

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

THE COASTAL COTTAGES WALES 10K RACE PACK



THANK YOU.

Relax and support the marathon and half marathon athletes as they climb through Manorbier.

But at 1.30pm, it's your turn! Start with a climb uphill before a fast couple of miles and then it's on to Norchard Hill! Once you're over this; it's downhill, fast and flat into a crowd-packed red-carpet in Tenby.

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>

Wales 10K Start

Manorbier Beach Car Park Entrance, **///chair.solves.overruns**

Bag Drop Off

Manorbier Beach Car Park, **///stilted.pure.action**

10K Bus Departure Point

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

Expo & Registration

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

Bag Drop Pick Up

Athlete Village Entrance, **///shepherdess.grips.turns**

PARKING

Multi-Storey Car Park, Tenby

Pay and Display, [///repaying.tactical.reception](#)

North Beach Car Park, Tenby

Pay and Display, [///deploying.fingernails.responses](#)

Seafront Car Park, Tenby

Pay and Display, [///doses.sedative.roofed](#)

Tenby Train Station

Pay and Display, [///acid.ownership.outdoor](#)

South Beach Car Park, Tenby

Pay and Display, [///endlessly.lizard.shrub](#)

Manorbier Beach Car Park

Pay and Display, [///warned.total.monopoly](#)

Greenhill School, Tenby

Card Payments ONLY, [///coasted.finishes.rebounder](#)

Five Arches Car Park, Tenby

Pay and Display, [///projects.suits.juniors](#)

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

 **7:30am-10am** Registration Open  Salterns Car Park <///races.marathons.fulfilled>

 **11:15am** Wales 10K Coaches Depart  Lower Park Road, Tenby <///joke.jogging.pedicure>

 **12:45am** Wales 10K Breifing  Manorbier Beach Car Park <///warned.total.monopoly>

 **1:30pm** The Wales 10K Start  Manorbier Beach Car Park Entrance <///chair.solves.overruns>

 **4:00pm** Event Cut Off Time for Athletes  Salterns Car Park <///races.marathons.fulfilled>

 **4:30pm** LCW & 10K 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 bib number to be displayed on your front

1 X timing chip attached to your bib (Not issued to juniors)

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 10K - 10K

RUN - 10K

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

MILE 2

Energy Station: Water, Energy, Crisps, Sweets

MILE 4

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 be 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 Category 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- Manorbier Beach Car Park- What3words ///stilted.pure.action

Bag Drop will be open for drop offs at **11:30am**. All bags will then be transported to the 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 it 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.

Pick Up- Athlete Village Entrance- What3words ///shepherdess.grips.turns

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: 11:15AM - Lower Park Road, Tenby- What3Words///joke.jogging.pedicure

Please make sure you book your ticket in advance.