



Sunday 6th September 2026
Swim London 10KM | 5KM
Swimmer Information Pack



You are part of Thames History

On 6 September, you will help mark the **return** of organised open-water swimming to London's tidal Thames.

Whether you are swimming 5 km or 10 km, you are part of the **founding generation** of Swim London - modern pioneers showing what safe, professionally managed access to the river can look like.

This is more than a swimming event. It is a **rare opportunity** to swim with the tide through the heart of the capital and help begin a new chapter in London's sporting history.

Welcome to Swim London.

Ride the Tide. Swim the Capital.

Toby Robinson OLY
Founder, Swim London



Getting to the 10KM Start

Getting to the Start – 10KM

We recommend using public transport to get to the start.
Please find below a list of convenient nearby stations.

Registration Location: Brentford Liquidity Sculpture

Postcode: TW8 0BT

What3words: return.harsh.link

- Brentford Station — approximately a 14-minute walk
- Kew Bridge Station — approximately a 19-minute walk
- Boston Manor Underground Station (Piccadilly line) — approximately a 34-minute walk

Please note: There is no event-organised parking available at the start. If you are travelling by car, please allow plenty of time to find suitable parking nearby and check local parking restrictions before travelling.

Getting to the 5KM Start

Getting to the Start – 5KM

We recommend using public transport to get to the event. Please find below a list of convenient nearby stations.

Registration Location: Emmanuel School Boat Club

What3words: grid.when.shed

- Barnes Bridge Station — approximately a 5-minute walk
- Chiswick Station — approximately a 12-minute walk
- Putney Bridge Station (District line) — approximately a 25-minute walk
- Putney Station (SWR) — approximately a 25-minute walk

Please note: There is no event-organised parking available at the start. If you are travelling by car, please allow plenty of time to find suitable parking nearby and check local parking restrictions before travelling.

10KM Event Day Timings

10KM Event Day Timings

9:30 — Registration opens

10:00 — Bag drop opens

11:00 — Safety briefing for ALL Waves

(Please note swimmers allocated to wave 1 will need to be ready to begin the swim immediately following the briefing)

11:15 — Race start for wave 1*

*Please see approximate timings for all waves on the next page

14:30 — Prize presentation

15:30 — Event village closure

Wave Start Times for the 10KM

10KM Wave Start Times

Wave 1 (Purple) — 11:15

Wave 2 (Blue) — 11:30

Wave 3 (Yellow) — 11:40

Waves will be organised based on estimated swim times, with the slowest swimmers starting first and the fastest swimmers starting last.

We recommended you arrive 60 minutes before your start time.

You'll find out your waves on the week of the event.

5KM Event Day Timings

5KM Event Day Timings

10:45 — Registration opens

11:15 — Bag drop opens

12:00 — Safety briefing for ALL Waves

(Please note swimmers allocated to wave 1 will need to be ready to begin the swim immediately following the briefing)

12:10 — Race start for wave 1*

*Please see approximate timings for all waves on the next page

14:30 — Prize presentation

15:30 — Event village closure

Wave Start Times for the 5KM

5KM Wave Start Times

Wave 4 (Green) — 12:10

Wave 5 (Orange) — 12:20

Wave 6 (Red) — 12:30

Waves will be organised based on estimated swim times, with the slowest swimmers starting first and the fastest swimmers starting last.

We recommended you arrive 60 minutes before your start time.

You'll find out your waves on the week of the event.

Registration Requirements

Registration Requirements

Photo ID

Swimmers should bring photo ID to registration.

A photo or copy of valid ID on a phone will also be accepted.

What swimmers receive at registration

Each swimmer will receive:

- Swim hat
- Timing chip
- Velcro ankle strap for the timing chip
- Wristband identifying their race number and wave
- Bag drop tag

Bag Drop & Collection

Bag Drop & Collection

You will be provided with a bag tag to attach to your bag, and a wristband with the corresponding number.

Your bag will be transported from the start to the finish.

You will be required to show your wristband at the end to collect your bag.

Please note, the bag drop is for small backpacks only with a change of clothes and essentials. No belongings can be left at the start.

