



**GREAT
WELSH**
MARATHON EVENTS

**2026
RACE DAY
GUIDE**

GREATWELSHMARATHON.CO.UK



FRONTRUNNER
EVENTS LTD

THANK YOU

FOR CHOOSING TO RUN WITH US!

We're proud to welcome you back to the magnificent Pembrey Country Park for this year's Great Welsh Marathon Events. 2026 is the 10th year since we first took over this event, which has grown year on year ever since!

Thank you to all runners, partners, sponsors, and volunteers — your support makes this race possible. Our team is here to help you #BeYourBest and enjoy every step of the journey.

Whether you're chasing a PB, qualifying time, or running for charity, give it your all — this is your moment!

We can't wait to welcome you to the start line to #RunCymru



#RUNCYMRU
GREATWELSHMARATHON.CO.UK

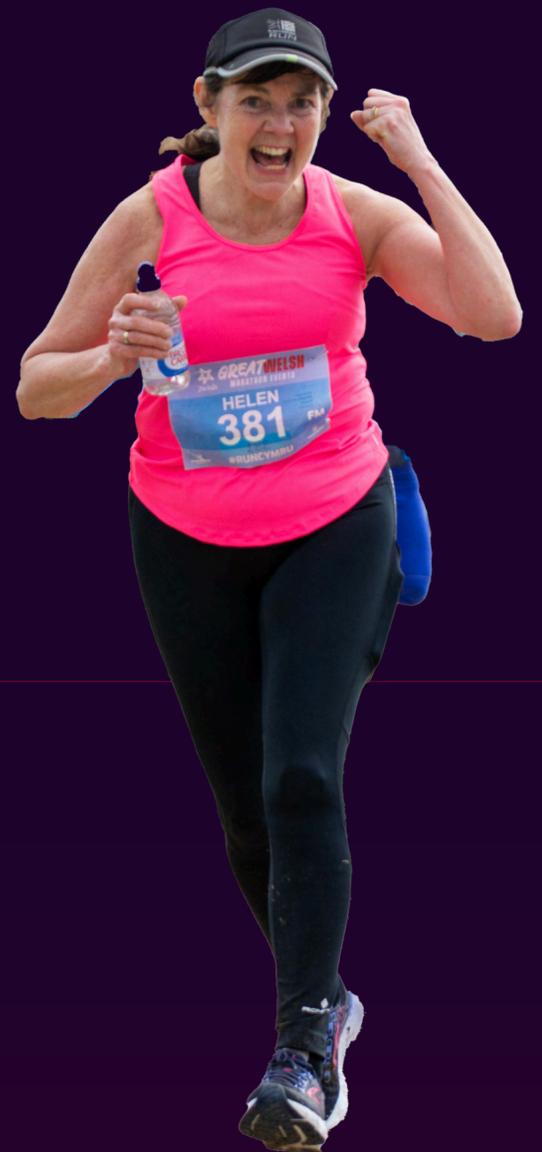
PREPARE FOR RACE DAY

If you chose to have your race pack delivered to you, these will be posted out approximately 1 week before race day. Your pack includes your race number with timing chip attached to the back, and essential information.

PLEASE NOTE: There will be NO collections on race day, so please remember to bring it with you and look after your race number on the day!

If you lose or forget your race bib, a limited number of replacements will be available by request ONLY. Please notify a member of the team upon arrival and we will do our best to help you. Replacement bibs cost £10 (cash only).

Your timing chip activates when you cross the start line, so there's no need to worry if others start ahead of you!



DON'T BE A RISKY RUNNER

You must never wear someone else's race number. By doing this you are putting yourself and others at risk. If you do so, you will be disqualified, reported to Welsh Athletics and will not receive a finishing time or certificate.

Please complete the medical details on the back of your race number. If you have a medical condition we should know about, mark the front of your number with a red X.

If you need medical help during the race, stop and alert the nearest racemaker or ask another runner to do so. St John Ambulance will be on site, with medical support along the course and at the finish.

If you cannot or choose not to continue, move to the left-hand side of the road and show your race number to a crew member, who will assist you back to the event village. In this case, you will not receive a time, certificate, medal or finish goodies. Please don't take risks with your health — if you feel unwell, do not attend. There will always be another race.

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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 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

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

START TIMES OF THE RACES:

FULL MARATHON: 09:00 AM

HALF MARATHON: 09:20 AM

10K: 09:35 AM

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

All runners for all distances must be parked and in **Pembrey Country Park no later than 08:30**. We advise arriving as early as possible (from 7am) as congestion is expected.

