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

PEMBROKESHIRE TRAIL RUN

RACE PACK



THANK YOU.

Firstly, can we take this opportunity to thank you for participating in the Pembrokeshire Trail Run. We can’t wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With two distances on offer (25k and 14k), we're sure it's going to be an incredible day for all involved!

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

We hope that you have a great time and enjoy the day—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*

Finish Line

Saundersfoot Harbour, ///freely.pulp.gums

14k Start Line

Lydstep Car Park, ///passwords.apple.among

Registration

Regency Hall, Saundersfoot, ///bonnet.bandstand.loosens

25k Start Line

Freshwater East Car Park, ///prepares.roughest.fades

Bus Pick Up

Saundersfoot Arcade, ///whiplash.groom.realm

PARKING

Regency Hall Car Park, Saundersfoot

Pay and Display, ///blackmail.certified.scales

Saundersfoot Harbour Car Park

Pay And Display, ///joints.eyelid.bits

Coppet Hall Car Park

Pay and Display, ///solicitor.suitably.shakes

Freshwater East Car Park

Pay and Display, ///probing.treble.uncle

Lydstep Car Park

Free Parking, ///massaged.suggested.wakes

ITINERARY

Friday 23rd July

5pm - 8pm **Registration** Regency Hall, Saundersfoot ///bonnet.bandstand.loosens

Saturday 24th July

5.30am **25k Bus leaves for the start (Pre Book ticket on Eventrac)** Saundersfoot Arcade ///whiplash.groom.realm

6am - 6.15am **Registration for 25k Athletes** Freshwater East Start Line

6.30am **Event Start** Freshwater East ///necklaces.fattest.competing

7.30am **14k Bus leaves for the start (Book ticket on Eventrac)** Saundersfoot Arcade ///whiplash.groom.realm

8am - 8.15am **Registration for 14k Athletes** Lydstep Start Line

8.30am **14k Event Starts** Lydstep Headland Car Park ///colonies.trapdoor.inefficient

9.30am Approx **Prize Giving for 25k athletes** Saundersfoot Harbour

10.30am Approx **Prize Giving for 14k Athletes** Saundersfoot Harbour

1.30pm **Event Cut Off** Saundersfoot Harbour ///freely.pulp.gums

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

1 X Race Number

> ***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

COASTAL SAFETY

The National Coastal Path of Wales will be used for the run sections. Please be aware of any warning signs of danger which are put in place by the coastal path authority. It is mandatory to stay on the path at all times unless directed otherwise. We are very lucky to be granted the relevant permissions to stage the race in the Pembrokeshire National Park, so please help us by reducing the environmental impact as much as possible and take all your litter home.

PLEASE CLOSE ALL GATES BEHIND YOU CAREFULLY

RACE CONDITIONS (WEATHER & TERRAIN)

The run will take place on a multi-terrain surface, so please take this into account and wear suitable footwear. Please ensure you stay hydrated throughout the course. Water will be supplied at the 4 feed stations across the course.

Please note the course can be altered mid-race, should conditions dictate.

COURSE INFORMATION

- Follow the coastal path at all times - some sections on the course where we feel extra help is required then this will be signed with a arrow. There will be some arrows and marshals on course, but you must know the route prior to the event. It will be your own responsibility to follow the marked courses. Failure to follow the course will result in disqualification.
- There will be 4 water/food stations on course at Manorbier, Lydstep, Saundersfoot and Tenby.
- There will be medical staff at feed stations if needed.

Racers Responsibility

- The participants must know the rules and follow them.
- The participants shall respect other participants, organisation, spectators and the general public.
- The participants are not allowed to use unfair methods to get advantages. The event is a clean sport and we do not allow any use of illegal substances.

- The participants are taking part at their own risk and cannot hold the organisation responsible for any accident during the event.
- The individual are obliged at their best ability to help another individual that have been injured or sick.
- Any individual that pulls out of the event shall report to an official as soon as possible.
- The participants are responsible for their own litter and should dispose of it in a bin provided.
- The race bibs cannot be modified in any way and must be worn at all times.

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 & Race Numbers

At registration, you will be given your timing chip. Your chip is from the start of the race until the finish.

Throughout the course, there will be cut-offs where the athletes will need to reach to be able to continue the race. If you arrive just prior to a cut-off time, it will be at the discretion of the marshal as to whether you are fit to continue.

THE COURSE

25k Trail Run - 25k

PEMBROKESHIRE TRAIL RUN - 25K

LAPS **1**

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

Estimated Elevation is 800m

14k Trail Run - 14k

14K RUN - 14K

> *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

Manorbier 8KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Lydstep 12KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Tenby 18KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

The Glenn, Saundersfoot 24 KM

Water, Coke, Torq Energy, Flapjacks, Crisps, Sweets, and Gels

Saundersfoot Harbour Finish Line

Bottled water, Crisps, Sweets

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE, AND ITINERARIES ARE SUBJECT TO CHANGE.

LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE OF IT AT BINS AT FEED STATIONS. CUPS WILL BE AVAILABLE AT FEED STATIONS, BUT THEY MUST NOT BE TAKEN ON COURSE.

TOILETS ARE AVAILABLE AT: NORTH BEACH TENBY (FREE), CASTLE HILL TENBY (PAID), NORTHWALK TENBY (FREE). PORTALOOS WILL BE AVAILABLE AT: LYDSTEP, SAUNDERSFOOT AND MANORBIER

RULES

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

EVENT BRIEFING AND CUT-OFFS

Please watch the Event Briefing video before racing. All athletes need to register on Friday night.

There will be numerous cut-offs on the course. Should you miss the cut-off, you will be picked up by a sweep vehicle.

- **LYDSTEP FEED STATION CUT-OFF: 8.45AM**
- **TENBY FEED STATION CUT-OFF: 10.30AM**
- **THE GLEN FEED STATION CUT OFF: 12PM**
- **OVERALL CUT-OFF: 1.30PM FOR ALL ATHLETES.**

Parking

There will be parking at both startlines, however we don't have transport back after the event. There is bus available, which you would need to pre-book to get you to the startline.

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 - 25k**

🏆 **1st, 2nd, 3rd Female Overall - 25k**

🏆 **1st, 2nd, 3rd Male Overall - 14k**

🏆 **1st, 2nd, 3rd Female Overall - 14k**

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

If you are not taking the bus, please ensure that you are parked/dropped off at the race start meeting point no later than 6am 25k/8am 14k.

POST EVENT INFORMATION

Awards Presentation

We will hold the presentation at approximately 9.30am for the 25k and 10.30am for the 14k. We will issue the prizes once all top 3 in the category have completed the event.

If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

BAG DROP

Bag drop is available at both start locations. Your bags will be ready to collect at the finish line once you have finished the race.

Please make sure you put your race number onto the tag provided and attach it to your bag. Your bag will be brought back to the finish line.

Every effort will be made to keep your bag secure, but you will leave items at your own risk. The race organisers cannot be held responsible for any items left behind.

Freshwater East 5.45am - 6.15am

Lydstep 7.45am - 8.15am

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.

DNF PROCEDURE

If you DNF en-route, you will need to wait at the next water entry point with a Marshal. Once all athletes have passed this point, you will be collected and returned to the finish line.