

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

PEMBROKESHIRE TRAIL RUN RACE PACK



THANK YOU.

Welcome to the Pembrokeshire Trail Run.

More information will follow, and we will let you know when all the details are finalised.

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>

Bus Pick Up

Saundersfoot Arcade, [///whiplash.groom.realm](#)

Registration

Regency Hall, Saundersfoot, [///bonnet.bandstand.loosens](#)

25k Start Line

Freshwater East Car Park, [///sensual.speaker.typically](#)

14k Start Line

Lydstep Car Park, [///passwords.apple.among](#)

Finish Line

Saundersfoot Harbour, [///freely.pulp.gums](#)

PARKING

Coppet Hall Car Park

Pay and Display, [///solicitor.suitably.shakes](#)

Saundersfoot Harbour Car Park


Pay And Display, [///joints.eyelid.bits](#)

Regency Hall Car Park, Saundersfoot



Pay and Display, [///blackmail.certified.scales](#)



ITINERARY



Friday 31st July

 **5pm - 8pm** Registration  Regency Hall, Saundersfoot [///bonnet.bandstand.loosens](http://bonnet.bandstand.loosens)

Saturday 1st August

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

 **6.30am** Event Start  Freshwater East [///sensual.speaker.typically](http://sensual.speaker.typically)

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

 **8.30am** 14k Event Starts  Lydstep Headland Car Park [///colonies.trapdoor.inefficient](http://colonies.trapdoor.inefficient)

 **1.30pm** Event Cut Off  Saundersfoot Harbour [///freely.pulp.gums](http://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.

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. You will also be given a bib vest during the race number presentation which must be worn throughout the entire swimrun.

All teams have to pass timing checkpoints and the finish line together. Your chip is from the start of the race until the finish.

Throughout the course there will be cut-offs where the teams 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.

- **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.**

THE COURSE

25k Trail Run - 25k

PEMBROKESHIRE TRAIL RUN - 25K

LAPS 1

All course cut-off times can be found in the [event itinerary](#).

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, Chews and Gels

Lydstep 12KM

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

Tenby 18KM

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

The Glenn, Saundersfoot 24 KM

Water, Coke, Energy Torq Energy, Chicken Stock, Flapjacks, Crisps, Sweets, Chews and Gels

Saundersfoot Harbour Finish Line

Bottled water, Crisps, Sweets, Erdinger

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 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 WITH 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

There is a compulsory pre-event briefing that will be held at The Regency Hall Saundersfoot on Friday which must be attended by ALL athletes. Any athlete not present at the briefing will be disqualified.

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

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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

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](#)