**Race Report**

**SwimRun Costa Azahar, June 2nd, 2024, Spain**

The third stop of the My SwimRun Championships took us to Costa Azahar, perfectly situated between Valencia and Barcelona. This area is full of surprises and unique highlights that make the race stand out internationally. For me, the most distinctive feature was the numerous towers along the route, fittingly earning it the nickname "The SwimRun of Towers."

**Pre-Race**

The registration took place the evening before in the town hall of Oropesa. The race course was thoroughly discussed, and the organizer, Toni, made the briefing engaging and entertaining. Early the next morning, at 7 AM, participants gathered at the harbor, where coffee and a variety of sweets were provided for breakfast before boarding the ship. The experience was emotionally stirring as it coincided with sunrise.

**Race Start**

A unique aspect of this race is the start, which involves jumping from the ship to the starting line. With the sound of the horn and signal flares, there were 750 meters in open sea to the coastline as the first challenge .

**The Course**

The half-distance course covers 19 kilometers with 9 transitions, favoring strong swimmers with 4.5 kilometers of swimming. On our race day, the waves were quite challenging, and several entries and exits were rocky and had to be navigated through surf. The course was excellently marked and secured with many volunteers. The running segments were technically demanding and included significant elevation changes. The views were spectacular, although the technical trails left little time to appreciate them. Some steps along the way also pushed our heart rates up under the sun.

**Finish Line**

The finish line was set in a scenic roundabout, brimming with atmosphere and joy. The organizers had a special Viking-themed setup, complete with helmets and swords, which proved popular for photos. The famous Paella Valenciana was the topic of great finish food.

**Overall Impression**

The region offers plenty of natural beauty and is undergoing modernization. The price-performance ratio is excellent, making participation in 2025 highly worthwhile.