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

# THE WALES HALF MARATHON

# RACE PACK



# THANK YOU.

If you were going to choose 1 half of the marathon course to run…. we won't say it! An incredible start to the day awaits as you are Samba'd down Pembroke Main Street, as the Marathon runners make their way past you. The start is quick and fast before the first climb into Freshwater East. The run then descends towards Manorbier and you approach arguably one of the most breathtaking feed stations on the race circuit! From here, you pass the 10k start line and make your way over Norchard Hill to start your descent into Tenby where thousands await your arrival.

***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*

## The Wales Half Marathon Bus Departure Point

**Lower Park Road, Tenby, ///joke.jogging.pedicure**

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## Supporters Returning to Tenby Pick Up

**The Commons Car Park, Pembroke, ///scornful.sugar.wept**

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## Registration & Expo

**Salterns Car Park, Tenby, ///races.marathons.fulfilled**

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## Wales Half Marathon Gathering Point & Registration (Sunday Only)

**South Quay Car Park, Pembroke, ///surfacing.cookers.commands**

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# PARKING

## The Parade Car Park, Pembroke

**Pay and Display, ///gossiping.promoted.treaties**

## Seafront Car Park, Tenby

**Pay and Display, ///doses.sedative.roofed**

## South Beach Car Park, Tenby

**Pay and Display, ///endlessly.lizard.shrub**

## Five Arches, Tenby

**Pay and Display, ///projects.suits.juniors**

## The Commons Car Park, Pembroke

**Pay and Display, ///scornful.sugar.wept**

## Greenhill School, Tenby

**Card Payments ONLY, ///coasted.finishes.rebounder**

## Multi-Storey Car Park, Tenby

**Pay and Display, ///repaying.tactical.reception**

## The North Beach Car Park, Tenby

**Pay and Display, ///deploying.fingernails.responses**

## Tenby Train Station

**Pay and Display, ///acid.ownership.outdoor**

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# ITINERARY

## Thursday 25th June

**3pm-8pm** **Registration Open** Salterns Car Park ///races.marathons.fulfilled

**3pm-8pm** **EXPO DISCOUNT DAY** Salterns Car Park ///races.marathons.fulfilled

## Friday 26th June

**10am-6pm** **Registration Open** Salterns Car Park ///races.marathons.fulfilled

## Saturday 27th June

**5am-5pm** **Registration Open** Salterns Car Park ///races.marathons.fulfilled

## Sunday 28th June

**9am-11am** **Registration for Half Marathon Open** South Quay Car Park, Pembroke ///surfacing.cookers.commands

**9:30am** **Half Marathon Coaches Depart** Lower Park Road, Tenby ///joke.jogging.pedicure

**11:40am** **Half Marathon Parade** South Quay Car Park to Main Street, Pembroke ///surfacing.cookers.commands

**12pm** **The Wales Half Marathon Starts** Main Street, Pembroke ///voice.escape.scaffold

**12pm-5pm** **Recovery Zone/ Sports Massage Available** Salterns Car Park ///races.marathons.fulfilled

**4pm** **Event Cut Off Time for Athletes** Salterns Car Park ///races.marathons.fulfilled

**4:30pm** **LCW & Half Marathon Presentation** Salterns Car Park ///races.marathons.fulfilled

**5:00pm** **Entertainment** Main Stage, Salterns Car Park ///races.marathons.fulfilled

# 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 timing chip attached to your bib (Not issued to juniors)

**1** X bib number to be displayed on your front

> ***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

# 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

# TIMING CHIPS

**Your bib must be visible at all time**

Ensure the bib is pinned at all 4 corners. DO NOT fold, crease or remove the chip that is attached to
the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete
Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

**ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION**

# CUT OFFS

Cut Offs are in place for athlete safety. There will be an overall cut off of 4pm.

If you are advised on course by a moto that you will miss the cut off time, we will advise you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

# THE COURSE

## The Wales Half Marathon - Run 13.1 Miles

**THE WALES HALF MARATHON - 13.1**

LAPS **1**

> *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

**START**

Water Station

**MILE 3**

Water Station

**MILE 6**

Energy Station: Water, Energy, Crisps, Sweets

**MILE 9**

Energy Station: Water, Energy, Crisps, Sweets

**MILE 11**

Water Station

**FINISH LINE**

Bottled Water, Crisps, Sweets, Erdinger Alkoholfrei

**Note: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE**

# RULES

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

**FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION**

- As a competitor, you must know and correctly complete the full course.
- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or
  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 as this will lead to disqualification. When racing, you need to be aware of other
  competitors and the general public (both on foot and live traffic).
- Chests must covered at all times on the run, no matter how hot it is.
- Event numbers must be worn on the front for the run. They must be clearly visible at all times. They must
  not be altered or mutilated in any way, otherwise, you will be penalised.
- The course is comprehensively marshalled and signed with black arrows on fluorescent backgrounds.
  Remember, the referee will always be willing to answer any questions you may have however his/her
  decision is final.
- Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A
  review panel will meet 48 hours after the event and all decisions will be final.
- All decisions are final. The Race Director and Race Referee have the final say on all decisions and
  outcomes. For safety purposes, the Race Director and Race Referee have the ability to 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 only a reference. You should check junctions yourself upon approaching and know the
  course.
- If you cannot complete the course, please report to an official with your timing chip. This is for safety
  reasons.
- If you decide last minute not to start the event, please report to an official with your timing chip. Again,
  this is for safety reasons.

# 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**

🏆 **Age Catergory Prizes will be posted after the event**

# 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

# BAG DROP

## DROP-OFF SOUTH QUAY CAR PARK, PEMBROKE
## What3words ///surfacing.cookers.commands

Bag Drop will be open for drop offs from **9am**. All bags will be then be transported to Bag Drop at the Athlete
Village Entrance in Tenby for collection once you have finished the race. Collection will be open from **1pm - 5pm**, and will be clearly signposted.

**Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.**

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but you will leave items at your own risk. Race Organisers
cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags
under 5kg.**

**Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.**

# 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.

# BUS INFORMATION

**Depart: 9:30AM - Lower Park Road, Tenby- What3Words///joke.jogging.pedicure**

Supporters returning to Tenby will be picked up at The Commons Car Park - What3words ///scornful.sugar.wept

Please make sure you book your ticket in advance.