

GREAT WELSH MARATHON EVENTS

Marathon | Half Marathon | 10K

RACE DAY GUIDE

16TH MARCH 2025

WWW.GREATWELSHMARATHON.CO.UK

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GREATWELSH

MARATHON EVENTS

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

2025 is the 9th edition of our race and we're excited to see you all #RunCymru

The full marathon will start at 9am, the half marathon will start at 9.30am, and the 10K will start at 9:45am, 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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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!

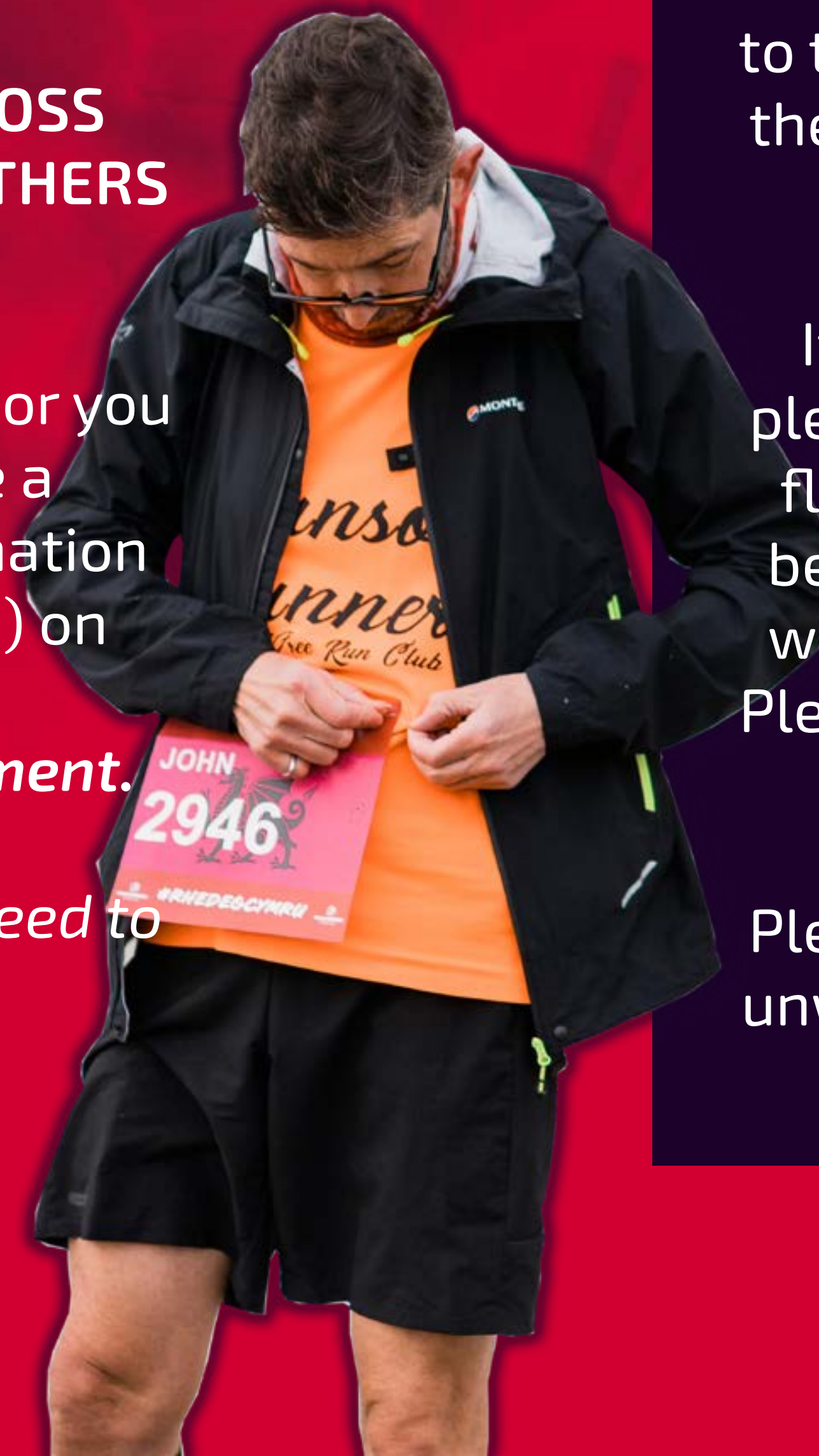
If your race pack has not arrived before race day, or you lose or forget your race number, there will be a limited number of spares available at the Information Point based in Pembrey Country Park (SA16 0JE) on Sunday 16th March pre-race.

