



2wish

**GREAT**  
**WELSH**  
MARATHON EVENTS

**RACE DAY GUIDE**

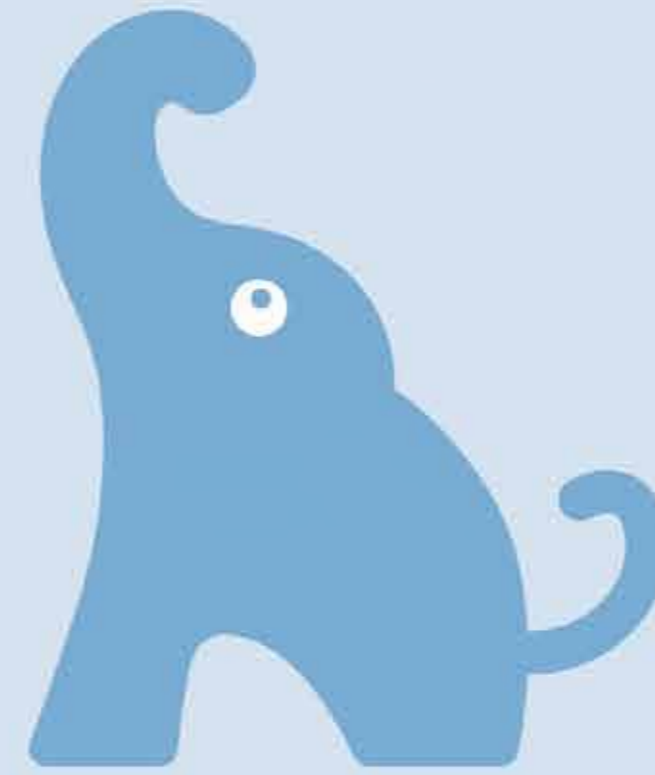
**2<sup>ND</sup> APRIL 2023**

**[WWW.GREATWELSHMARATHON.CO.UK](http://WWW.GREATWELSHMARATHON.CO.UK)**



Support for those affected by sudden death in young people

Cefnogaeth pan fydd plant a phobl ifanc yn marw'n sydyn



## We provide:



Therapeutic Play Programs



Counselling



Complimentary Therapies



Support for Professionals & Witnesses



Community Support Focus Groups



In February 2012, 2wish Founder and CEO, Rhian Mannings tragically lost her 1-year-old son, George, and her husband, Paul within the space of 5 days. Affected by this devastating loss, Rhian founded 2wish to support those who have been suddenly bereaved by the loss of a child or young person aged 25 or under, so they will never have to face the unimaginable alone. Paul & George's legacy has paved the way for vital and immediate bereavement support across the whole of Wales.

We are proud to be in partnership with the 2Wish Great Welsh Marathon Events 2023. Your kind donations can support us in so many different ways.

£10



Will fund one 'Gorgeous George' NEVER FORGET large elephant teddy to provide comfort to bereaved siblings.

