

GREAT WELSH HALF & MARATHON

RACE DAY GUIDE



10TH APRIL 2022

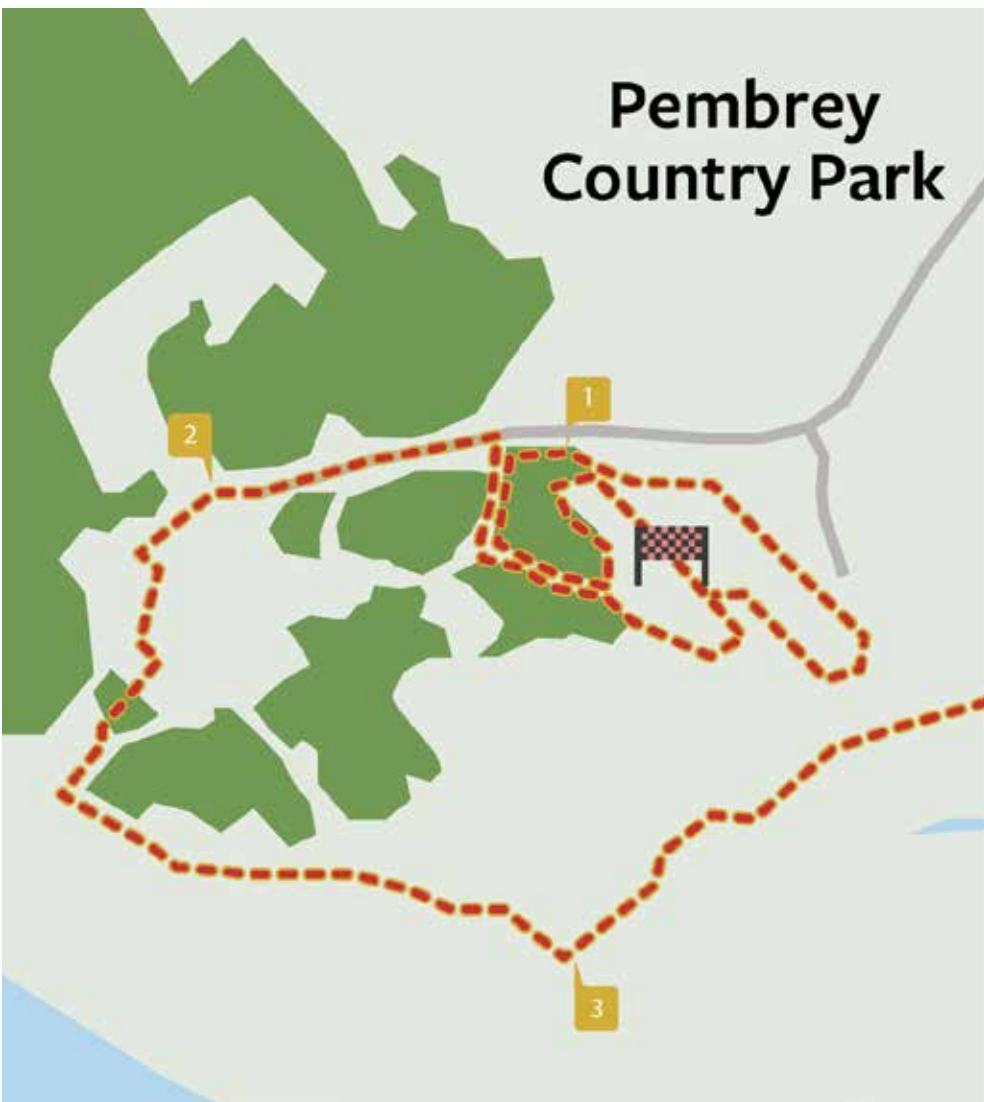
GREATWELSH
Half Marathon



GREATWELSH
Marathon

GREATWELSHMARATHON.CO.UK

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INTRODUCTION

Welcome to the 2022 Great Welsh Half & Full Marathon

We're delighted to bring you the race once again, after such a long time without it. During the pandemic, we were able to bring #RunCymru to our runners as a virtual event for two years, but we are so looking forward to seeing you all in person to celebrate running as you #RunCymru.

2022 is the 6th edition of our race and we're excited to finally bring you the new and improved route.

The full marathon will start at 9am and the half marathon will start at 9.30am, so please ensure you allow plenty of time to travel, park and prepare for the race. All runners will need to have arrived and parked by 8:30am.

