

**GREATWELSH**  
*Half Marathon*

**GREATWELSH**  
*Marathon*

**2018 RACE DAY GUIDE**

15.04.18

**#RunCymru**  
**#WalesLovesRunning**





**GREATWELSH**  
*Half Marathon*

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## INTRODUCTION

Dear runners, welcome to the 2018 Great Welsh Full & Half Marathon. Thank you for helping us sell out the event, we are delighted that so many of you want to #RunCymru.

Whatever your chosen distance on Race Day, we hope you have a fantastic day, whatever the weather! Everyone at Front Runner Events wishes you all the very best of luck and we hope you achieve whatever goals you have on race day.

*The Front Runner Team*



**FRONTRUNNER**  
EVENTS LTD

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**#WalesLovesRunning**

**GREATWELSH**  
*Marathon*





## EVENT INFORMATION

**Are you ready to #RunCymru?** Please ensure that you are in the best physical shape to tackle the challenge ahead. You should only race on race day based on your confidence in your ability to run 10 miles for the Half Marathon and 20 miles for the Full Marathon respectively. Training plays a vital role in successfully completing a Half/Full Marathon and preparation is key. Being in a well-practiced, comfortable routine will mean nothing feels new or uncharted on Race Day. Without training and sufficient preparation, you may struggle to finish the race safely, and you will not enjoy it.

## GETTING HERE BY CAR

The event takes place at Festival Fields in Llanelli. 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.

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## DO'S & DON'T'S

### PLEASE...

- Be courteous to fellow runners
- Use the bins on route for waste
- Use the toilets provided
- Allow yourself sufficient time to get to the start

### DO NOT...

- Run using another runners number (bib)
- No running under the influence of alcohol and/or drugs
- No urinating/defecating on the course
- We do **NOT** advise you to wear headphones, however if you must wear them please either only wear one bud or have the volume low so you can hear marshals and other runners around you

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## RACE INFORMATION

### KEY TIMINGS

- 0730 Car park opens
- 0730 Race Village opens
- 0730 Baggage drop off opens
- 0830 Runners enter start funnels
- 0850 Baggage drop off closes
- 0900 Great Welsh Marathon starts
- 0905 Great Welsh Half Marathon starts
- 1008 Winner of Great Welsh Half Marathon expected
- 1140 Winner of Great Welsh Marathon expected
- 1230 Winners presentation takes place
- 1500 Event closes, de-rig commences

### CUT OFF TIMES

Half Marathon – 4 hours

Full Marathon – 6 hours

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## RACE INFORMATION

### YOUR RACE NUMBER (BIB)

**Your Race Bib MUST be secured to the front of your vest/t-shirt. You MUST complete the medical form on the rear of your race bib.** Your Timing Chip is attached to the BACK of your Race Bib – this will activate as you cross the Start Line so please start in your allocated pen.

Should you lose or misplace your Race Bib, there will be a limited number available from the Information Point in Festival Fields. Be aware that there is a £10 (cash only) charge for a replacement Race Pack – so please don't lose or forget to bring yours!

There will be no registration on Race Day. Race day bib collection will be available from the Information Point in Festival Fields for those who missed the postal entry deadline.

Please be aware of your fellow runners during the event. Not everyone is an experienced runner and some will be running their first ever race. Treat people with respect and offer to help anyone who may appear to need it.

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## RACE INFORMATION

### THE START & TIMING PENS

The Start Line is located adjacent the 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.

Please note, the full marathon will start at 9am and the half marathon will start at 09.05am.

### DISTANCE MARKERS & ROUTE SIGNAGE

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

### PACERS

There will be a team of pacers who will run within the following estimated times:

**Marathon:** 03:30, 03:45, 04:00, 04:15, 04:30, 05:00. **Half Marathon:** 01:30, 01:45, 02:00, 02:30.

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## MEDICAL PROVISION & MEDICAL CONDITIONS

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

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## BAGGAGE

There will be a bag drop available at the event. Please only bring a bag if absolutely necessary. Please **DO NOT** bring, store or leave valuable items in your bag – the organisers, partners, staff, volunteers or anyone working at the Event will **NOT** be responsible for loss, damage or theft of personal items.

All bags should be adequately secured. Please use the numbered label in your race pack to place around the handle of your bag for easy identification.

**There will be increased security and bag checks in place on Race Day.**

Any baggage not collected by 3pm will be taken to the Front Runner Events Office. Contact us via [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk) or **01554 253116**.

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## TOILETS & REFRESHMENTS

Toilets will be located near the Start/Finish area and at various points along the route.

## BRECON CARREG

Brecon Carreg Water will be available along the route and at the finish area. High 5 Energy Gels will also be situated along the route. Please discard empty bottles and wrappers carefully in the bins provided or the side of the road/path and not where they will impede runners behind you.

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**CAUTION**  
**RUNNING**





## 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 be sure to collect them from one of our volunteers 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.

## PRESENTATION CEREMONY

There will be a prize presentation which will take place at 1230. Presentations will be made to the top 3 male 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.

## RESULTS

Results will be available on the race website by 9pm on Race Day.