Unfortunately, any late comers will be refused entry and you will not be able to take part in the event.

10K

RACE NUMBER COLOUR	10K ESTIMATED FINISH TIME	PEN ASSEMBLY AREA
White	Sub 60	White
Blue	Sub 75	Blue
Pink	Plus 75	Pink

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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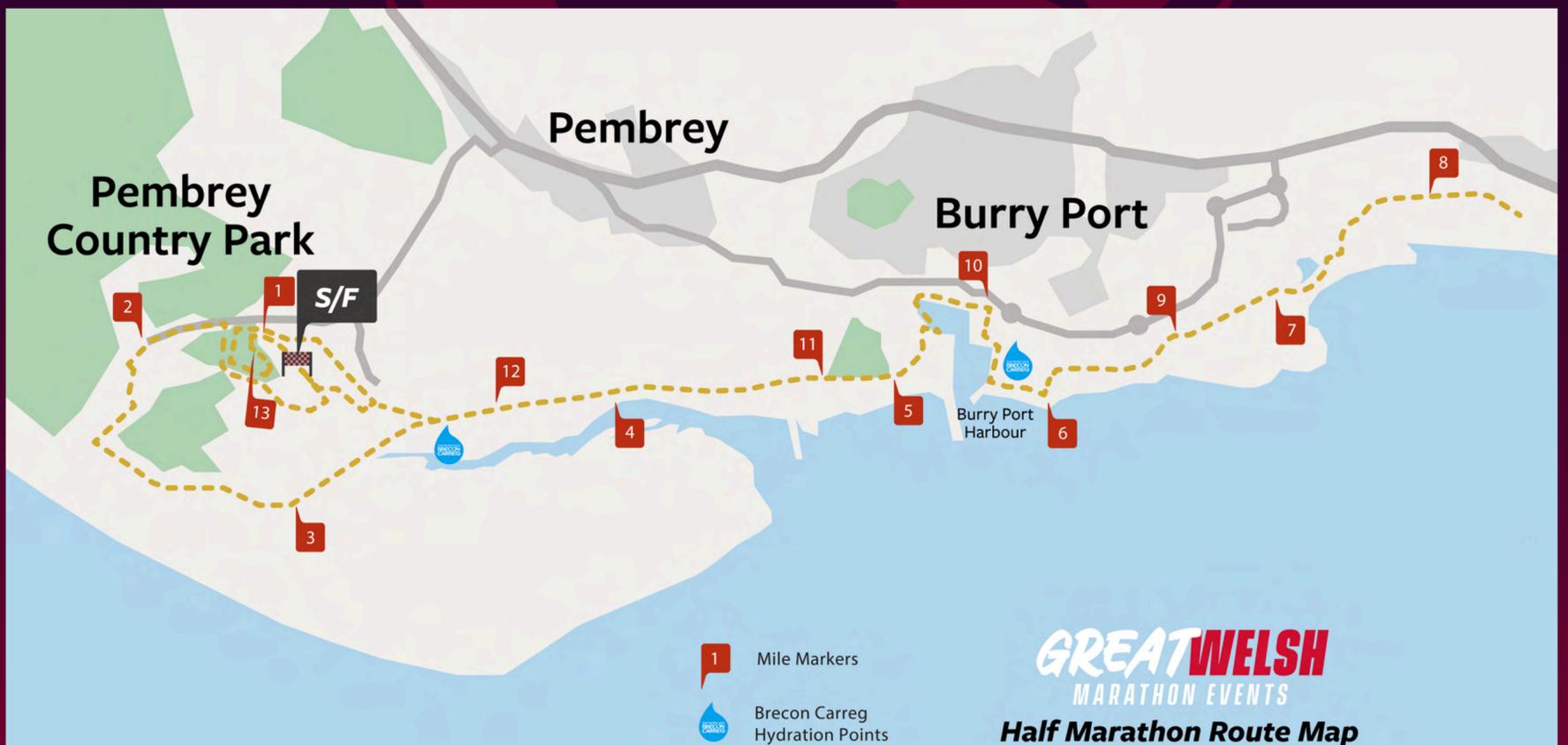
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THE ROUTES MARATHON



