This race pack is **PROVISIONAL**. Race information may change between now and the event.

FISHGUARD 10K

RACE PACK



THANK YOU.

We would like to take this opportunity to thank you for participating in the Fishguard 10k. We can't wait to see you on the start line.

With many other events also taking place on the weekend, including the Fishguard Half Marathon, Fishguard Swim, Fishguard 5k and of course the legendary Wales Triathlon, there will be a range of athletes participating.

You may have many questions on how the day will run, and the race pack should answer these for you. Ensuring the safety of all in attendance is paramount, so please read it carefully.

We hope that you have a great time and enjoy the day enough to return next year,

A huge thank you again for your continued support.

See you on race day!

The AWE Team

Please ensure that you read the information in this race pack carefully, even if you've raced this event before.

IMPORTANT LOCATIONS

> *To make finding where you need to go easier we use **what3words** references that look like this **///filled.count.soap**. To learn more about what3words and how to use it visit: https://what3words.com/products/what3words-app*

Start line

, **///orbit.maps.succumbs**

Registration

Phoenix Centre, ///dust.scatters.zealous

Finish Line

Ocean Lab Car Park, ///wage.suitable.unrated

PARKING

Please note there is NO parking at The Shack.

This is a private car park., Please do not park here

Station Hill

Goodwick, ///leads.ants.bibs

West Street

Fishguard, ///petty.florists.waitress

Moor Car Park (no parking on the grass verge)

Goodwick, ///workflow.reclaim.snack

Fishguard & Goodwick Station

, ///prep.demanding.staining

ITINERARY

Friday 5th June

2pm-5pm **Registration Open** Phoenix Centre ///dust.scatters.zealous

Saturday 6th June

5:30am-7:15am **Registration Open** Phoenix Centre ///dust.scatters.zealous

9.50am **Mandatory Race Briefing** Start Line

10am **Event Start** Start Line

11am **10k Podium** Finishline

3.30pm **Overall Cut Off- Last athlete finishes** Finish Line

REGISTRATION

> ***Don't forget your photo ID:*** *Without photo ID you will not be able to register. You CANNOT register on someone else's behalf.*

At registration you will receive:

1 X bib numbers (please ensure you complete medical information on the reverse)

1 X Timing Chip on the back of your Bib

> ***Entries are non-transferable at registration.*** *If you have not followed the correct steps to transfer your entry to another person (deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.*

STAYING SAFE



Watch the pre-event briefing video at:
https://www.youtube.com/watch?v=SjQMQMt7-qA

> *The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.*

The pre-event video briefing, which contains important, on-the-day information, please ensure you watch this prior to the event.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them and hand back your timing chip. Failure to return your chip will result in a cost of £100.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.

It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

TIMING & RACE NUMBERS

Please attach your timing chip will be attached to your bib. Race numbers must be displayed on the front of your chest during the run. Failure to display correctly will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.

FAILURE TO RETURN YOUR CHIP, DURING OR AFTER THE EVENT, WILL RESULT IN A £100 CHARGE FOR LOSS OF CHIP.

If you are unable to finish, please either call the hotline on your race bib or let a marshal/team leader know. If you are unaccounted for, we will assume you are missing.

THE COURSE

10k Run - 10k

RUN - 10K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

> *Courses are comprehensively marshalled and signed with black arrows on a fluorescent background*

FEED STATIONS

Run Course

For the 10k, you will pass the feed station 2 times.

Oranges, Crisps, Sweets, Water, Torq Energy

Finish Line

Water, sweets and Erdinger Alkoholfrei will be available for your post-race recovery.

RULES

> *It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence.*

It is your responsibility as a competitor to know and correctly complete the full course.

- Foul and abusive language is not permitted and failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing you need to be aware of other competitors and the general public (both on foot and in live traffic).
- You will need to keep your chest covered at all times, no matter how hot it is.
- Event numbers must be worn on your front. They must be clearly visible at all times. They must not be altered or mutilated in any way.
- The course is comprehensively marshalled and signed with black arrows and fluorescent background. Remember that the referee will always be willing to answer any questions you may have, however their decision is final.
- Should you wish to query and official time or penalty after the event, this must be submitted within 24 hours. A review panel will meet 48 hours after the event and all decisions will be final.
- The race director and referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee can implement and introduce laws and rules on the day.
- Please make sure you are at the start line 30 minutes prior to the event start.
- Marshals are there for reference only. It is your responsibility to know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decide last-minute not to start the event, please report to an official with your timing chip.

PENALTIES

> *It is your responsibility as a competitor to know to be aware of the penalties for not following the rules.*

RESULTS & AWARDS

Award Categories

🏆 **1st, 2nd, 3rd Male Overall**

🏆 **1st, 2nd, 3rd Female Overall**

FAQ

If there's something you need to know that isn't covered in this race pack head over to our Frequently Asked Questions page by clicking the link below.

Frequently Asked Questions

OTHER INFORMATION

LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days, and if not claimed, will be disposed of.