On the 3rd May 2025 I was running around and swimming inPrinces Dock, Liverpool. I was competing in my very first swimrun event hosted by WeSwimrun.

After years of racing triathlons, aquathlon, swimming and running events I thought I'd dip my toe in this slightly different sport of swimrun.

So what's different to normal aquathlons? Well, you swim in your trainers and run in your swimming kit! There are no transitions in this sport!

This race was also called The Eliminator! The reason being, there were 6 laps in total. However, each lap had a cut off time. 26 mins for lap 1 all the way to 18 mins for the 5th lap. If you were quick enough you'd potential get to lap 6.

Each lap was 2.5km in total. 2km of running 500m of swimming. Hand paddles and a pull bouy are also allowed in this sport.

At the start I was feeling a little nervous. I knew I'd be ok with the run and swimming. I just wasn't sure how it would go without the transitions. I just took it steady and dropped in behind Richard Stannard, a very experienced former professional triathlete. Thanks Rich!

After the first lap all the nerves had gone. I was now comfortable with the format and was excited to race again. Lap 5 was tough! I lost my hand paddle on the dive into the longer swim section. A few of the other athletes caught up and passed me in the swim. I still managed to complete the lap in 17mins 40secs, qualifying for the final lap with 4 other athletes.

Lap 6 became a sprint from the go. Unfortunately there wasn't much left in my reserve to challenge for the top 3 finish. I gave it my all and crossed the finish line in 5th position.

What a great event! I've entered more already with WeSwimrun. If you fancy a change of sport, I'd definitely recommend having a go at a swimrun event.

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