WESWIMRUN – The Liverpool Eliminator Swimrun

An exhilarating experience unlike any other

I first attended the WESWIMRUN Liverpool Eliminator in September 2024 as a spectator and support crew to my friends who were racing. I had heard that this was a fantastic event, but my expectations were surpassed, certainly as a spectator at that stage. What I observed completely drew me in. Words like friendly, well organised, supportive often get used in race reviews but having attended many multisport events, I can genuinely say, this event was all those words and more, and by the end of round one, I had committed to entering this race as my first ever swimrun event. By the final round shouting full voice at my friend Davide Molinario who went on to win, I was exhausted by the excitement of this race.

Forward to May 2025 and race day. Having no doubt challenged my coach (sorry Nick Davies) by switching wholeheartedly from aquabike to swimrun training, with race braids in my hair, I arrived at Princes Dock in Liverpool and donned my swimrun kit. The atmosphere pre-race was a mixture of calm, anticipation and excitement. The female competitors raced first. Each lap is 2.5km (total 2km run, 500m swim, as: run 700m, swim 200m, run 900m, swim 300m, run 400m). The elimination aspect of the race is where the real excitement happens - lap 1-26 min, lap 2- 25 min, lap 3-24 min, lap 4-23 min, lap 5- 21 min, and finally lap 6 – now it's a race! The timings of the open race are slightly different, but you get the gist. My aims were a) not to swallow any water diving into Princes Dock (I could have jumped in, but the jeopardy of losing my pull buoy during the dive added to the excitement), b) to exit the swim without any incidents requiring first aid, and c) to complete round 3.

The sense of community and camaraderie of the other competitors, and the support of the spectators and volunteers who cheered enthusiastically, undoubtedly enhanced my experience of this event. With their support, I am pleased to report I escaped elimination at the end of round 3 by 6 seconds and got to enjoy round 4. To my fellow competitors who made it through to round 5, and then to round 6 where I witnessed the real race, I applaud you.

If are thinking of entering this race (and you really should), what advice can I offer? The tactic required for this event is simple – curb your enthusiasm and do not start off too fast. You only need to complete each round to escape elimination, and whilst that is challenging enough with the reduction in time, the winning comes in round 6. Of course, completing each round is a win in itself.

Whether you are a seasoned swimrunner or looking for your first swimrun event I cannot recommend this race highly enough. A big thank you to WESWIMRUN for providing such an exciting and supportive event.

Sharon Black
(50-54 age group, novice swimrunner of LincolnTri and NDURANCE Performance Coaching).