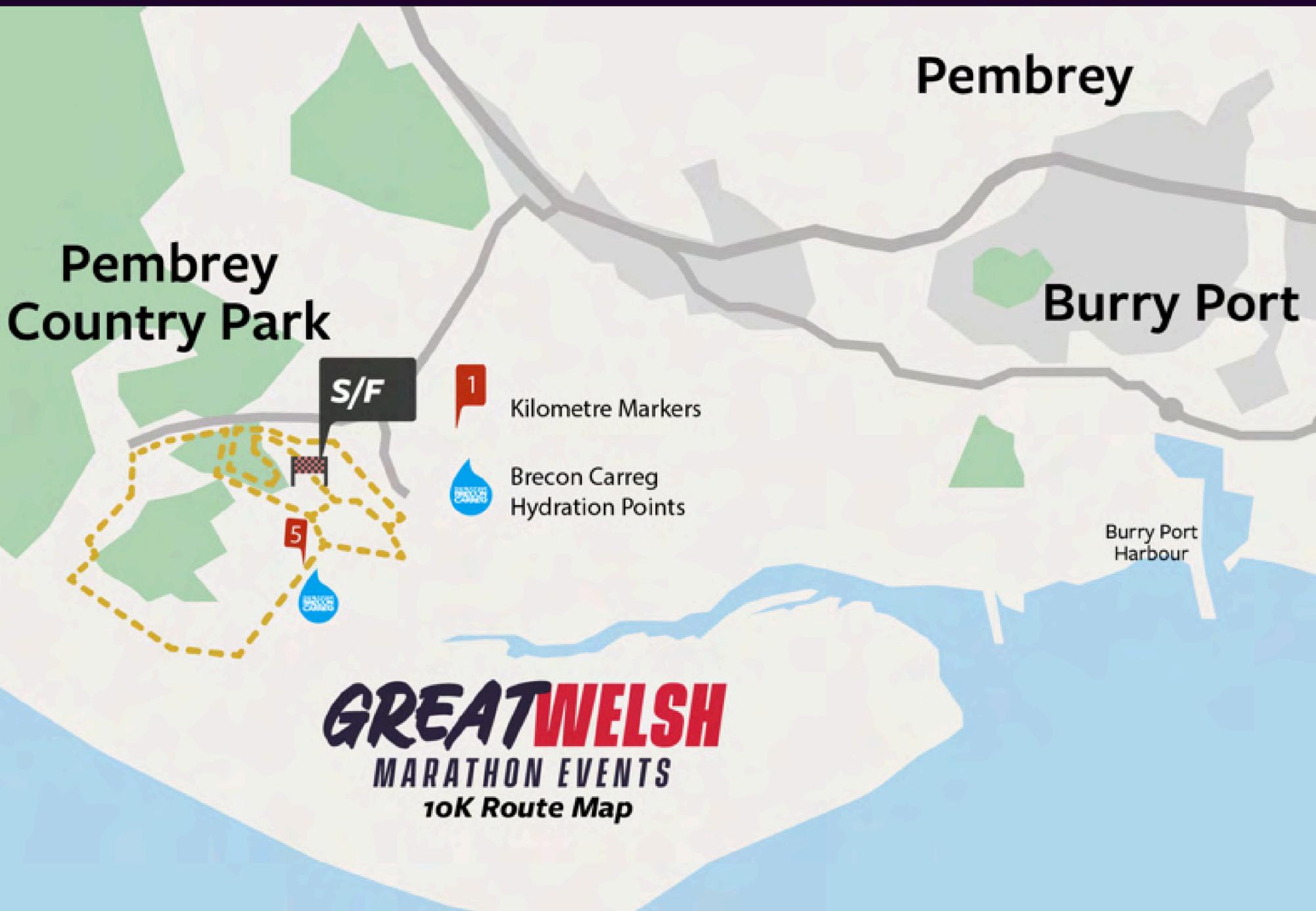
MAXIMUM ELEVATION: 60 ft
TOTAL ELEVATION GAIN: 363 ft

HALF MARATHON



MAXIMUM ELEVATION: 60 ft
TOTAL ELEVATION GAIN: 240 ft

10K



SUSTAINABILITY

We're committed to making our events more sustainable, reducing waste, plastic, and our carbon footprint. Over the years, our trials have led to significant improvements, and this year we're taking it one step further to deliver a fantastic race day that doesn't cost the earth.