We'd like to thank ALL runners, partners, sponsors, race makers, suppliers and friends who have continued to show us enormous levels of support. We're a small team, always striving to deliver the best race we possibly can, and this year will be no different as we prepare to help you #BeYourBest as you #RunCymru.

The Front Runner Events Team wish you all the very best of luck and whether you're seeking a PB, looking for a qualifying time, or running for charity, we hope you achieve your goal. See you on the Start Line!

#BeYourBest

The Front Runner Team



#RunCymru
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EVENT INFO



KEY TIMINGS*

07:30	Bag drop opens
08:30	All runners MUST have arrived and parked
08:50	Road closures start
08:50	Bag drop closes
09:00	Full Marathon Elite & Mass Race Start*
09:30	Half Marathon Elite & Mass Race Start*
10:30	Bag drop reopens
10:42	Male Winner of Great Welsh HM expected
10:55	Female Winner of Great Welsh HM expected
11:15	HM Winner presentation takes place
11:28	Male Winner of Great Welsh FM expected
11:45	Female Winner of Great Welsh FM expected
12:00	Full Marathon Winner Presentation
15:00	Last runner expected
15:30	Event closes

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EVENT INFO



TRAVEL



By Car: If you're travelling by car, Pembrey Country Park is situated near Llanelli. The post code for the Park is SA16 0EJ. Check out the [Pembrey Country Park website](#) for further information on how to get there.

By Train: If you're arriving by train, Llanelli stations is on Great Western Crescent and is a 20 minute taxi ride to Pembrey Country Park (SA16 0EJ).

Parking: The start and finish of the Great Welsh Full & Half Marathon are inside Pembrey Country Park (SA16 0EJ). There is parking available on site. You are required to pay for your parking via the pay stations on site situated: Beach Entrance, Ski & Activity Centre & Log Cabin before you exit the park. Pay stations are clearly marked and will accept card and cash payments. Alternatively, you can pay in advance using the Pembrey Country Park website [here](#).

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GREAT WELSH HALF & MARATHON 2023

ENTRIES OPEN SOON

#RunCymru

2ND APRIL 2023

GREATWELSH
Half Marathon



GREATWELSH
Marathon

GREATWELSHMARATHON.CO.UK

EVENT INFO

YOUR RACE NUMBER



Your race number, timing chip and safety pins have been posted to you and your timing chip is already attached to the back of your race number. **You MUST secure your race number to the front of your t-shirt/vest.** Your timing

chip will activate as you cross the start line so, please don't worry if others start ahead of you. Without a race number you will not receive a finish time and you'll be asked to leave the route by a marshal.

If you lose or forget your race number there'll be a limited number of spares available at the Information Point at Pembrey Country Park (SA16 0EJ) on Race Day. It'll cost you £10 (cash only) for a replacement. ***We'll only have a limited number of spares available. So please don't lose or forget your race number on race day.***

IMPORTANT– DON'T BE A RISKY RUNNER!! – YOU MUST NEVER WEAR SOMEONE ELSE'S RACE NUMBER. YOU MUST COMPLETE THE MEDICAL DETAILS ON THE REVERSE OF YOUR RACE NUMBER. IF YOU HAVE A MEDICAL CONDITION, WE NEED TO BE AWARE OF PLEASE MARK THE FRONT OF YOUR RACE NUMBER WITH A RED X.

