



2wish



FRONTRUNNER
EVENTS LTD

GREAT
WELSH
MARATHON EVENTS

RACE DAY GUIDE

17TH MARCH 2024

WWW.GREATWELSHMARATHON.CO.UK

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

2024 is the 8th 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



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“We are once again delighted to be working with Front Runner Events this year and the Great Welsh Marathon Events.

It is a great event, a nice flat route with beautiful scenery. We are so grateful for the opportunity to raise awareness of Zwish Cymru and are proud of everyone taking part this year.

Good luck to all runners and watch out for Gorgeous George out on the course.”

Rhian Mannings, CEO and Founder at Zwish
Zwish.org.uk



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PREPARE FOR RACE DAY

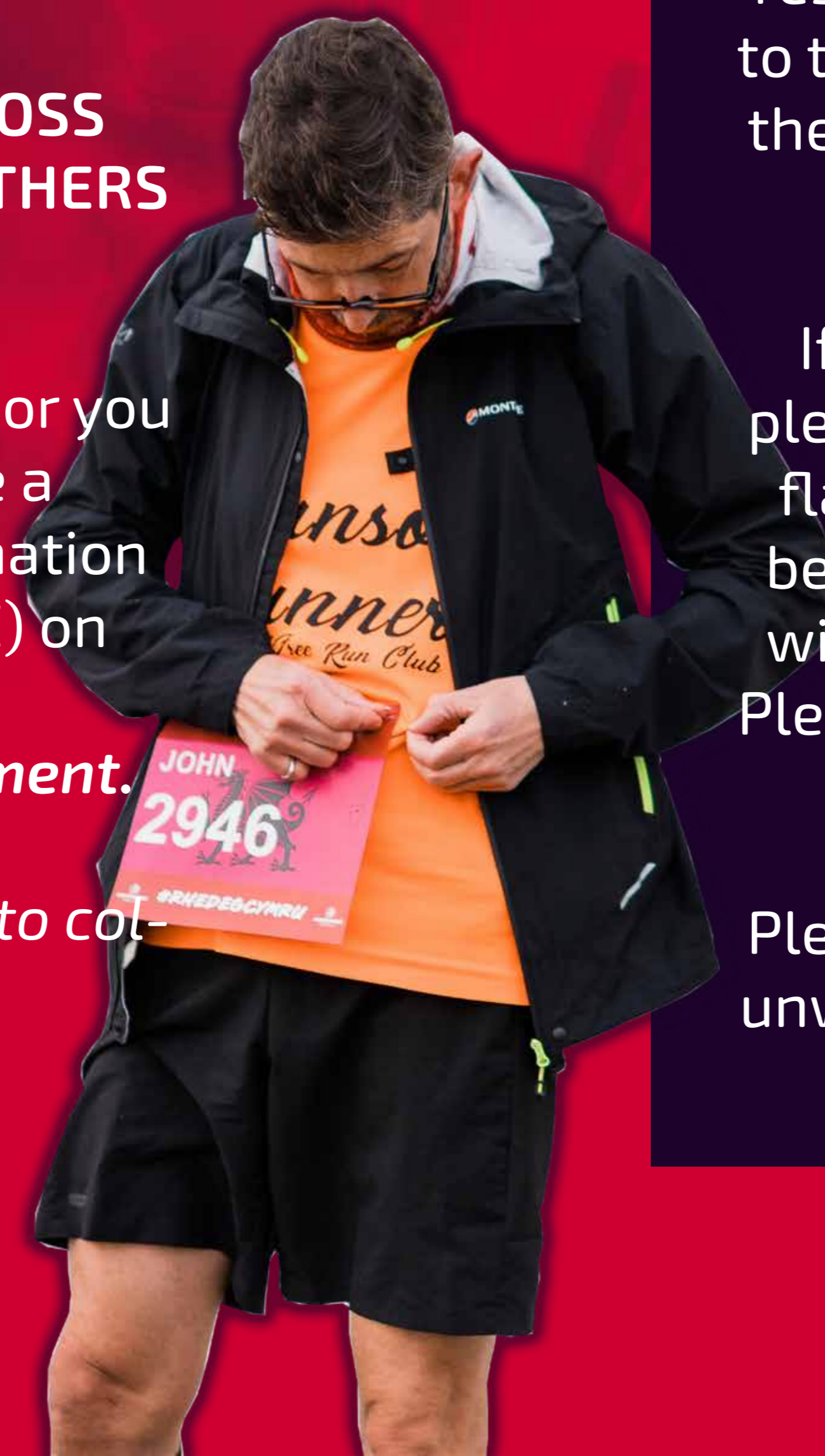
Your race pack will be sent out in the post to you two weeks prior to race day. It will include your race number where your timing chip will be attached and safety pins to attach it to your top.

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 17th March pre-race.