To find out more or how you can help [click here](#).

and Please remember to bring a pre-filled water bottle or hydration pack and car share where possible.



high in Protein 164 calories high in fibre

Bounce
CHOC COATED CARAMEL FILLED PROTEIN BALL

MILLIONAIRE
contains natural ingredients

PLANT PROTEIN

Bounce®

FUELLING YOUR RUN

high in Protein 164 calories high in fibre

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MILLIONAIRE
contains natural ingredients

PLANT PROTEIN

sun magic

Drinks that make a splash

sun magic
100% PURE ORANGE JUICE
Made with the Magic of the Sun

sun magic
100% PURE APPLE JUICE
Made with the Magic of the Sun

sun magic
Super Juice
ENERGY
A delicious blend of Raspberry, cherry, guarana + ADDED VITAMINS

sun magic
Super Juice
REPLENISH
A luscious blend of Apple, Pear, Cucumber, Matcha + ADDED VITAMINS

sun magic
Super Juice
BOOST
A citrusy blend of Orange, Carrot, Mandarin, Lemon, Ginger + ADDED VITAMINS

hello@sunmagicjuices.co.uk #RunEllie

www.sunmagic.co.uk

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HYDRATION & FUEL

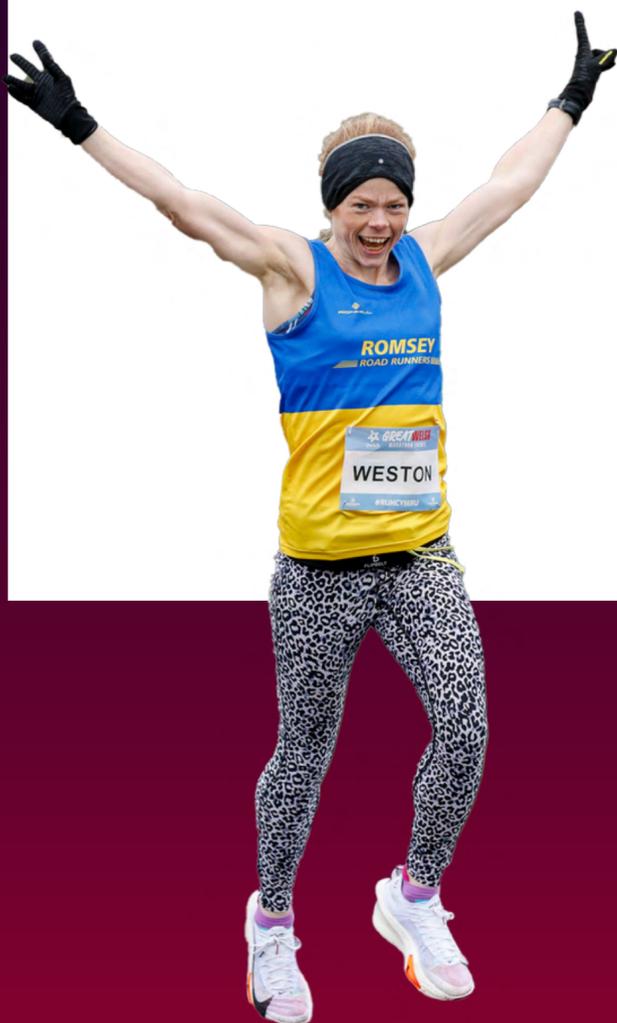
Our hydration partner, Brecon Carreg will provide water at stations along the route:

- At kilometre 5 of the 10K.
- At miles 3, 6, 9.5 and 12 of the half marathon
- At miles 3, 6, 10, 14, 18.5, 22.5 and 25 of the marathon
- Water will also be available at the finish

Fuel: SIS gels will be available at the finish to help keep our route clean (and allow to you to use what you've trained with).

There will also be Bounce protein snacks, Sun Magic juices & Clearspring fruit pouches at the finish line.

Please drink, drain, and dispose of bottles in the designated recycling zones so they can be collected and recycled.



BRECON CARREG



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Great Welsh Water for a
Great Welsh Marathon!



Thank you for recycling

SIS
SCIENCE IN SPORT

WORLD'S FIRST ISOTONIC ENERGY GEL

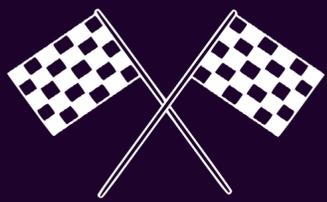
- > 22g Carbohydrates per gel
- > Isotonic formula - no need for additional water
- > Aim to consume 1-3+ gels every hour to reach a 60g-90g target intake.

Available in your finisher bag.



