs