



THE BAY 5K SERIES

**ATHLETES EVENT GUIDE -
AQUATHLON**

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WELCOME

THE BAY 5K SERIES

WE LOOK FORWARD TO WELCOMING YOU ALL AT THE FINAL BAY 5K RACE OF THE 2026 SERIES. PLEASE TAKE A MOMENT TO REVIEW THIS EVENT GUIDE, WHICH PROVIDES DETAILED INFORMATION ABOUT EVERY ASPECT OF THE EVENT.

IF YOU HAVE ANY QUESTIONS THAT AREN'T COVERED IN HERE, FEEL FREE TO REACH OUT VIA [INFO@THEBAYAQUATHLON.CO.UK](mailto:info@thebayaquathlon.co.uk) OR CONNECT WITH US THROUGH ANY OF OUR [@THEBAYAQUATHLON](#) SOCIAL MEDIA CHANNELS.

FOR ANY LAST-MINUTE UPDATES, BE SURE TO FOLLOW US ON FACEBOOK AND INSTAGRAM. IN THE MEANTIME, ENJOY THESE FINAL DAYS OF PREPARATION, WE CAN'T WAIT TO SEE YOU AT THE START LINE!

JAY, DARREN & PAUL THE BAY AQUATHLON TEAM



SCHEDULE

THURSDAY, 27 AUGUST 2026

17:00	REGISTRATION OPENS
19:00	REGISTRATION CLOSES (5K)
19:25	MANDATORY RACE BRIEFING (5K)
19:30	BAY 5K START TIME
20:15	AWARDS CEREMONY



**PLEASE NOTE THAT THE TIMINGS MAY CHANGE
SLIGHTLY ON THE DAY**



EVENT LOCATIONS

REGISTRATION

REGISTRATION WILL BE LOCATED ON THE GRASS AREA NEXT TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///EXCUSE.JAZZ.PUNCH

START AREA

THE 5K START WILL BE LOCATED ON THE PROMENADE OPPOSITE TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///TIMES.HALF.PLENTY

THE FINISH LINE WILL BE LOCATED NEXT TO REGISTRATION.

WHAT3WORD: ///VOICES.PLACES.DAISY



CAR PARKING

NEAREST CAR PARK

RECREATIONAL CAR PARK IS LOCATED A 5 MINUTE WALK FROM THE EVENT AREA. CHARGES MAY APPLY.



THERE ARE ADDITIONAL CAR PARKS NEARBY - CHARGES MAY APPLY

- The Baths Car Park (5 min walk)
- Singleton Boating Lake (8 min walk)

PLEASE PARK WITH ENOUGH TIME TO REGISTER & WARM UP!



REGISTRATION

OPEN FROM 17:00 TO 19:00

PLEASE QUEUE AT THE REGISTRATION GAZEBO TO REGISTER, ENSURE YOU BRING SOME ID WITH YOU IN CASE YOU ARE ASKED FOR IT.

WHEN REGISTERING YOU WILL RECEIVE:

TIMING CHIP RACE NUMBER

PLEASE ARRIVE AS EARLY AS POSSIBLE TO AVOID ANY REGISTRATION OR TRAFFIC DELAYS & YOU CANNOT REGISTER ON SOMEONE ELSE'S BEHALF.

FOR SAFETY REASONS, MAKE SURE TO COMPLETE YOUR DETAILS ON THE BACK OF YOUR RACE NUMBER PRIOR TO THE START.



RACE CHECKLIST

RUNNING ESSENTIALS

- **RUNNING SHOES**
 - **RACE NUMBER (GIVEN AT REGISTRATION)**
 - **SUITABLE RUNNING CLOTHES**
 - **RACE NUMBER BELT**
 - **SUNGLASSES & HAT**
 - **SUNSCREEN**
-

TIMING CHIPS & RACE NUMBERS

YOUR TIMING CHIP WILL BE ATTACHED TO THE BACK OF YOUR RACE NUMBER. RACE NUMBERS MUST BE DISPLAYED ON THE FRONT DURING THE RUN. FAILURE TO DISPLAY YOUR NUMBER IN THE CORRECT MAY LEAD TO BEING PENALISED OR DISQUALIFIED.



RACE INFORMATION

SAFETY & MARSHALS

THERE WILL BE A MANDATORY RACE BRIEFING BEFORE THE START OF THE EVENT TO ENSURE ALL PARTICIPANTS ARE AWARE OF THE SAFETY GUIDELINES AND SPECIFIC COURSE DETAILS.

DUE TO WELSH ATHLETICS RULES, HEADPHONES ARE NOT PERMITTED FOR THE RUN SECTION.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL TO INFORM THEM.

PLEASE RESPECT ALL OF OUR MARSHALS, WITHOUT THEM WE SIMPLY CAN NOT HOLD THESE EVENTS. ANY ABUSIVE BEHAVIOUR OR LANGUAGE WILL RESULT IN IMMEDIATE DISQUALIFICATION.



RACE INFORMATION

ENVIRONMENT

TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE PARK AND TAKE YOUR LITTER HOME WITH YOU!

LOST PROPERTY

ALL LOST PROPERTY SHOULD BE HANDED TO A MARSHALS WEARING HIGH-VIS IN REGISTRATION, IT WILL BE KEPT SAFE UNTIL COLLECTED. ALL LOST PROPERTY WILL BE KEPT FOR 7 DAYS.

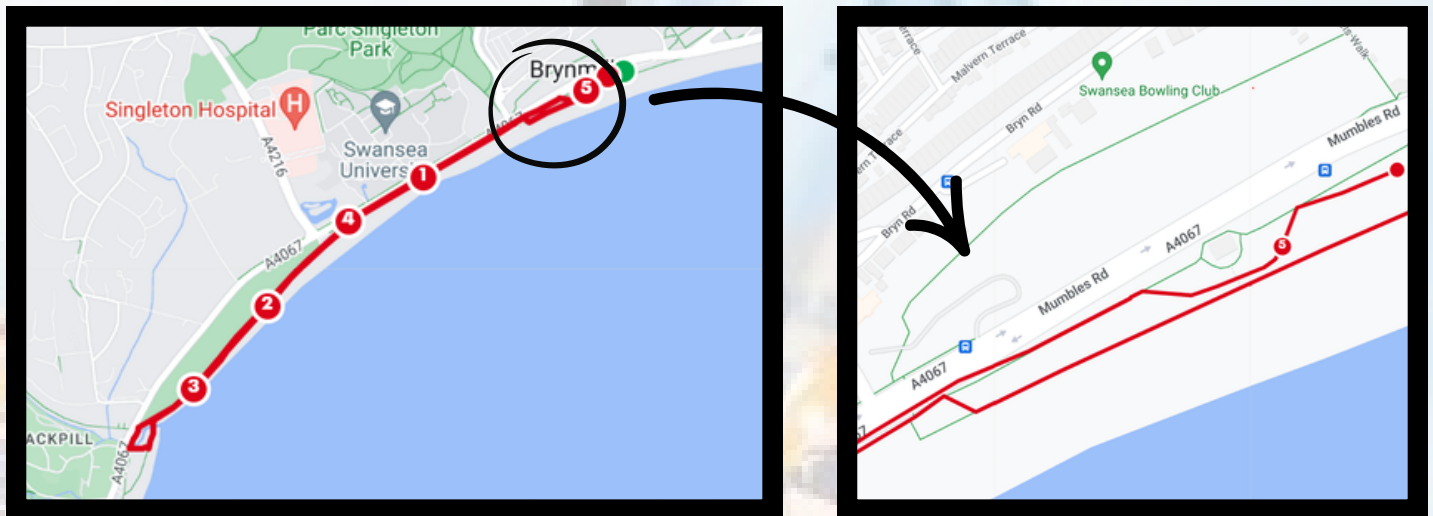
FINISH LINE

AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL, BOTTLE OF WATER & EXTRA GOODIES.