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PACERS

Pace yourself with our pacers!

We've got pacers for each distance to help you hit your target time.

They will be in hi-viz so spot them in your start pen and try to stick close during the race — they'll help you stay on track and reach your goal!

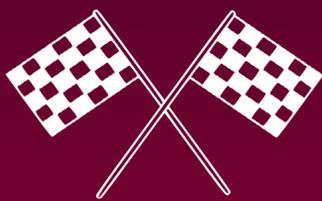


CUT-OFF

Cut-off times:

- **Full Marathon: 6 hours** (must reach halfway within 3 hours to continue)
- **Half Marathon: 4 hours** (must reach 10K within 1 hour 53 minutes to continue)
- **10K: 2 hours**

Tail walkers will follow at the back of each race.



THE FINISH

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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FIND YOUR TIME

10K	HALF	FULL
45 Mins	01:30	03:00
50 Mins	01:35	03:15
55 Mins	01:40	03:30
60 Mins	01:45	03:45
65 Mins	01:50	04:00
70 Mins	02:00	04:15
80 Mins	02:10	04:30
90 Mins	02:15	04:45
	02:20	05:00
	02:30	05:15
	02:45	05:30
	03:00	
	03:15	
	03:30	



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RACE BIBS

PEN COLOUR

NAME

EVENT TYPE

RACE NUMBER



Your timing chip is attached to your race number! Your official race time will be recorded from when you cross the start line.

Please ensure that you have completed the emergency contact and medical information on the reverse of your race bib.

You can move back into a later pen if you need to, but runners cannot move forward.

Please remember your race number **CANNOT** be used by someone else if you haven't followed the transfer process.

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 time following the event.

Race results can take up to 14 days to be ratified.

PHOTOS

Marathon Photos are our official photographers. Photos will be taken during the race so don't forget to bring your smile! These will be available to purchase online post event [HERE](#).



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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
Changing Rooms



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.



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RACEMAKERS



You'll find our Racemakers clearly visible along the route. They're there to support you, offer direction and help cheer you along.



They play an integral part in 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

Proudly Sponsored by Matthews & Co, we're thrilled to welcome the teams from the team below, as they take on this year's Corporate Challenge to #RUNCYMRU!

It's all about teamwork, fun, and a little friendly competition — and who knows, your team could be next!

Want to join in for 2027 or discover our other events in the challenge later this year? Drop us a line at info@frontrunnerevents.co.uk or [CLICK HERE](#) for more information



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ALL-NEW
DACIA
BIGSTER



KIA
PICANTO



NEW KIA
EV4



NEW
RENAULT
5



 KIDWELLY 01554 890436  SWANSEA 01792 621780  ABERGAVENNY 01873 856888
 BRIDGEND 01656 641000  NARBERTH 01834 862600  HEREFORD 01432 805073

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250% OFF

PERFORMANCE FOOTWEAR FOR ALL ENTRANTS TO THE GREAT WELSH MARATHON EVENTS.

**PLEASE PRINT OUT
TO REDEEM IN STORE**

DISCOUNT ONLY APPLIES TO FULL PRICED PERFORMANCE RUNNING FOOTWEAR. VOUCHER CANNOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER OR PROMOTION. THE VOUCHER CAN ONLY BE REDEEMED IN THE SKECHERS STORE, PARC TROSTRE, LLANELLI OR AT THE SKECHERS STORE, THE QUADRANT SHOPPING CENTRE, SWANSEA. PLEASE ASK AN ASSOCIATE FOR MORE DETAILS.

VOUCHERS ARE VALID UNTIL - 31ST MARCH 2026

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RUNNING FOR CHARITY

Why not give your miles even more meaning by running for charity? You can run, fundraise, or donate to one of the fantastic causes below.

Through our partnership with JustGiving, fundraising couldn't be easier! With our integration it offers a seamless experience to help runners raise more and allow charities to reach more supporters.

If you're a charity interested in getting involved with the event, we'd love to hear from you. Our charity partnerships offer great exposure, enthusiastic fundraisers, and a brilliant race-day atmosphere.

