

Hello Swimmers/Aquathletes!

Hopefully you have seen the [swim video](#) and the [run video](#), if not please watch!

Here's some final info.

GPS TRACKERS

Issued at registration. They are a bit smaller than a regular pack of playing cards.

As soon as we have the live link it will be posted on the event website [here](#) so friends/family can track you.

We tested two types of tracker at Dyfi X Swimrun & Beat The Tide 4km Swim, we found the ones we used on the swimrun were much better in the water so we will use these ones.

Carry them securely inside a tow-float (recommended), or in a race belt/bum bag (as long as the tracker is secure at the back of your waist), or in a tri-suit back pocket.

The key thing is that it is secure and has line of sight to the sky, so on your back not on your stomach.

For those running, keep the tracker with you on the run, for relay teams - the swimmer passes on the tracker to the runner.

WEATHER

I hesitate here as forecasting seems to be rather inaccurate lately. Let's say sunshine & showers. What seems certain is an Easterly wind.

KIT

Swim in what you are comfortable in. Expect water temp at the start to be 15.5, and 14 at the finish. Skins swimmers - tow-floats mandatory.

RUN KIT

For the runs you must have a wind-proof, a whistle, race-cup/soft flask, along with whatever you normally wear for trail running.

Waterproofs may become mandatory depending on conditions - you will be told at registration.

Expect to be cold after the swim, but running should warm you up eventually.

DROP BAGS

No bigger than around 45 litres each. Pre-label them or pick up a label at registration. These will meet you at the swim exit. Note, for those just swimming, there is a 10 minute walk to the coach pick up point in Pennal.

AID STATION (SWIM)

There will be some water, coke and something sweet at around the 10km point - you should expect to be there in under 2 hours.

END OF THE SWIM

Please return your trackers to one of the marshals.

There will be water, coke, Haribo, chocolate, crisps, orange quarters, bananas. Top tip - put a race cup/mug/something to drink from in your drop bag.

We try to avoid single use cups/vessels.

SPECTATORS

Great spots at the start are The Jetty, Penhelig Garden, Roman Road, Picnic Island. These all cover the first 1.5km of the swim. Note the swimmers will be moving quite fast at this stage.

If supporters want to go to the swim finish they can park in Pennal and walk the 10 minutes along the footpath to the swim exit point.

POST RACE

You will receive your finishers gift and free pizza in Dovey Yacht Club served from 12:45, the bar will be open upstairs too especially for us. Prize giving will be around 2pm in the Yacht Club.

T SHIRTS & HOODIES

Super cool new design Dyfi Aquathlon T-Shirts [here](#) & Dyfi 13 Hoodies [here](#).

OCEAN LUBE DISCOUNT

It works. I've tested it on various potential rub points at the Otillo Swimrun World Championships (70km+ of swimming & running), and several World Series Events. Very happy to recommend it. Made in the UK, website [here](#), use code WESWIMRUN for 10% off.

SWIMRUN IN GREECE

Want a warm weather end of season race in a beautiful location? Check out [Swimrun Hydra](#) in Greece (2nd Nov). For a **20% discount** off your entry fee email info@trimore.gr and say Mike from WeSwimrun sent you! Note it's a teams only race.

See you at registration in [Dovey Yacht Club](#) 8:00 to 8:45!

Mike & Team

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weswimrun.org

[instagram.com/we_swim_run](https://www.instagram.com/we_swim_run)

[The Swimrun Show Podcast](#)



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