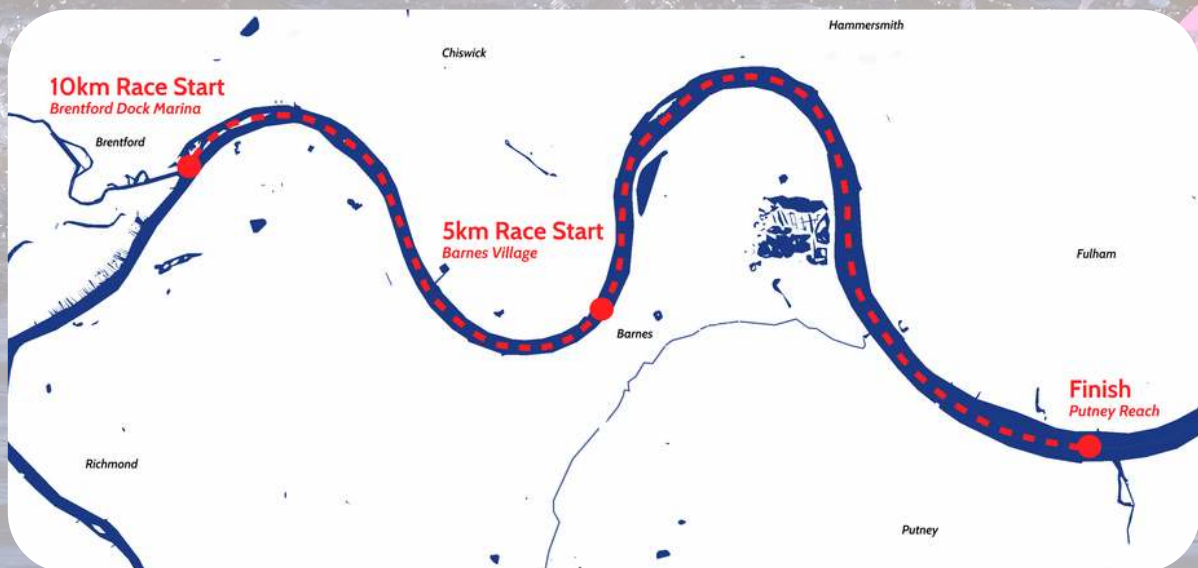
We will not be able to transport large bags, suitcases, or loose items such as clothing or phones.

The Route

The Route

The 10 km course starts in Brentford, opposite Kew Gardens, before following the outgoing tide through Chiswick and Hammersmith to Putney. The 5 km course joins the river at Barnes and follows the same final stretch to the finish.

Along the way, swimmers will pass beneath some of west London's best-known bridges, alongside historic rowing clubs and past Craven Cottage. The current will assist you downstream, meaning the experience will feel considerably faster than an equivalent still-water swim.



Equipment Requirements

Equipment Requirements

Tow Floats

A tow float is compulsory for all swimmers.

Personal tow floats are permitted, provided they are fit for purpose and designed specifically for open-water swimming.

Novelty or unsuitable inflatables will not be accepted.

Tow floats will be available for purchase at the start venues.

Watches, Headphones & Swimming Equipment

- Sports watches are permitted.
- The use of headphones, fins, paddles and snorkels is not permitted during the swim.

If you have a specific requirement relating to a medical condition or disability, please contact the event team in advance so that your individual circumstances can be reviewed.

Equipment Requirements

Equipment Requirements

Wetsuits

Wetsuits are **optional**.

Water temperature is expected to be between 16-19 degrees celsius.

Flip flops

Please keep your shoes on until shortly before the start, as the ground may contain sharp objects that could injure bare feet.

A trug will be available at the start line for you to leave your shoes. They will be transported securely to the finish area with the event bags. Please place them in a clearly labelled, easily identifiable plastic bag.



Cut Off Times

Cut Off Times

Swimmers are advised that they must be able to maintain a pace of at least 60 minutes per mile in normal, non-tidal conditions.

The river is closed to boat traffic until 2.15pm. All swimmers will need to be beyond 5km by 12.45 and 10km by 2.15pm



Rules & Safety

Rules & Safety

Intermediate Removal Points

There are no planned intermediate removal points. Any swimmer who is unable to safely continue will be assessed and assisted by the event safety team as required.

Navigation

For the safety of all swimmers, please follow the marked course and remain on the right-hand side of the centre line of the river.