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

If you entered after the 23rd February, you will need to collect your race pack on race day.

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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.

*Great Welsh Water for a
Great Welsh Marathon!*



Thank you for recycling



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 Marathon Event (all distances) 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**, the **half marathon** will start at **09:30** and the **10K** will start at **09:45**. *All runners for all 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 collecting 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.

10K

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 50 (up tp 0.49)		White
	Blue	Sub 60 (0.50-0.59)		Blue
	Pink	Sub 1.15 (1.00-1.14)		Pink
	Orange	Plus 1.15 (1.15 plus)		Orange

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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

MARATHON ROUTE MAP



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HALF MARATHON ROUTE MAP



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10K 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 permitting)*

High 5 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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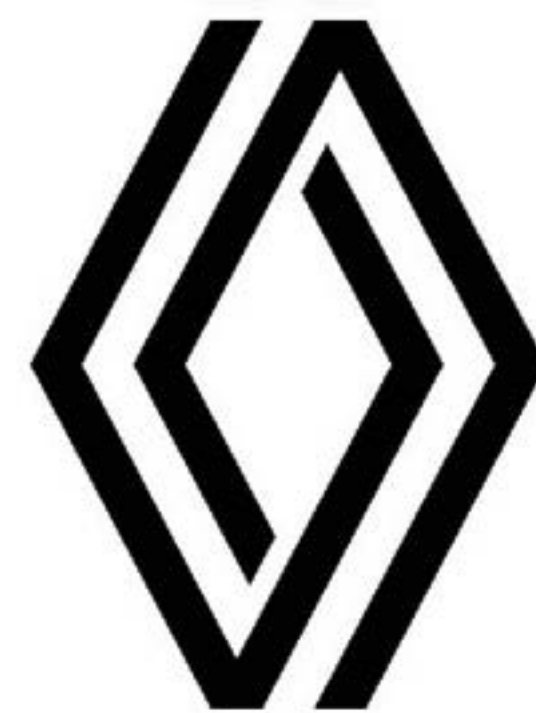
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Kia Sportage



Kia EV6 GT



New Renault Scenic E-Tech Electric



New Dacia Jogger (7 seater)

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 10K will begin at 9:45.

The cut-off time for the full marathon is 6 hours (if you exceed 3 hours at the half marathon point, you will be 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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TRIBE



PACERS

FIND YOUR PACER TIME

10K	HALF	FULL
00:45	01:30	03:00
00:50	01:35	03:15
00:55	01:40	03:30
01:00	01:45	03:45
01:05	01:50	04:00
01:10	02:00	04:15
01:20	02:10	04:30
01:30	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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Event Village

You'll be able to find everything you need in our Event Village at Pembrey Country Park:

- Information Point
- Bag Drop (please only use if essential)
- Toilets
- Massage
- Refreshments
- Charity Tents



Massage by Gower College Swansea

There will be free massage available post-race provided by students at Gower College Swansea.

Head over to the marquee in the Event Village to find them!



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, 13.1 miles or 6.2 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 your loved one would like to help you in the best way they can, please get in touch at volunteers@frontrunnerevents.co.uk or head to our [Front Runner Volunteers Facebook Page](#).



CORPORATE CHALLENGE



Want To Sign Up A Team? [Click Here](#)

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THANK YOU TO ALL OUR PARTNERS

**BRECON
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WELSH ATHLETICS
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GREATWELSH

MARATHON EVENTS

Marathon | Half Marathon | 10K

8TH MARCH 2026



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