

GREATWELSH
Marathon

Sunday 7th May 2017

#RUNCYMRU

GREATWELSH
Half Marathon



Race Day Guide



EVENT INFORMATION

Are you race day ready to #RUNCYMRU?

Please ensure that you are in the best physical shape to tackle the challenge ahead, this race consists of both a **full** and **half marathon** run over 26.2 and 13.1 miles respectively. Your decision on the day that you can run should be based on the knowledge that you have trained sufficiently and are able to run at least 15miles for the full distance and 10 miles for the half at any one time. If you haven't been able to undertake the required training you will struggle to finish the race safely and wont enjoy it, so be prepared.

Getting Here By Car

The event takes place at Festival Fields in Llanelli, SA15 4DP. The main access route to Llanelli is via the M4 using Junction 48. Alternatively you can also use the A484 and head towards the A484 just off Sandy Water Park, the access to Festival Fields is right next to the Days Garage and the postcode is **SA15 4DP**. If you are travelling by car, we suggest that you arrive early to secure your parking space.

Key Timings

0700	Race Village opens
0700	Race Pack Collection starts
0830	Runners enter start funnels
0900	Race Starts
1008	Winner of Great Welsh Half Marathon expected
1140	Winner of Great Welsh Marathon expected
1300	Winners presentation takes place
1500	Event closes, de-rig commences

Cut Off Times

Half Marathon – 4 hours
Full Marathon – 6 hours

Your Race Number (Bib)

Please ensure your race number is safely and clearly pinned to the FRONT of your vest or t-shirt. Do not cut or fold or in any way modify your race number. During the race this number is your identification. If you are not correctly displaying your race number at all times you will be disqualified and may be removed from the course. **IMPORTANT! You must never wear someone else's number.** You must complete the medical form on the rear of your race bib.

GWH & GWM is a timed event and uses a Shoe Tag timing system. Your timing chip will activate as you cross the start line so please don't worry if others start ahead of you. All runners must wear their timing chip, failure to wear this will lead to no time being registered and you being asked to leave the course. Replacement numbers and Shoe Tag timing chips will be available from the Front Runner Events Information Point near the start line on Race Day – **please note there will be a charge of £10 should you require a replacement tag or bib.**

Race Day Registrations

There will be no registration on Race Day.

However, all race packs will need to be collected from the information point on the morning of the race. The tent will be situated adjacent to the start/finish line within Festival Fields. **Race Pack collection will begin at 0700.**

The Start & Timing Pens

The Start Line is located adjacent to Festival Fields. The start pens will open at 0830. There are 2 coloured bibs for the **Great Welsh Half (red)** and **Great Welsh Marathon (Gold)**. You will not be able to upgrade to the full marathon distance once you have entered the event. If you wish to change to the half instead of the full marathon you can, **but you must inform us prior to the Race Start at the information point.**

Baggage

Due to the proximity of the car parking to the start/finish area, **there will not be a bag drop available at the event.** Therefore, if you do bring any belongings with you, we suggest that you leave them in your vehicle or with any family or friends that may be with you.

Medical Conditions

If you have a known medical condition please ensure it is mentioned in your medical information and put a red 'X' on the front of your race bib.

Please note that you should have made us aware of any medical conditions during your registration to the race.

If since registering you have received a diagnosis for a medical condition, please inform St Johns Medical Team. If at any time during the race you feel unable to continue, please stop, rest and locate the nearest marshal for advice. **Should you have any medical conditions you MUST include this on the back of your race bib. It is your responsibility to inform the organisers if you have any medical conditions.**

Medical Support

Medical Stations provided and staffed by **St John Cymru Wales**, will be along the route. If you need help or treatment please proceed to any one of these stations. Fully equipped and manned emergency vehicles and ambulances will be positioned around the course.

Distance Markers & Route Signage

All mile markers, water stations, most toilets and medical stations will be clearly marked.

Water & Nutrition

BRECON
CARREG

Brecon Carreg Water is available at Miles 3, 6, 9 and 12, 15, 18, 21 and 24. A post race hydration station will also be available at the finish line. Energy Gels will be at mile 6, 9, 12, 15, 18, 21 and 24.

Please discard your empty bottles and gel wrappers carefully in the bins provided or to the side of the road/path and not where they will cause a problem to those runners behind you! Help our hygiene team by depositing any waste in piles or near bins.

Toilets

There will be toilets located on the route. (Urination on the Millennium Coastal Path will result in disqualification and a ban from the event in future). Race officials will be monitoring for offenders.

The Finish

On completion of the Great Welsh Event please keep moving through the finish area and into the funnel system as there will be a great number of runners finishing around you. Your FINISHER t-shirt and medal will be situated further on into the funnel, please collect them as you pass through as you will not be able to return into the post finish area once you have exited. **There is a specific medal and tee shirt for each race, please ensure you collect the correct one.**

Race Results

Provisional race results will be provided immediately in the post finish area. Results will be available on the race website by 9pm on race day. Each runner will be able to download their very own official race certificate and times following the event.

Presentation Ceremony

There will be a prize presentation which will take place at 1300. Presentations will be made to the winners and to the top 3 males and female finishers.

PLEASE NOTE no prizes will be given on race day. Results will be ratified within 14 days of the event and all prizes will be sent by post.

Dropping Out

If you feel you cannot or do not wish to continue with your race, make your way to the left hand side of the road/path and seek the nearest marshal who will make sure you leave the race safely.

IMPORTANT: Runners who exit the course as indicated above will not be allowed to re-enter the race course under any condition and the runner will be classified as DNF (Did Not Finish) and you will not receive a time, medal or certificate.



Sunday 25th June 2017
www.swanseahalfmarathon.co.uk



25th February 2018
www.llanellihalf.co.uk

General Running Courtesy

Please be aware of your fellow runners during the event. Not everyone is an experienced runner and some may be running their very first half or full marathon. We ask that you treat everyone with respect and offer to help anyone who may appear to need it during the race.

Massage

There will be a team of massage therapists from Gary Howells Massage and Coleg Sirgar located in Festival Fields near the start/finish line pre and post race. Bucket collections will be situated at the end of every bed

Good Luck

We wish everyone the best of luck, courage and determination, but most of all we hope everyone has a very enjoyable day at the **Great Welsh Marathon and Half Marathon 2017.**

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GREATWELSH
Half Marathon



Burry Port






Pwll

Start/Finish

North Dock

Llanelli

Machynys

-  Mile Markers
-  Brecon Carreg Hydration Points
-  Gel Stations
-  First Aid
-  Toilets

GREATWELSH *Marathon*






07.05.17
Route Map

GREATWELSH
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