EVENT INFO

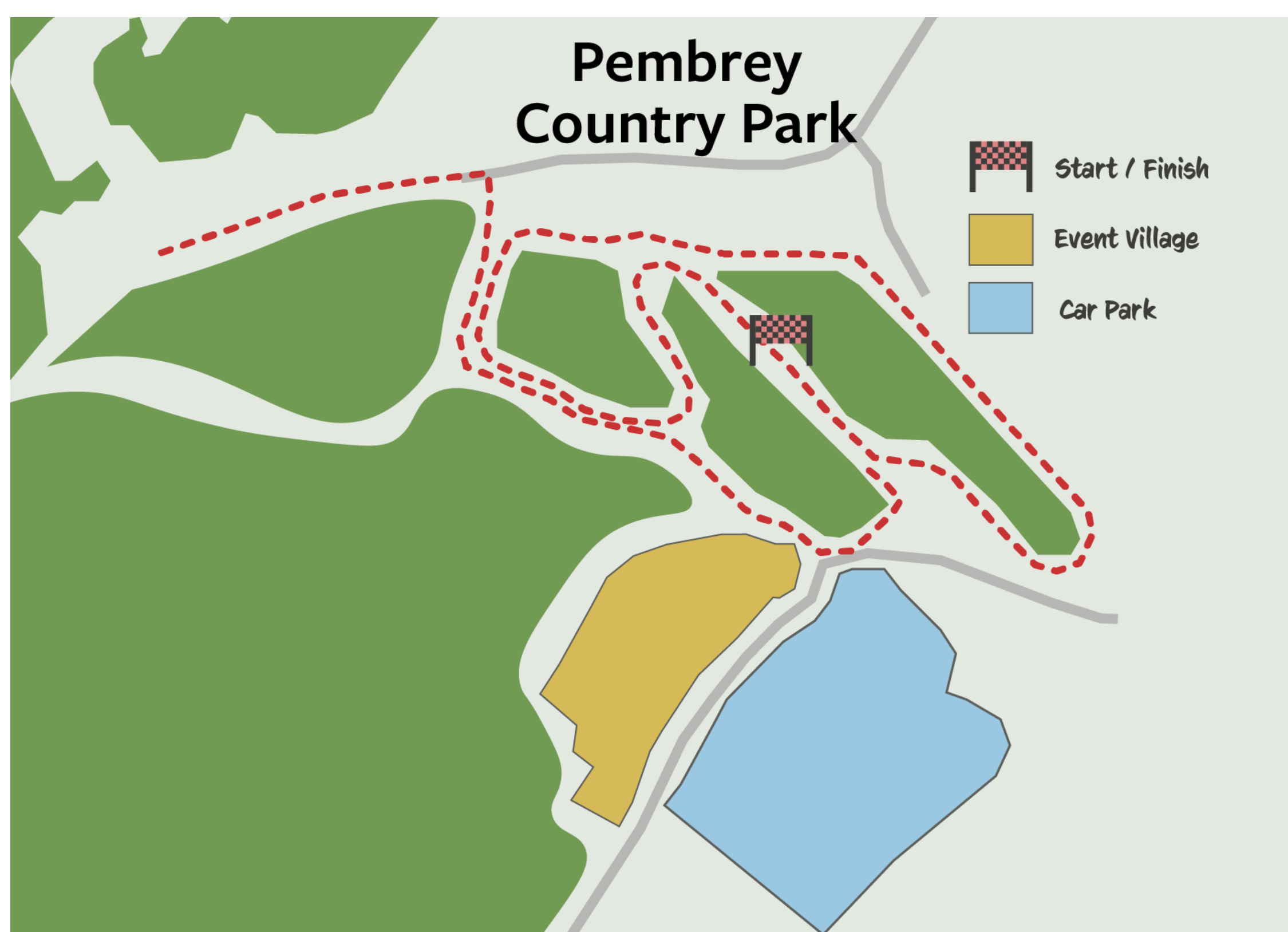
PRE-START ASSEMBLY AREA



This year's full marathon will start at 09:00 and the half marathon will start at 09:30. **All runners for both distances must arrive at Pembrey Country Park no later than 08:30.** Unfortunately, any latecomers will be unable to take part in the event.

We'll have one single holding start area, which will be split into the 4 race number colours (white, blue, pink & orange). You must head to the area signposted for your race number colour. Your race number colour will have been designated based on your estimated finish time.

You will be called to the start line based on your race distance, so listen out for your race distance announcement. Once called, you'll need to walk towards the start line where you'll be held temporarily prior to the race commencing.



EVENT INFO

ASSEMBLY AREA

FULL MARATHON

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 3.30 (up to 3.29)		White
	Blue	Sub 4.00 (3.29-3.59)		Blue
	Pink	Sub 4.30 (4.00-4.29)		Pink
	Orange	Plus 4.30 (4.30 plus)		Orange

HALF MARATHON

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 1.45 (up to 1.44)		White
	Blue	Sub 2.00 (1.45-1.59)		Blue
	Pink	Sub 2.15 (2.00-2.14)		Pink
	Orange	Plus 2.15 (2.15 plus)		Orange

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with 51%
recycled plastic!



FROM THE ❤️ OF THE WELSH MOUNTAINS

MEDICAL CONDITIONS & ASSISTANCE



If you didn't tell us about a medical condition when you registered, or if since registering you've received a diagnosis for a medical condition, we should be aware of, please let us know as soon as possible. Or on race day please tell a member of St John Cymru medical team and **make sure you complete the medical information on the reverse of your race number, as well as marking the front of your race number with a RED X.**

If you need medical assistance during your run please stop, rest, and tell the nearest race maker, or ask another runner to tell them on your behalf. **There will be medical stations located along the route and at the finish.**



BAGGAGE



Runners can leave a single bag at the baggage tent situated within the race village in Pembrey Country Park. Please do not bring, store or leave valuable items in your bag. The organisers, staff, volunteers, or anyone working with or at the

event will not be responsible for loss or damage of personal items. All bags should be securely closed to make sure items don't fall out.