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

If you entered after the 4th March, you will need to collect your race pack on race day.



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



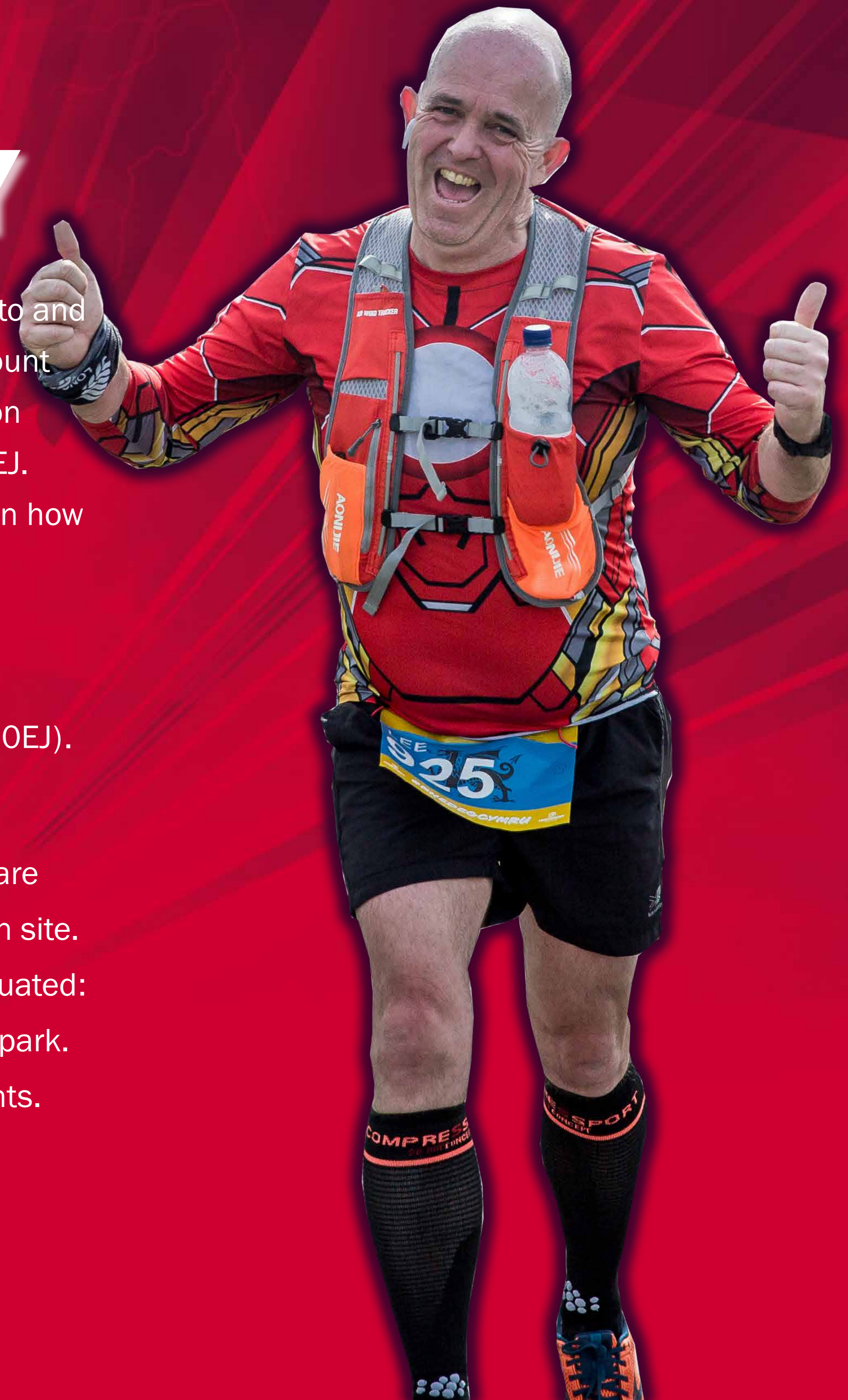
By Car: If you're travelling by car, please ensure you plan your journey to and from the event, and car share if possible. To avoid delays, please account for traffic when heading in and be aware there may be congestion upon entering Pembrey Country Park. The post code for the Park is SA16 0EJ. Check 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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Support for those affected by sudden death in young people Cefnogaeth pan fydd plant a phobl ifanc yn marw'n sydyn



2wish provides immediate and on-going bereavement support for anyone affected by the sudden death of a child or young adult aged 25 years and under.



Immediate & Ongoing Support

We'll be there for you in the immediate aftermath of your bereavement and beyond. Whether it's been 7 days or 7 years, we don't put a timeline on grief.



Support for Siblings & School Friends

The ripple effect of bereavement can be felt far and wide. Our Children & Young Person co-ordinator can offer individual and group support for those affected.