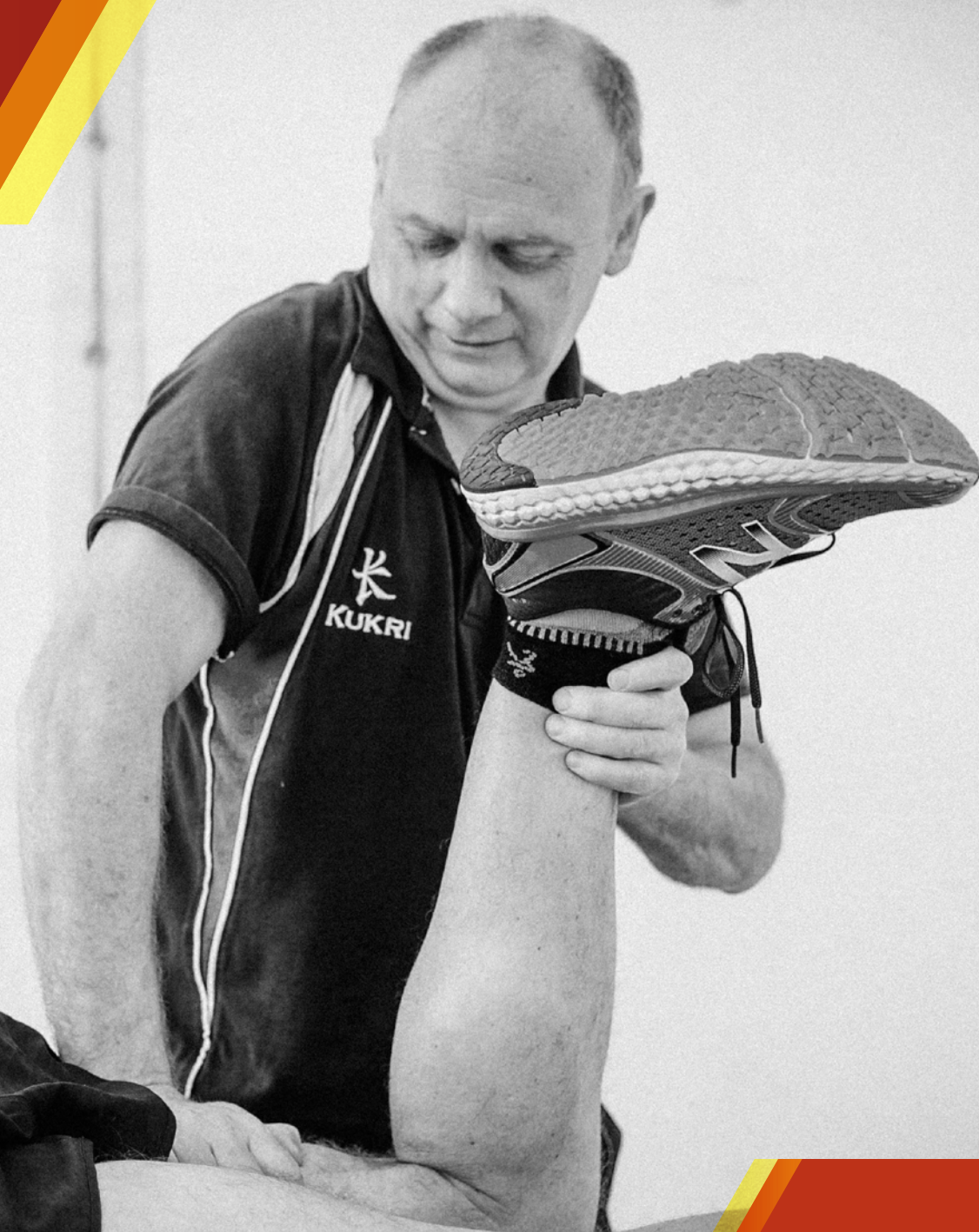
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## MASSAGE

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





## RACEMAKERS

Our amazing RaceMakers will be clearly visible around the route on Race Day. They are there to support you, our runners. RaceMakers are an integral part of our event and we would like to say a massive **THANK YOU** to each and every single volunteer who has given up their time generously to help make the Great Welsh Full/Half Marathon a success.

Do you or someone you know want to volunteer at one of our events? Email [volunteers@frontrunnerevents.co.uk](mailto:volunteers@frontrunnerevents.co.uk) to register your interest.

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## 2017 RACE WINNERS

**Ian Harris (Half Marathon)** 2017 saw Swansea Harrier, Ian Harris put in a fantastic performance at the Great Welsh Half Marathon, finishing in a time of 01:11:45.

**Celia Boothman (Half Marathon)** 2017 saw Celia Boothman of Pembrokeshire TC run a great race at the Great Welsh Half Marathon, finishing in 01:28:49.

**Matt Rees (Marathon)** Swansea Harrier, Matt Rees completed the 2017 Great Welsh Marathon in an outstanding time of 02:50:02.

**Katie Warren (Marathon)** Katie Warren was the first lady back at the 2017 Great Welsh Marathon in the fantastic time of 03:26:49, Katie returns in 2018 to defend her title.



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