Please follow the buoy system:

- **RED** buoys: keep on your right-hand side around Kew
- **ORANGE** buoys: keep on your left-hand side

Swimmers should follow the instructions of event safety craft and water safety personnel at all times.

This will be communicated during the briefing.

Rules & Safety

Rules & Safety

Overtaking & Swimmer Conduct

There is plenty of space for all swimmers, so please be considerate of those around you.

When overtaking:

- Avoid swimming over other swimmers.
- Give other swimmers plenty of space.
 - Be aware of your surroundings.
- Follow the instructions of event marshals and safety crew.
- Most importantly — be respectful, considerate and safe.

Withdrawal

Withdrawal

Requesting Assistance

If you require assistance during the swim, raise one arm clearly above the water to alert the nearest kayaker. The kayaker will provide assistance and support you as required.

Please be aware that the river's flow will continue to move you downstream, so remain alert to any upcoming hazards while waiting for assistance.

If you decide that you are unable to continue, please withdraw via the nearest kayaker. **Do not attempt to exit the river via the bank.**

Tide Safety

Tide Safety

Tidal Thames Safety

The Thames is a tidal river, this means you will move through the water significantly faster than you are accustomed to.

Please:

- Actively sight and navigate throughout the swim.
- Look ahead and remain aware of your surroundings.
- Be proactive in identifying upcoming bridges, buoys and other potential hazards.
- Follow all instructions from the event safety team. They may be aware of hazards that you have not yet seen.

Enjoy the swim and take in the scenery, but remember that the changing river conditions require you to remain alert at all times.

Health & Hygiene

Health & Hygiene

Swim Hygiene

Please ensure any open cuts or wounds are covered before entering the water.

If you are feeling unwell in the days leading up to the event or on race day, we do not recommend that you swim.

Swimmers should wash their hands and face before eating or drinking after the swim. We will have showers provided at the finish.

Hand sanitiser will be available at the finish.

Health & Hygiene

Health & Hygiene

Weather & Water Quality Updates

Any decisions relating to weather, water quality or whether the event can proceed will be communicated to swimmers as soon as possible.

Please keep an eye on your email inbox and the event's social media channels for any last-minute updates or changes to the event.

The Finish Experience

The Finish Experience

Finish Location: Imperial College Boat Club

On the south bank, just upstream from Putney Bridge.
There will be showers, toilets, drinks and food at this location.
The post swim awards will be given here.

Finish & Timing Chip Return

At the finish, swimmers will be guided towards the exit by the event kayakers. Swimmers will need to stand and walk through the finish gantry, where their finish time will be recorded.

After passing through the gantry, event staff will:

- Remove your timing chip
- Provide hand sanitiser
- Present your finisher medal
- Provide post-swim refreshments

The Finish Experience

The Finish Experience

Refreshments

Water will be available for all swimmers at the finish. There is discount for all swimmers on purchases at The ClubHouse - Putney.

Medals & Finisher Items

All swimmers who complete the event will receive a finisher medal. Swimmers are also welcome to keep their provided caps.

Awards & Categories

We're pleased to offer prizes for our age group category winners, recognising some of the standout performances across the event. Winners of each age group category will receive a pair of **Magic5 Goggles** as their prize.

The Finish Experience

The Finish Experience

Results & Photography

Official results will be available online, with a link shared with swimmers during the week of the event.

Event photography will also be available, with further details shared with swimmers following the event.

Bag Collection & Meeting Friends and Family

Staff will be around to direct you to the bag collection point.

You will be required to show your wristband at the end to collect your bag.

Friends and family are welcome to meet swimmers at the finish.

The Finish Experience

Age Group Categories

Overall Winner of the 10km wins the Lords and Commons Cup

Age group winners male and female win a pair of Magic5 goggles.

Age groups:

18–29

30–44

45–59

60+

Event Partners

Event Partners & supporters

We're proud to be supported by a fantastic group of event partners and supporters who help make this event possible.

Please take a moment to discover the brands and organisations supporting the event and find out more about what they do.



With special thanks and acknowledgement to:



Contact Us

Contact Us

If you have any further questions that have not yet been clarified. Please find our contact details below and we'll do our best to assist you.

For safety, medical or accessibility enquiries, please contact:

For all other enquiries please contact: toby@swim.london