Support for Professionals & Witnesses

The unsung heroes of sudden and traumatic death, are often overlooked. We can provide counselling and debrief sessions where necessary.



Complimentary & Play Therapy Programmes

We have access to a wide range of different therapies, including counselling. From reflexology to EMDR, and therapeutic play programmes, we'll find the best fit for you.



Community Groups & Guidance

Finding like-minded individuals can be so beneficial. Join one of our coffee mornings or drop-in sessions for some tools & guidance, or just for a chat and a cuppa.



In February 2012, my son George tragically passed away a week after his first birthday. With little to no support available and unable to cope with the loss, my husband and best friend, Paul, took his own life five days later.

Understandably, coming to terms with the loss has been very tough emotionally, both for myself and our two young children. However, since February 2012, I have gained strength from the idea of raising money and I set up 2wish, so that no parent ever need experience that same feeling of helplessness and abandonment.

Rhian Mannings MBE, CEO & Founder of 2wish

Contact us today...

For more information on how you can access support, or if you would like to get involved with fundraising please visit

www.2wish.org.uk



Registered Charity in England & Wales
Charity No. 1168140

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. If you are collection your race number on the day, please ensure you arrive early! The race village & Information Point will be open from 7am.

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. Our hydration partners Brecon Carreg will be providing water for all our water stops across the route at miles 3.5, 6, 9.5 and 12 (for the half) and at miles 3.5, 6, 10, 14, 18.5, 22.5 and 25 (for the full). Water will also be available at the finish line.

Electrolytes*: Will be available in cups* at miles 6.5, 9 and 22 (accessible to all runners)

(*Weather premitting)

SIS Gels: Will be available at mile 13.1 (Wetlands) for marathon runners.

Brecon Carreg are committed to bringing you 100% recyclable bottles & 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 where our racemakers will then collect and recycle them!

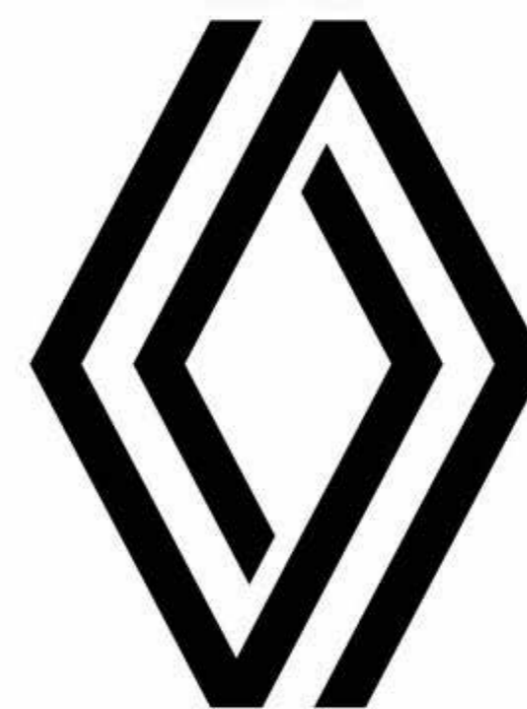


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DACIA



AR GYFER EICH HOLL ANGHENION MODURO
FOR ALL YOUR MOTORING NEEDS

 Motability

Gwasanaethu'r
gymuned ers 1932

Serving the community
since 1932

Kidwelly 01554 890436

Swansea 01792 621780

Narberth 01834 862600

Bridgend 01656 641000

Abergavenny 01873 856888

Hereford 01432 805073



Kia Sportage



Kia EV6 GT



New Renault Scenic E-Tech Electric



New Dacia Jogger (7 seater)

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.



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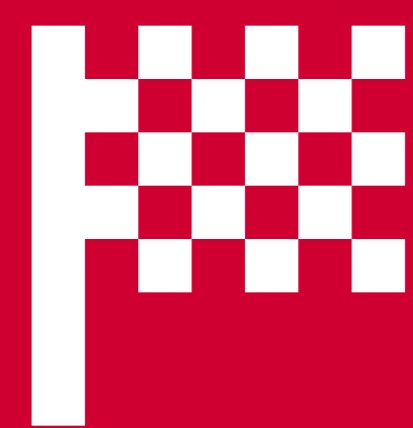
START & FINISH TIMES



The Great Welsh Marathon will begin at 09:00 led by the official vehicle partners at Gravells.

The Half Marathon will begin at 09:30 led by our Front Runner Cyclists.

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 or head to our Facebook page Front Runner Volunteers.



CORPORATE CHALLENGE

Businesses from across Wales will compete in the 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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THANK YOU TO ALL OUR PARTNERS



GREATWELSH

MARATHON EVENTS

Marathon | Half Marathon | Virtual

16TH MARCH 2025



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Association of International
Marathons and Distance Races

AIMS



**OPENING
SOON!**