£30

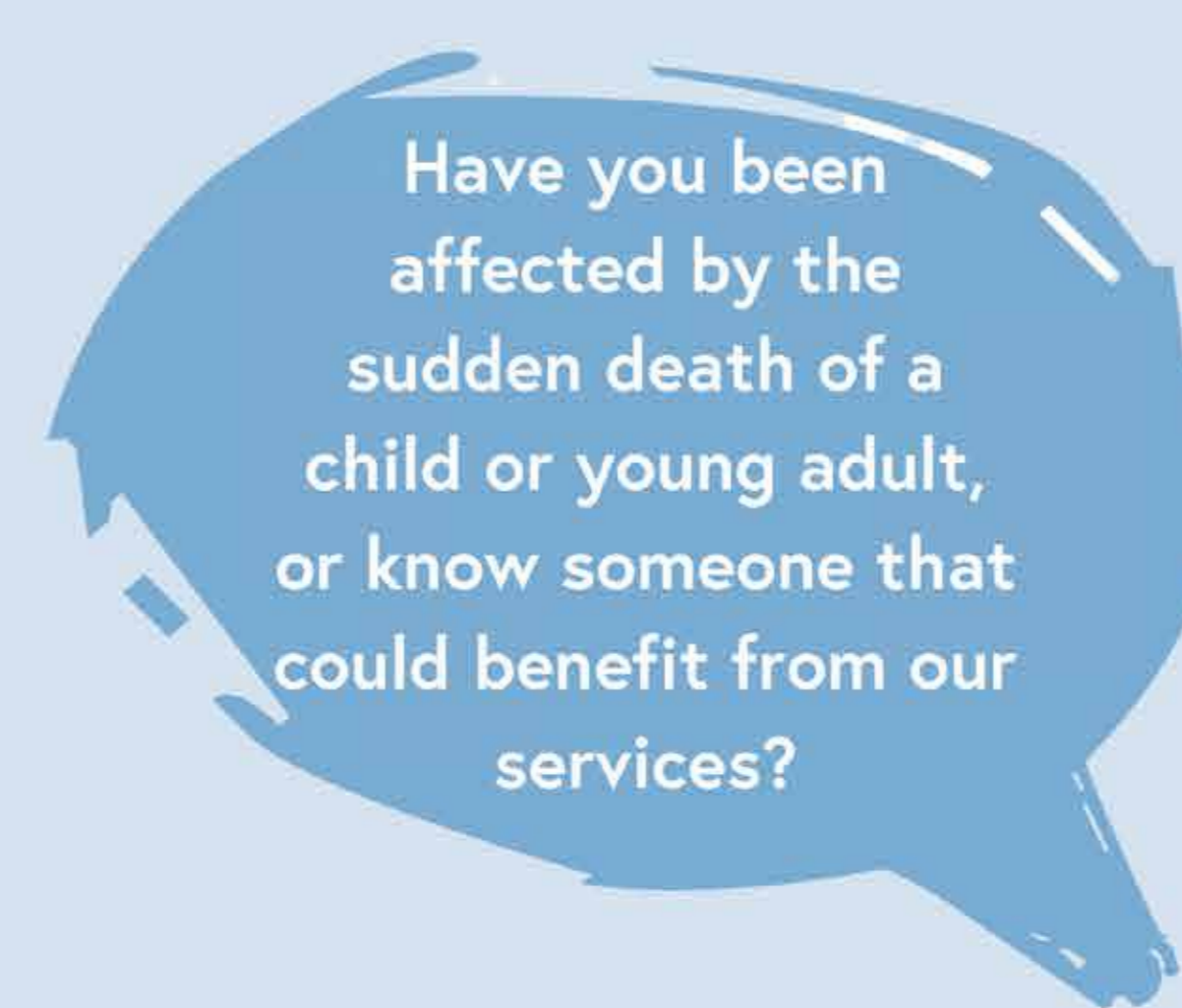


Will fund one Memory Box providing comfort to families who have suddenly lost a child or young adult.

£35



Will fund one session of professional counselling or support for a bereaved person providing them a safe space to express their grief.



Have you been affected by the sudden death of a child or young adult, or know someone that could benefit from our services?



@2wishcharity

Contact us: info@2wish.org.uk  
01443853125

Reg Charity No. 1168140



Registered with FUNDRAISING REGULATOR

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# Welcome to the 2023 2 Wish Great Welsh Marathon Events

We're delighted to bring you the race once again this year being hosted at the magnificent Pembrey Country Park in Camarthenshire.

2023 is the 7th edition of our race and we're excited to see you all #RunCymru

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.

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



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# 2 WISH

We are absolutely delighted to have partnered with Front Runner Events for the first ever 2Wish Great Welsh Marathon. We are very much looking forward to supporting all those involved as they complete the course around Pembrey and the beautiful surrounding area.

The atmosphere at any running event is always very exciting and we truly cannot wait to be at the heart of this one.

We would like to take this opportunity to wish all participants the very best of luck and very much look forward to seeing you all on the day.

