



FRONTRUNNER
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GREATWELSH
Half Marathon

GREATWELSH
Marathon

14.04.19
RACE DAY
GUIDE

GREATWELSHMARATHON.CO.UK

#RUNCYMRU

GREATWELSH
Marathon
GREATWELSH
Half Marathon


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GREATWELSH
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INTRODUCTION

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WELCOME to the 2019 Great Welsh Full & Half Marathon.

Thank you for helping us sell out the 2019 Great Welsh races, we are delighted that so many of you want to join us as we **#RunCymru**.

Whatever your chosen distance, we hope you have a fantastic day, whatever the weather!

Everyone at Front Runner Events hopes you have **THE BEST RACE** and we hope you achieve your target.

#BeYourBest

The Front Runner Team



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EVENT INFORMATION

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Are You Race Day Ready To #Runcymru?

Please make sure you're in the best possible shape to tackle the challenge ahead, whether you are running the full marathon which is run over 26.2 miles (42km) or the half marathon which is run over 13.1 miles (21km).

You should stand on the Start Line feeling confident you can run 10 miles (for the half marathon runners) or 20 miles (for the full marathon runners) without stopping. We don't want anyone to struggle to get to the Finish Line and we want you to enjoy every step of the race!

Key Timings

- | | |
|--|---|
| 07:30 Car park opens | 10:00 Bag drop re-opens |
| 07:30 Bag drop opens | 10:12 Half Marathon Male winner expected |
| 07:30 Race village opens | 10:20 Half Marathon Female winner expected |
| 08:30 Half marathon runners enter start funnels | 11:45 Full Marathon Male winner expected |
| 08:50 Bag drop closes | 12:26 Full Marathon Female winner expected |
| 09:00 Great Welsh Half Marathon starts* | 12:45 Winners presentation takes place |
| 09:00 Full marathon runners enter start funnels | 15:14 Last runner expected |
| 09:15 Great Welsh Full Marathon starts* | 15:30 Bag drop closes |
| | 15:30 Event closes, de-rig commences |

* Start times are subject to change based on conditions on the day of the event.

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Race Village

The Race Village will be situated in Festival Fields (SA15 4DP) adjacent to the Start/Finish Area. Within the Race Village you will find the Information Point, pre/post-race massage, catering and toilets.

Bag Drop

Owen's Logistics trailer, Festival Fields Car Park (SA15 4DP). You can deposit a single bag at the bag drop. **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, placing it around the handle of your bag for easy identification.

There'll be increased security and bag checks in place on Race Day.

We'll take any baggage we still have at 15:30pm to the Front Runner Events Office. Contact us via info@frontrunnerevents.co.uk or **01554 253116** to arrange collection.



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

GREATWELSH Half Marathon

Route Map

ROUTE MAPS

Water and Gel Stops

2.5 (HM&M), 5.5 (HM&M),
9 (HM&M), 11.5 (HM&M), 15.5 (M),
18.5 (M), 22 (M), 25 (M)

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

GREATWELSH Marathon

Route Map

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TRAVEL & PARKING

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Getting Here By Car

The race takes place at Festival Fields, Llanelli. The main access route to Llanelli is via the M4 using Junction 48. 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're travelling by car, we'd suggest that you arrive early to secure your parking space.

There is no charge for parking.

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Your Race Number (bib)

The Great Welsh Full and Half Marathon are timed events, using a timing chip which is attached to the back of your bib.

Please make sure your bib is secured to the **FRONT** of your vest/t-shirt. **DO NOT** cut/fold or in any way modify your race number. During the race, your bib is your identification. If you are not correctly displaying your race number at all times you will be disqualified and maybe removed from the course.

Your timing chip will activate as you cross the start line so please don't worry if others start ahead of you.

You must wear your race bib, without it you will not get your finish time and you will be asked to leave the course. If you lose or misplace your bib there'll be a limited number of spares available at the Information Point in the Race Village at Festival Fields. It'll cost you **£10** (cash only) for a replacement bib, so please remember to bring yours with you!

IMPORTANT - YOU MUST NEVER WEAR SOMEONE ELSE'S BIB.

YOU MUST COMPLETE THE MEDICAL INFORMATION ON THE BACK OF THE BIB.

Great Welsh Full Marathon bibs will have a gold middle section.

Great Welsh Half Marathon bibs will have a red middle section.

Please note, the Half Marathon will start at 09:00 and the Full Marathon will start at 09:15.

Race Day Registrations

You can't enter on Race Day. If you entered the race after 11th March 2019 you'll need to collect your race bib from the Information Point in the Race Village at Festival Fields.

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MEDICAL INFORMATION

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If you have a medical condition please make sure 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.

If since registering you have received a diagnosis for a medical condition, please inform St John Cymru Wales Medical Team on Race Day. If at any time during the race you feel unable to continue, **please stop, rest and locate** the nearest marshal for advice.

It is your responsibility to tell us if you have any medical conditions.

St John Cymru Wales will have Medical Stations along the route as well as at the Start/Finish area.

BRECON CARREG



GOOD LUCK IN THE
GREATWELSH
Marathon

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TOILETS, REFRESHMENTS & MASSAGE

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Toilets

There'll be toilets at the Race Village in Festival Fields, as well as at various points along the route.

BRECON CARREG

Brecon Carreg Water will be available along the route. There will also be energy gel stations. Please discard empty bottles and wrappers in the bins provided or to the side of the road/path and not along the course, where runners behind you could trip over them.

Massage

There will be a team of massage therapists from Gower College Swansea, located in the Race Village at Festival Fields, before and after the race.

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CHARITIES, CORPORATE CHALLENGE & RACEMAKERS

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Kidney Wales have a charity team running in our 2019 Great Welsh Full & Half Marathon.

Businesses from South Wales will be competing to become the GWM/HM Corporate Champions. Brecon Carreg, Carmarthenshire Actif Sport & Leisure and JCP Solicitors. The winning team will get a donation from Front Runner Events for their nominated charity of the year.



**BRECON
CARREG**



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 and Half Marathon a success.

Add your name to our amazing RaceMaker list by emailing volunteers@frontrunnerevents.co.uk



WALL OF FAME

2017 Half Marathon

Ian Harris
Swansea Harriers 71:45

Celia Boothman
Pembrokeshire TC 88:49

2017 Marathon

Matt Rees
Swansea Harriers 02:50:02

Katie Warren
03:26:49

2018 Half Marathon

Nicholas Sheehan
Llanelli AAC 77:37

Catherina Rennie
Swansea Harriers 90:05

2018 Marathon

Matthew King
02:43:51

Catherine Barker
Penarth & Dinas Runners 03:33:26

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PACERS, TRACKING, RESULTS & PHOTOS

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Pacers

There'll be a team of pacers who will run within the following times to help you achieve your goal.

Half Marathon: 01:30, 01:45, 02:00, 02:30.

Marathon: 03:30, 03:45, 04:00, 04:15, 04:30, 05:00.

Live Tracking

Your family and friends can **TRACK** you on Race Day.

Results

Official results will be posted **here**. Results will be ratified within 14 days.

Photos

You won't have to wait long for your race photos, check out your race face within a day or two after the event. You'll be able to view your photos **here**. Remember, to smile (if you can) for the camera.





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2019

JCP Swansea Half Marathon

23.06.19

#RunSwansea

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matthews & co
chartered accountants



race nation



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£29 / £31

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LLANELLI
Half Marathon

FEBRUARY 2020
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WWW.LLANELLIHALF.CO.UK



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APRIL '20



GREATWELSH
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#RunCymru

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