Please make sure you have everything you need for your run BEFORE dropping off your bag. **Please loop the baggage band** from your race pack around the handle of your bag for easy identification. **Please only bring a bag if essential.**

We'll take any baggage not collected by 3pm to the Front Runner Events Office. Contact us there after Race Day on **info@frontrunnerevents.co.uk** or by calling **01792 277310** (during office hours).

COURSE INFORMATION



RACE MAKERS & SIGNAGE

There'll be race makers and event staff clearly visible along the route to guide and assist you. All mile markers, water stations, most toilets and medical stations will be clearly sign-posted.



HEADPHONES

We kindly ask that you do not wear headphones during the event so that you are able to hear announcements and marshals on the course.

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however you move...

move with KIND[®]



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amazon



bp

COURSE INFORMATION



CUT-OFF TIME

The cut-off time for the full marathon is 6 hours, and for the half marathon it is 4 hours. There will be tail walkers at the back of each race.



TIMING MATS

Timing mats to provide your splits are located at 7.5 miles for the half marathon and 7.5 miles and 14.5 miles for the full marathon.



TOILETS

There'll be toilets in the race village and at various locations across the route. Urination on the street will result in disqualification and a ban from the event in future.



ROUTE MAP



#RunCymru



**Diwrnod allan
 gwydch i'r teulu**

**A great day out
 for the family**



parcgwledigpenbre.cymru

pembreycountrypark.wales

Cyngor Sir Gâr
Carmarthenshire
 County Council



SUSTAINABILITY & HYDRATION



We're always striving to reduce the amount of single use plastic waste whilst offering a great race day experience. We'd love it if you'd help us out by bringing your own prefilled water bottle/hydration pack to the race.

We're making the race covid-secure and keeping any touch points to a minimum. There will be water available on the half marathon route at miles 3.5, 6, 9.5 and 12 and along the full marathon route at miles 3.5, 6, 10, 14, 18.5, 22.5 and 25. There'll also be water available at the finish line.

Please dispose of your bottles in our designated recycling zones, where our race makers will collect and recycle them.

Drink what you need, **drain** any remaining water from the bottle and **dispose** of the bottle into the designated recycle zones.



SUSTAINABILITY & HYDRATION

BRECON CARREG

RECYCLE, RESTORE, REDUCE

Brecon Carreg are committed to bringing you **100% recyclable** & **100% recycled packaging** thanks to **100% collection rates** & close partnerships in the industry.

They are striving towards closing the loop of using recycled materials from the start, without compromising on quality, with the aim of using no virgin materials at all.

Brecon Carreg promote zero littering and are developing strategic partnerships to prevent and combat litter on sea and land.

They're also **reducing their single use plastic footprint by 15%** in the lead up to 2025, lowering their use of raw materials and decreasing their environmental impact.

M&D CARE LLANELLI HALF MARATHON 2022

SIGN UP NOW!



25TH SEPTEMBER 2022



LLANELLI
Half Marathon



LLANELLIHALF.CO.UK

FINISH & RESULTS



FINISH

When you finish the race, it's important that you keep moving through the finish area. There'll be lots of runners finishing around you and the flow of runners crossing the finish line must keep moving. Listen to instructions from the Race Crew and keep walking through the finish funnel and collect your goodies as you go through.



GOODIES

Once you've finished the race, you'll be able to collect your medal, t-shirt, Kind Bar and water – it's important you pay attention to what t-shirt size you pick up, as you will not be able to exchange the t-shirt for a different size. The t-shirts are unisex, **and you will have selected your size on your entry form.**



NO FRILLS

If you have a No Frills entry, you will be told to walk through the finish area and collect your Kind Bar and water on the way through.

TREES NOT TEES

If you have a Trees Not Tees entry, you will be told to walk through the finish area to collect your medal, Kind Bar and water on the way through.



RACE RESULTS

We'll upload provisional **race results** online as soon as we have them. You'll be able to download your very own official race certificate and times following the event. Race results can take up to 14 days to be ratified.

PRESENTATION, PHOTOS & DROPPING OUT



PRESENTATION

There'll be a presentation at 11:15am for the half marathon and 12noon for the full marathon near to the finish area. Presentations will be made to the top 3 male and female finishers.

