

MARATHON SWIMS



Marathon Swims FAQs

What are the distances involved in Marathon Swims?

- There are 2 options: the Marathon 10K swim or the Half Marathon 5K swim. You can also compete as a team of two in the 10k Team Marathon Swim.

How many lengths of the pool will I need to swim?

- If you've entered the Marathon Swim 10k event – you will swim 200 lengths of a 50m pool. But don't worry, you won't need to count and the format of the event means the distance is arranged in an interesting and manageable format with the ability to take a rest. The Half Marathon Swim (5k) is 100 lengths. If you are a Team (of 2), you will complete 10k between you in 1k sections. As a team, it is up to you how you split the 1k's up (eg alternate every kilometre, 5k/5k or split the distance unequally (7k/3k).

How does the event work?

- The pool is divided into 10 lanes. Marathon Swimmers start in Lane 1 and swim up and back the lane. On returning to the starting end, Marathon Swimmers move up to Lane 2 to swim up and back, repeating this until reaching the end of Lane 10 and completing a set (1km). Having swum up and down each of the 10 lanes, exit the pool, travel along the side to start your next kilometre.

Are there Marathon Swim events at other swimming pools?

- Sandford Parks Lido is currently the second venue for Marathon Swims - the first being the Aquatic Centre in London. Marathon Swims plan to build a whole series of events around the country!

Which strokes are permitted?

- Front crawl and breaststroke are the only strokes permitted. You will be asked which stroke you are likely to use on registration. The waves you are allocated in may depend on the stroke that you select. Backstroke is not permitted.

When is the event?

- Saturday 27th July 2019. Start times will be communicated on or around 27th June 2019.

When is the closing date for entries?

- Marathon Swims is allocating places on a first come, first served basis. We recommend you enter as soon as possible to secure your place in the event.

Can I change the details on my entry?

- Yes, the final date for any changes to your entry is midnight 27th June 2019. No changes in challenge or person will be possible after this date.

Is the event chip timed?

- Yes, each Marathon Swimmer has a chip which provides accurate and instant results. You will also have 1k split times so you can see your progress over the course of the challenge and you will also see the length of time spent out of the pool in transition (between each kilometre).

Can I overtake?

- Yes, overtaking is very much part of the event. There is two-way lane traffic in each of the lanes, so the overtaking swimmer needs to ensure it is safe to proceed with the manoeuvre and overtake on the left hand side. Lane swimming etiquette also applies, as if you have your feet touched by the swimmer behind, it is kind to allow them past you on the next turn (unless you are held up yourself or think that you can swim faster on the next lap).

Are tumble turns allowed?

- Yes tumble turns are permitted. It is the responsibility of each swimmer to ensure turning and overtaking manoeuvres are appropriate and safe depending on the swimmer load in the lane at the time.

Are Tempo Trainers allowed?

- Yes, but they must be securely positioned under your swim cap (not supplied).

What happens if I cannot complete the full distance of the challenge?

- You will need to speak to one of the Marshals, who will inform the Race Director of your intention to retire from the race. For any early retirement, a DNF (Did Not Finish) will be recorded.

Can I have a rest/break out of the water?

- Yes, a Marathon Swim is a very long distance and breaks are encouraged. You will have access to your fuel and fluids on the poolside and even your mobile phone if you wish, so you can keep your supporters, sponsors and friends updated on your progress

mid-swim. You can rest out of the water as long as you want, however the time will be included in your overall completion time.

Can I rest in the water?

- We recommend you only rest out of the water. You may wait at the end to allow a faster swimmer behind you to pass easily.

Is there a time limit for completion of the challenge?

- Yes, there is a time limit for completion, as with most endurance events but these only apply to the later (faster) waves in the event day. The Marathon Swim (10k) time limit is 5 hours and the Half Marathon Swim (5k) time limit is 2 hours 30 minutes. The times may be challenging, so be sure to enter the right challenge for you. On entry, you are asked about your estimated completion time, please be honest and realistic with this time. Your estimated completion time will determine which wave you are placed in.

Are wetsuits or buoyancy shorts permitted?

- No - our event is pool-based, so we expect water temperature to be at levels not requiring wetsuits (26°C).

Can I swim with a pull-buoy?

- No - no floatation devices are allowed in Marathon Swims and that includes pull-buoys.

How do I change my details, transfer to another challenge or buy additional items?

- You can change your details or transfer by simply editing your registration via Active. From there, you can transfer to someone else, transfer to another challenge, update your estimated completion time or change address etc.

Can I do the event as part of a team?

- Yes, you can enter the 10k Marathon Swim as part of a team of two. Only one member of the team is allowed in the water at any one time. Each swimmer can swim any number of sets (1k sets) as long as the total distance swum by the team is 10k and that each swimmer has swum a minimum of 1k. There is no team option for the Half Marathon (5k) or 1k Challenge Swim events.

Can I swim in the same wave as my friend?

- Yes, when entering the event you are given the ability to state the person with whom you wish to swim in the same wave as (you'll need to know their email address).

Swimming in the same wave can only be done if you and your friend have entered into the same distance challenge. The Mate's wave is free of charge to apply for if done so at point of entry. Please note that this does not mean you can select the wave you are in, the Marathon Swims team will place you both in the most appropriate wave depending on your estimated completion time. Please note, you will only be able to be placed in the same wave if you have similar estimated completion times.

How much is it to enter? Marathon Swims?

- Entry prices are currently between £40 for the 10K Swim, £35 for the 5K Swim and £80 for the Marathon 10K Team Swim. Prices increase the closer we get to the event. We recommend you dive in now and claim your place before they sell out or increase. There is an Active processing fee for all entries on top of the entry fees quoted.