**Rhian Mannings, CEO and Founder at 2wish**  
[2wish.org.uk](http://2wish.org.uk)



**#RunCymru**

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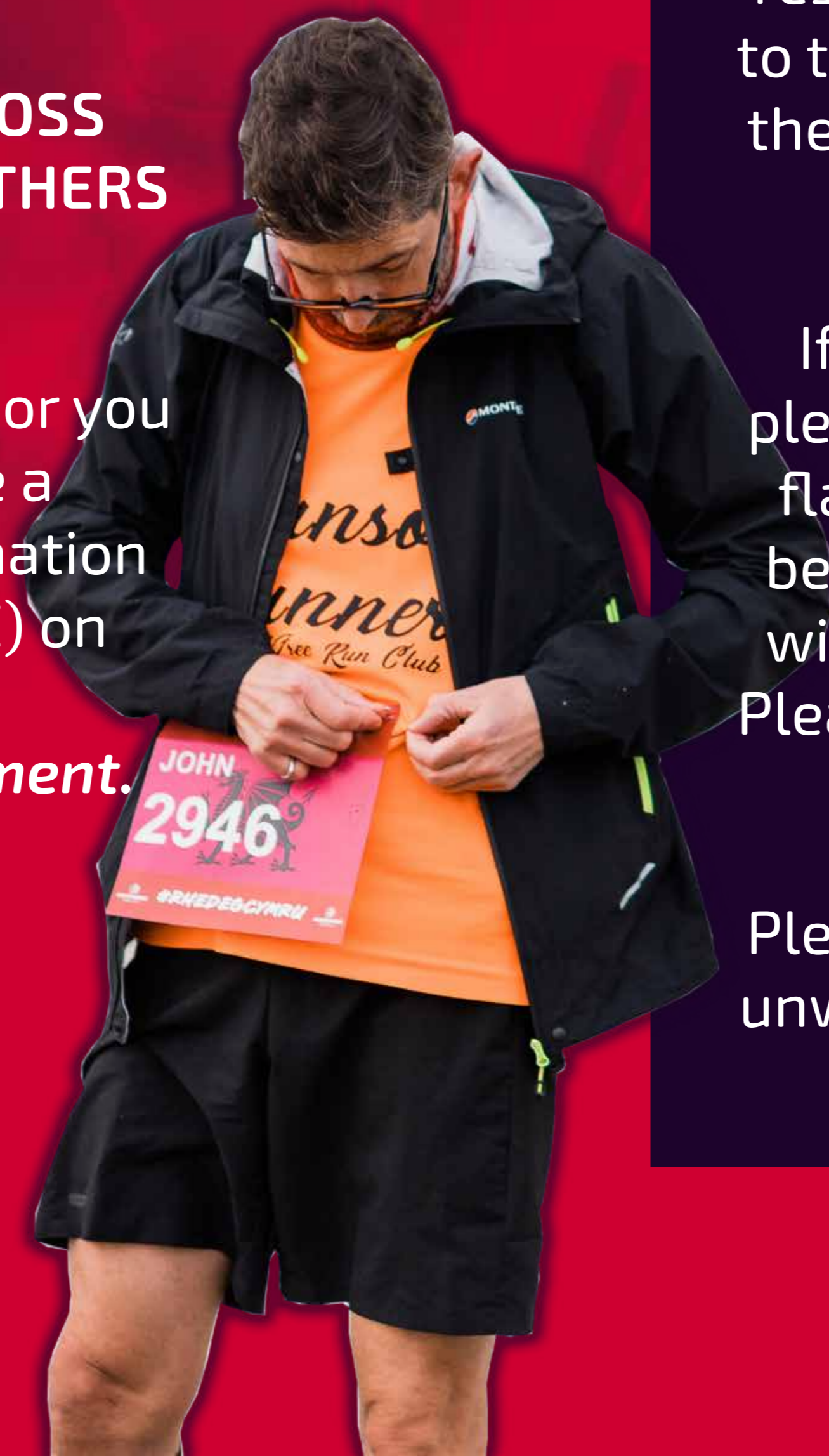
# PREPARE FOR RACE DAY

Your race pack will be sent out in the post to you two weeks prior to race day. It will include your race number where your timing chip will be attached and safety pins to attach it to your top.

**YOUR TIMING CHIP WILL ACTIVATE AS YOU CROSS THE START LINE SO, PLEASE DON'T WORRY IF OTHERS START BEFORE YOU!**

If your race pack has not arrived before race day, or you lose or forget your race number, there will be a limited number of spares available at the Information Point based in Pembrey Country Park (SA16 0JE) on Sunday 2nd April pre-race.

