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

THE WALES 5K

RACE PACK



THANK YOU.

This is one of the fastest courses throughout the weekend. The event shares a start line with The Wales Marathon from the Athlete Village and returns to Tenby, where you can celebrate in style as one of the first finishers of the day on the red carpet!

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*

Expo & Registration

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

Start and Finish Line

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

PARKING

South Beach Car Park, Tenby

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

North Beach Car Park, Tenby

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

Seafront Car Park, Tenby

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

Multi-Storey Car Park, Tenby

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

Greenhill School, Tenby

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

Five Arches Car Park, Tenby

Pay and Display, ///project.suits.juniors

Tenby Train Station

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

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

7am-9am **Registration Open** Saltern Car Park ///races.marathons.fulfilled

10:20 **Wales 5K Briefing** Salterns Car Park ///races.marathons.fulfilled

10:30am **Wales 5K Starts** Salterns Car Park ///races.marathons.fulfilled

11:30am **Wales 5K Presentation** 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

THE COURSE

The Wales 5K - Run 5K

THE WALES 5K - 5K

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*

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**

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

DROP OFF & PICK UP

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

Bag Drop will be open for drop offs **8am - 11.30am** and will reopen at **1pm - 5pm** for collection. This zone will be clearly signposted at the entrance to the Athlete Village.

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 items are left 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.