Why do the prices rise closer to the event?

- We are keen to reward our early entrants and there are additional costs to us for late entrants. We also want to make sure you have the best possible chance of completing the challenge in your target time, so we like to encourage you to enter Marathon Swims as early as possible and give yourself the maximum amount of training time.

What is the Processing fee?

- For all event challenges and purchases there is an Active.com processing fee and is equivalent to £1 plus 5.85% of the total fee paid. This fee is applied to all entry fees and merchandise or additional items purchased.

Is there a minimum age to the part in Marathon Swims?

- Yes, you need to be a minimum of 18 years by the event date. If you are currently 17, but 18 by the time of the event, you can enter, but you will need your parent/guardian to enter on your behalf. There is a selection at the start of the registration process enabling you to "register for someone else under 18".

When can I enter other Marathon Swims events?

- Details of other Marathon Swims events will be available online as soon as possible. Follow our social media accounts (@MarathonSwims) for all up to date info.

Are there cut off times that participants have to complete their challenge by in Marathon Swims?

- We do have cut off times but these are **only** applied in the later (generally faster waves). We allocate your start waves based on your estimated completion times to help ensure everyone is swimming with swimmers of similar abilities. If you have

entered an accurate estimated completion time and are in a slower wave, the cut off times will not apply.

When do I find out my start time?

- Start times will be communicated to participants on or around 27th June 2019. The start times may vary between 7am and 1pm and depend on the schedule of the event.

What are the cut off times?

- If you are in a faster (most likely later) wave the cut off times are:

Marathon 10k (team and individual) - 5 hours

Half Marathon 5k - 2.5 hours

Can I change my entry to another challenge?

- Yes, you can change your challenge, but only if there is available space in the challenge you wish to transfer to. Individual entrants can transfer online. There are fees for transferring to a different challenge (£10) and to another person (£15). All transfer fees are subject to Active Network fees (e.g. around 60p for a £10 transfer). You may need to pay the additional cost of your new selected challenge. No refunds for a lesser priced challenge are possible. If you entered the Team 10k you cannot transfer to another challenge or to another pair, but you can change one of the team members by emailing us with the information. Changes are only possible until midnight 27th June 2019, no changes will be possible after this date.

Can I transfer my place to another Marathon Swims event?

- Transferring to another event is not possible. Race places cannot be deferred or refunded.

Are refunds or deferrals possible on race or spectator places?

- No. Our terms and conditions state that no refunds or deferrals are possible. However you do have the ability to transfer (please see above). You also, at the time of entering have the ability to buy race place insurance (Booking Protect - see below), which may cover you for a number of incidents which may affect your ability to take part in the event.

Are the Active Network fees refundable?

- All entries are charged a fee by our registration platform provider. This fee is not refundable in any circumstance. Any requests for this refund need to be directed to Active Networks.

I purchased race place insurance on entering Marathon Swims, how do I claim?

- Race place insurance is offered as an option to everyone entering Marathon Swims with a separate company - Booking Protect. All claims need to be made to Booking Protect directly.

What is in my Race Pack?

- Your Race Pack includes a wristband and race tattoos. You will also collect a timing chip specifically for you. Your Race Pack will be available to pick up on the morning of the event.

Can I park at the venue?

- There is limited car parking space at Sandford Parks Lido and it will be run on a first come first served basis. Parking charges vary from £1.70 and £10, depending on length of stay. There is additional parking available in the town centre nearby. We encourage anyone who can get local transport or is able to walk/cycle to do so, as we anticipate a large number of participants travelling from afar.

Can I warm up/swim down on race day?

- Unfortunately not - the pool will be in use all day. However, you will be able to enjoy our log-burning sauna after your swim.

Can I take on fluids and fuel during the swim?

- Yes, participants have their own fuel station in the Transition area enabling you to take on your vital fluids and fuel as needed between each kilometre swum. We recommend you bring your own (distinctive - so they're easy for you to identify) water bottles with water/energy drinks that you usually use. Water to top up your water bottles will be available. No energy bars or gels are provided. If participants wish to bring their own they are welcome to. It is recommended to attach any bars/gels to your water bottle. No boxes or items other than a water bottle and a few gels/bars are allowed on poolside.

Are any swimming aids permitted?

- No, swimming aids (such as pull buoys, paddles, fins etc.) are not permitted

Can I wear my own swim cap?

- Yes, of course. Swim caps are not provided as part of the event, so you are welcome to wear your own cap or none at all.

Is there a finisher's medal?

- Yes, but only for those that successfully complete their challenge. Unfortunately, we are unable to provide a medal or record a distance or time for any swimmer not completing their chosen challenge distance.

How deep with the pool be?

- The pool will be 1m at the shallow end and between 1.75-2.75m at the deep end. Participants will need to be competent swimmers (without any buoyant aids).

Can I wear underwater earphones?

- No, these are not permitted.

Are there age group results?

- The awards for the [Marathon Swims Hall of Fame](#) will not be age-group based, however results will be published showing overall positions.

Can my friends and family get access to poolside to support me?

- Yes you may bring friends and family to spectate, however, they cannot go onto poolside. A map will be released nearer the event date showing where spectators can go. Please note this is an outdoor venue with limited seating.

Can my friends/ family take photos in the pool?

- Yes photography and filming of the event is permitted. However, filming/photography is not permitted in the pool itself, or in any of the changing rooms/toilet areas.

If I'm in the Marathon 10k Team event and my partner does not show up, what happens?

- You will still be allowed to swim, but because you are not a "team" your result will not be placed in the results. You will be awarded with a Team 10k medal.

Please email any further questions to gina@sandfordparkslido.org.uk.

See you there!