***It will cost you £10 (CASH ONLY) for a replacement.***



# 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.

If you need medical assistance during the race please stop, rest, and tell the nearest race maker or ask another runner to tell them on your behalf. St John's medical team will be at the event with medical stations along the course route and at the finish line should you require it.

If you feel you can't or don't want to continue your race, please make your way to the left-hand side of the road and flag down a member of the crew, your race number must be shown to the crew who will make a note of it. The crew will then help with assisting you back to the event village. Please note, you will not receive a finishing time, certificate, or merchandise.

Please do not take any chances with your health, if you feel unwell do not come to the event. There will always be other race days to participate in.

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# PLAN YOUR JOURNEY

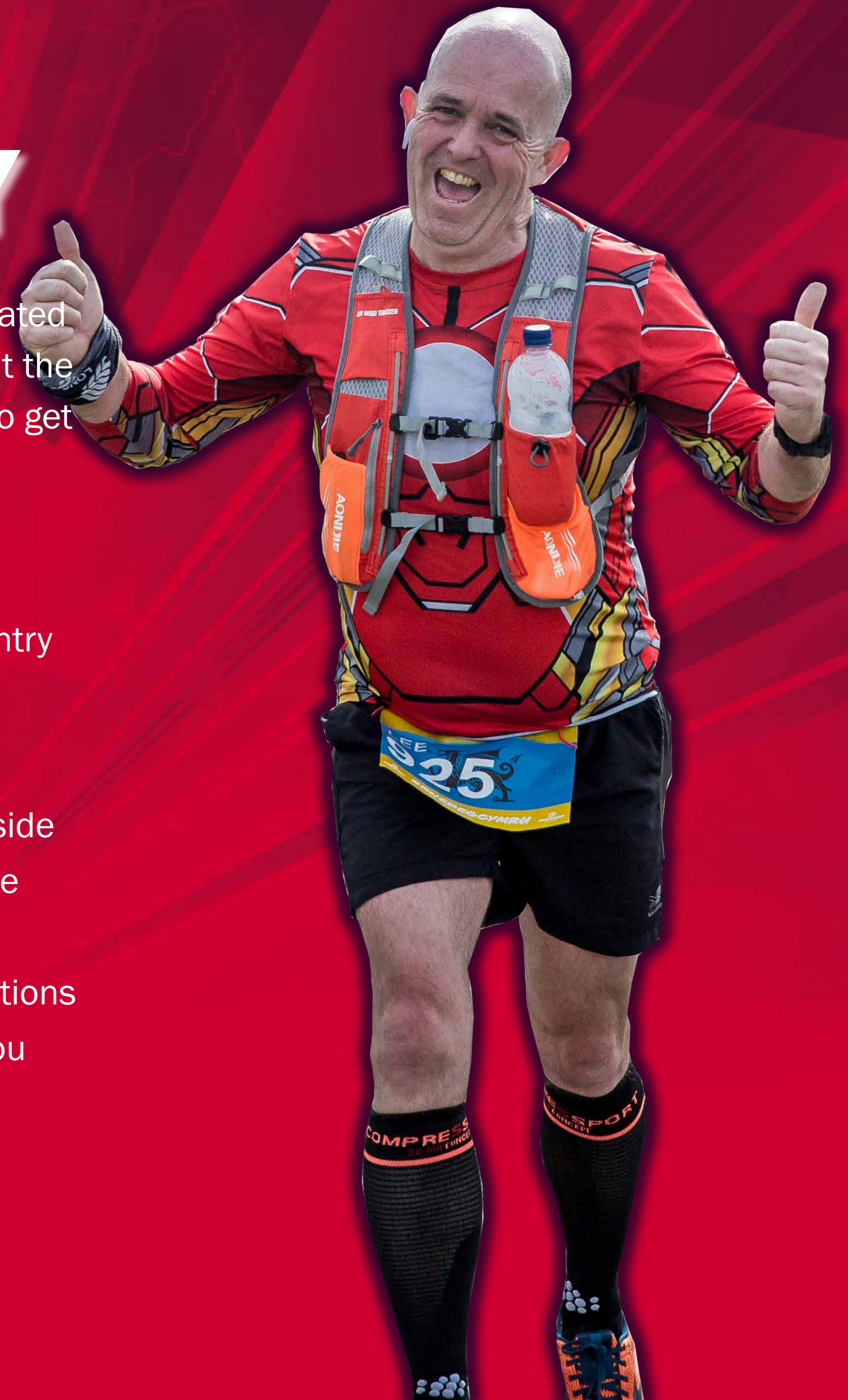


By Car: If you're travelling by car, Pembrey Country Park is situated near Llanelli. The post code for the Park is SA16 0EJ. Check out the [Pembrey Country Park website](#) for further information on how to get there.



By Train: If you're arriving by train, Llanelli station 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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# THE START

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 refused entry and you will not be able to take part in the event.

The race will have one single holding area, which will be split into 4 different colour pens. Your race bib will have been designated based on your estimated finish time.

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## 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



# ROUTE MAP



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# 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. There will also be water available on the half marathon route at miles 3.5, 6, 9.5 and 12 and along the full marathon at miles 3.5, 6, 10, 14, 18.5, 22.5 and 25. Water will also be available at the finish line for all runners.

Please dispose of your bottles in our designated recycling zones, our racemakers will then collect and recycle them!