RUN SECTION

RUN DISTANCE 5KM



THE COURSE IS A 1 LAP RUN.

YOU WILL START ON THE PROMENADE OPPOSITE THE SECRET BAR & KITCHEN AND PROCEED ALONG THE PROMENADE DOWN TOWARDS BLACKPILL. YOU WILL GO OVER THE BRIDGE AND THEN MAKE A RIGHT TURN TO HEAD BACK ALONG THE ROUTE YOU WERE ON.

PLEASE NOTE THAT THE 5K WILL ONLY START ONCE THE LAST RUNNER FROM THE AQUATHLON IS OUT OF TRANSITION (APPROXIMATELY 7:30PM).

WHEN YOU ARE CLOSE TO THE FINISH, INSTEAD OF TURNING RIGHT TO GO BACK TO WHERE YOU STARTED, YOU WILL KEEP GOING STRAIGHT AROUND THE CENOTAPH AND THEN INTO THE FINISH.



RUN SECTION

THINGS TO KNOW

THE RUN COURSE IS WELL MARSHALED AND MARKED WITH BLACK ARROWS ON A FLUORESCENT BACKGROUND. PLEASE KEEP TO THE LEFT AT ALL TIMES UNLESS OVERTAKING ANOTHER ATHLETE AND PLEASE RESPECT OTHER PATH USERS.

MAKE SURE THAT YOUR RACE NUMBER BIB IS VISUAL ON YOUR FRONT WHEN ON THE RUN COURSE. FAILURE TO DO SO MAY RESULT IN A PENALTY OR DISQUALIFICATION.

PLEASE BE AWARE THAT WE WILL HAVE BAY AQUATHLON PARTICIPANTS ON COURSE TOO, IF YOU PASS THEM PLEASE BE RESPECTFUL AND ENCOURAGING. AT THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL AND BOTTLE OF WATER.



EVENT RULES

- **COMPETITORS ARE REQUIRED TO BE FAMILIAR WITH AND ACCURATELY COMPLETE THE ENTIRE COURSE.**
- **THE USE OF INAPPROPRIATE AND DISRESPECTFUL LANGUAGE IS NOT ALLOWED AT ANY TIME. MARSHALS ARE VOLUNTEERS WHO HAVE TAKEN TIME OUT OF THEIR DAY TO HELP MAKE THE EVENT POSSIBLE. PLEASE SHOW THEM RESPECT AND GRATITUDE FOR THEIR EFFORTS.**
- **MOBILE PHONES, HEADPHONES OR ANY PORTABLE LISTENING DEVICE ARE NOT PERMITTED. RACE NUMBER MUST BE WORN ON THE FRONT DURING THE ENTIRE RUN COURSE. MAKE SURE IT REMAINS CLEARLY VISIBLE.**
- **IF THERE IS A QUESTION ABOUT A TIME OR PENALTY FOLLOWING THE EVENT, IT MUST BE RAISED WITHIN 24 HOURS OF THE RACE. ALL DECISIONS WILL BE REEVALUATED 48 HOURS AFTER THE EVENT AND THE FINAL DECISION WILL BE FINAL.**

THE BAY 5K SERIES IS ABOUT HAVING A GREAT EXPERIENCE AND THESE RULES WILL HELP MAKE SURE EVERYONE STAYS SAFE AND HAS A FAIR CHANCE OF COMPETING.



POST RACE / AWARDS

AWARDS & RESULTS

THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD MALE & FEMALE

YOU CAN FIND THE RESULTS ON OUR WEBSITE & THROUGH OUR SOCIAL MEDIA PAGES.

SOCIAL MEDIA



IF YOU OR YOUR SUPPORTERS CAPTURE ANY PHOTOS ON THE DAY, PLEASE SHARE THEM WITH US USING #THEBAYAQUATHLON AND MENTION US AT @THEBAYAQUATHLON OR @ASPIREXEVENTS. WE MAY FEATURE THESE ON OUR INSTAGRAM AND FACEBOOK PAGES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION AND WE HOPE YOU HAVE A GREAT EXPERIENCE!