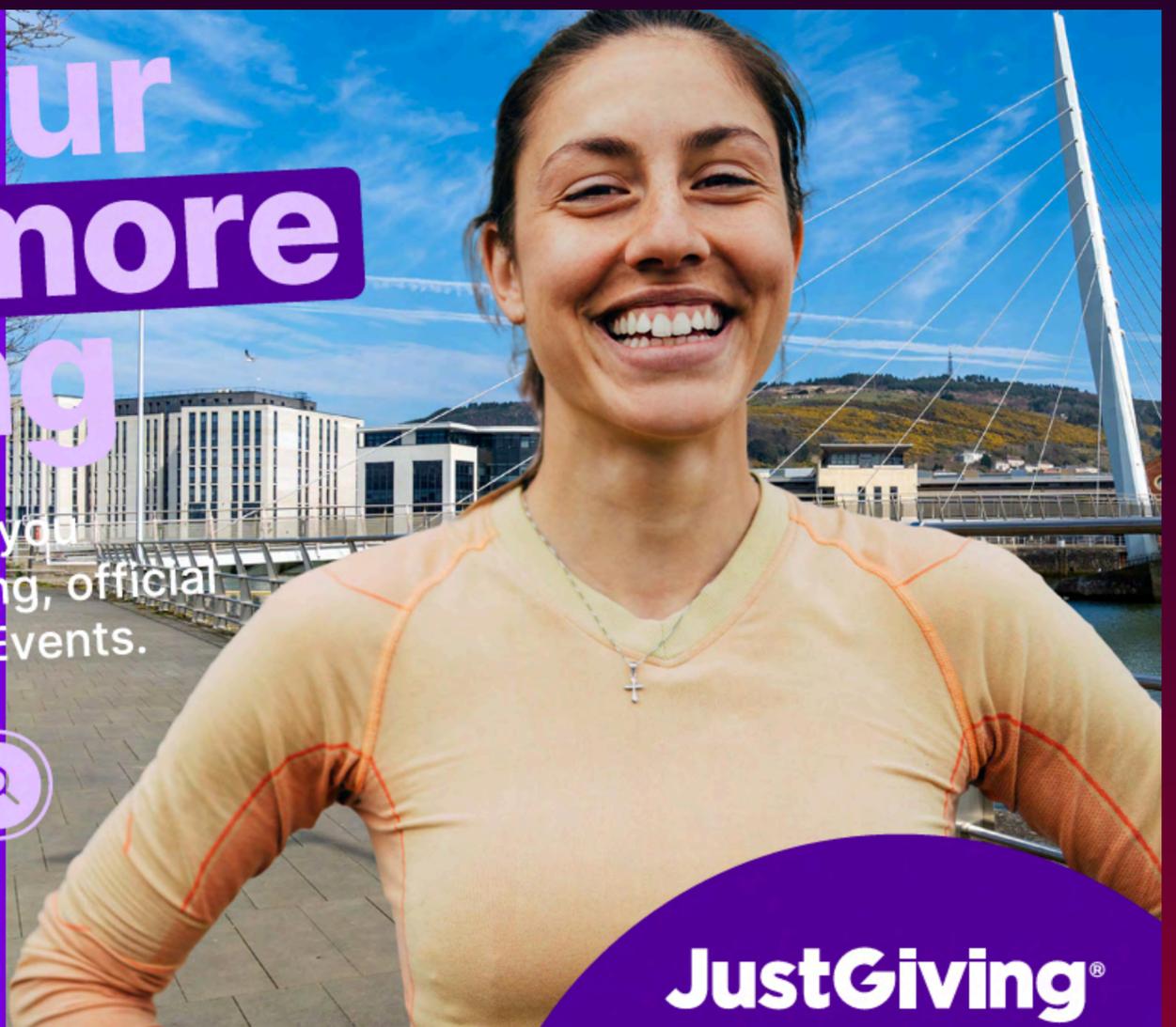


Give your miles more meaning

Raise money for a cause you care about with JustGiving, official partner of Front Runner Events.

[justgiving.com](https://www.justgiving.com)

Find us on:    



JustGiving[®]

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Clearspring
ORGANIC



THANK YOU TO
OUR PARTNERS

BRECON
CARREG

matthews & co
chartered accountants

KVA
GRAVELLS

JustGiving™

sun
magic

BOUNCE®

SIS
SCIENCE IN SPORT

Cyngor Sir Gâr
Carmarthenshire
County Council

Clearspring
ORGANIC

WELSH ATHLETICS
ATHLETAU CYMRU

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GREATWELSH

MARATHON EVENTS

Marathon | Half Marathon | 10K

OCTOBER 2027



**OPENING
SOON!**

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SWANSEA
Half Marathon
HANNER MARATHON ABERTAWE

7TH JUNE
2026

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