**Brecon Carreg** are our hydration partners, and they will be providing water for all our water stops across the route. Brecon Carreg are committed to bringing you 100% recyclable & 100% recyclable packaging thanks to 100% collection rates and close partnerships in the industry.

**DRINK** what you need, **DRAIN** any remaining water from the bottle and **DISPOSE** of the bottle in the designated recycle zone.

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# PACERS

## FIND YOUR PACER TIME

HALF	FULL
01:30	03:00
01:35	03:15
01:40	03:30
01:45	03:45
01:50	04:00
02:00	04:15
02:10	04:30
02:15	04:45
02:20	05:00
02:30	05:15
02:45	05:30
03:00	
03:15	
03:30	

# PHOTOS

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

# 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.



#RunCymru

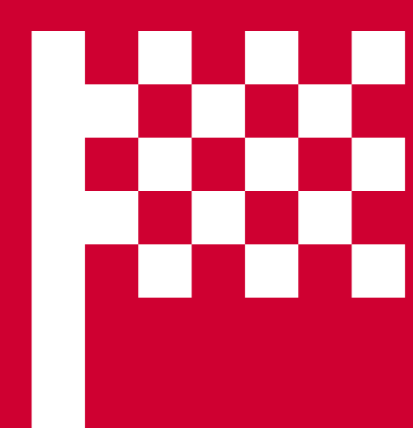
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# START & FINISH TIMES



The Great Welsh Marathon will begin at 09:00 and the Half Marathon will begin at 09:30.

The cut-off time for the full marathon is 6 hours (if you exceed 3 hours at the half marathon point, you will not be able to continue with the race) and for the half marathon is 4 hours (if you exceed 1 hour 53 minutes at the 10k point, you will not be able to continue with the race). There will be tail walkers at the back of each race.



Once you have finished the race, it is important that you keep moving through the finish area. There will be lots of runners finishing around you and the flow of runners crossing the finish line must keep moving. Listen to instructions provided by the Race Crew and keep walking to collect your goodies!

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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 Marathon Events 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](mailto:volunteers@frontrunnerevents.co.uk) or head to our Facebook page Front Runner Volunteers.



# SELF CREATIVE

# CORPORATE CHALLENGE

Businesses from across Wales will compete in the Celf Corporate Challenge at the Great Welsh Marathon Events this year! Corporate teams will range from teams of 4 to 6 runners, with some having multiple teams. The corporate champions are decided based on the first 4 fastest team members.



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Chwaraeon a Hamdden  
Sport and Leisure



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# THANK YOU TO ALL OUR PARTNERS





# GREATWELSH

MARATHON EVENTS

Marathon | Half Marathon | Virtual

# 17<sup>TH</sup> MARCH 2024



**FRONTRUNNER**  
EVENTS LTD

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**OPENING  
SOON!**