PLEASE NOTE, no prizes will be given on race day and age group winners will be contacted after the race results have been ratified.



PHOTOGRAPHY

Marathon Photos are our official photographers. Photos will be taken during the race so don't forget to bring you smile!



DROPPING OUT

If you feel you can't or don't want to continue with your race, this is what you need to do: Make your way to the left-hand side of the road and flag down the St John Cymru sweep vehicle which will be following the last runner. Upon boarding, your race number must be shown to the crew member who'll make a note of it. You will not receive a time, medal, t-shirt, or certificate.

IMPORTANT – YOU WON'T BE ABLE TO RE-JOIN THE RACE UNDER ANY CIRCUMSTANCES AND YOU'LL BE CLASSED AS DNF (DID NOT FINISH).

JCP SWANSEA HALF MARATHON 2022

SIGN UP NOW!



12TH JUNE 2022



JCP Solicitors

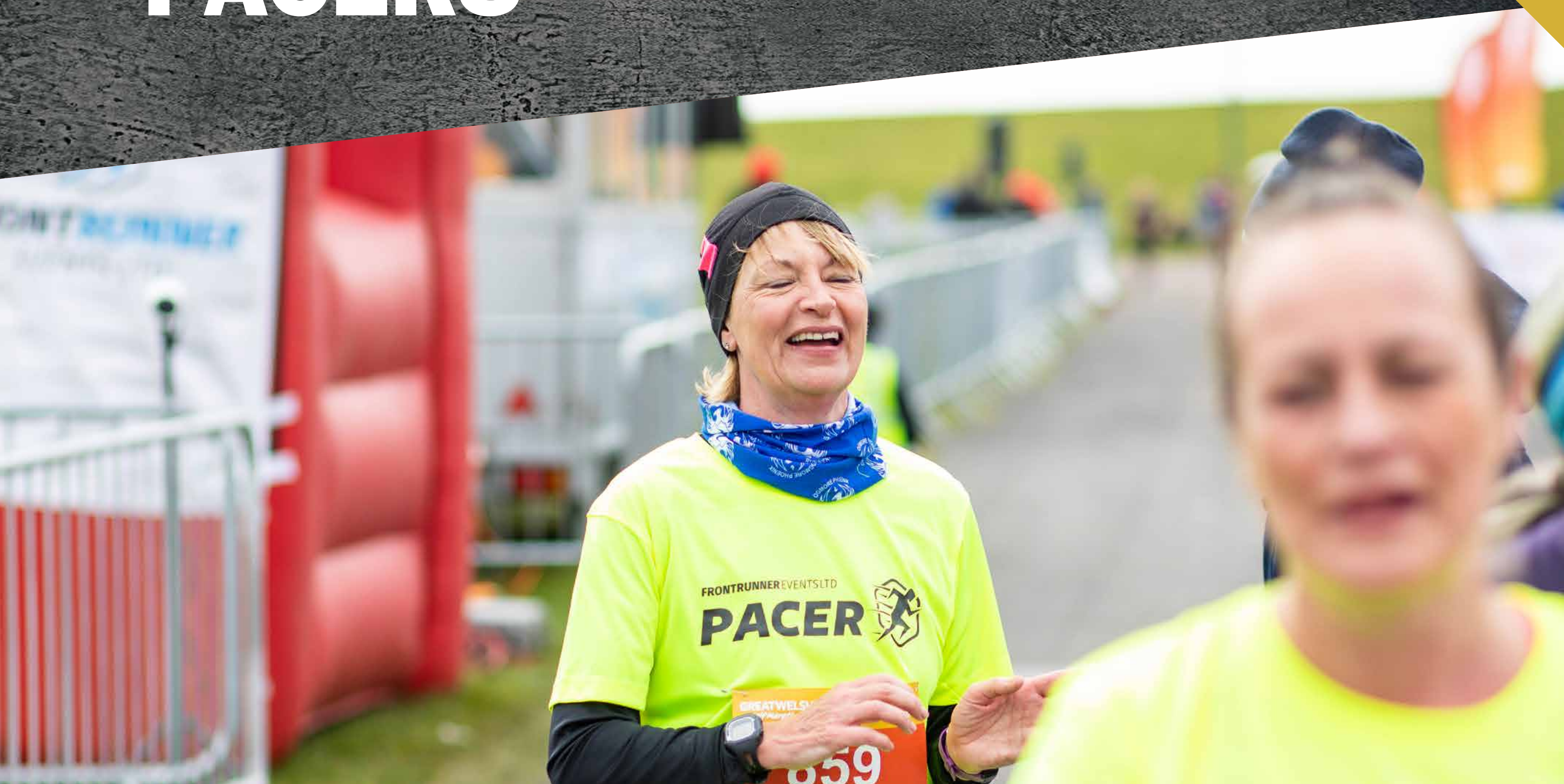
SWANSEA
Half Marathon



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PACERS



We have a fantastic team of pacers who're there to help you. They'll be pacing people to finish in:

Half Marathon = 01:30, 01:45, 02:00, 02:15 and 02:30

Full Marathon = 03:30, 03:45, 04:00, 04:15, 04:30 and 5:00

The pacers will be on the course wearing flags with your estimated finish time on them. Look out for the pacer within your start pen and try to stay near to them throughout the race to hit your target time. Please remember not to overestimate your pace, if you set off too fast, you'll tire quickly and be likely to struggle later in the race.

SPECTATORS & MEETING POINTS



SPECTATORS

The start/finish areas can become very congested, and we suggest you head out onto the route, to cheer the runners at various points.

If you, your family or friends are watching the race this year, please be courteous to the runners. Don't obstruct or get in their way and do not move barriers or tape installed around the course.

Support all passing runners with a clap or cheer – it may help them to make it to the finish line!!



MEETING POINTS

There'll be designated meeting points in the race village at Pembrey Country Park (SA16 0EJ). There'll be large flags lettered A to F, arrange to meet your loved ones and friends at one of these flags. Don't gather outside of the finish funnel, this causes our staff issues in an emergency.

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PORT TALBOT HALF MARATHON 2022

SIGN UP NOW!



14TH AUGUST 2022



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FRONT RUNNER TOP TIPS



NO NEW KIT

Make sure you've used your running kit in your training runs to avoid any blisters and chafing.



RACE NUMBER

Your race pack will have been sent to you prior to race day. Ensure you bring your race number (the timing chip will be on the back) and safety pins to pin it onto your tee/vest. If you lose your race number, please follow the guidance on page 7. Make sure you fill in the medical information on the back of the race number.



PLAN YOUR JOURNEY

Make sure you've planned your journey to and from the event. All runners must be parked by 8:30am. No late arrivals will be allowed to start the race once all runners have started. Don't forget to plan your journey away from the event too.



FRONT RUNNER TOP TIPS



NUTRITION & HYDRATION

Ensure you've had a good breakfast (something you've had before your training runs that your body is used to) and that you've hydrated well. If you're running with a hydration pack, make sure you get this ready with the rest of your kit.



LISTEN TO ANNOUNCEMENTS

There are two race starts, one for the full marathon and one for the half marathon, listen to the announcements in the assembly area to ensure you don't miss your start. Always listen to the marshals out on the route, they're there to help out.



START SLOW

Pace yourself at the start of the race, it's easy to set off too fast when you're amongst other runners. Remember how you've trained and stick to your race plan.



BE SENSIBLE

If you're not feeling well, please do not come to the event. There will always be other races.

CARDIFF MET CARDIFF 10K & 2K FUN RUN 2022

SIGN UP NOW!



4TH SEPTEMBER 2022

Cardiff Met
MetCaerdydd



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CARDIFF10K.CYMRU

WALL OF FAME

HALF MARATHON



Ian Harris
1:11:46

Celia Boothman
1:28:55



Nicholas Sheehan
1:17:37

Catherine Rennie
1:30:07



Luke Williams
1:14:19

Melanie Wilkins
1:18:18

FULL MARATHON



Matt Rees
02:50:04

Katie Warren
03:27:10



Matthew King
02:43:51

Catherine Baker
03:33:30



Gethin Davies
02:45:44

Katie Warren
03:04:46

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RACEMAKERS



You'll find our RaceMakers clearly visible along the route. They're there to support you – our runners, offer direction and help cheer you along the 26.2 miles or 13.1 miles. They play an integral part of our event, and we'd like to say a massive **THANK YOU to all our RaceMakers** who've given up their time generously to help make the Great Welsh Full & Half Marathon a success.

If you feel inspired or know someone who'd like to volunteer at this year's race, please get in touch at **volunteers@frontrunnerevents.co.uk** or head to our **[Facebook page](#)** Front Runner Volunteers.

BRISCO GORSEINON 10K 2023

SIGN UP NOW!



30TH APRIL 2023



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