

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

FISHGUARD KIDS RACE RACE PACK



THANK YOU.

Welcome to the Fishguard Kids race, which is going to be the best part of the whole weekend.

We have all the information you need for the event available here.

We hope that you have a great time and enjoy the day enough to return next year.

A huge thank you again for your continued support.

See you on race day!

The AWE Team

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

Ocean Lab Car Park, **///wage.suitable.unrated**

Registration

Phoenix Centre, **///dust.scatters.zealous**

PARKING

Moor Car Park (no parking on the grass verge)

Goodwick, **///workflow.reclaim.snack**

ITINERARY

Friday 4th June

 **2pm - 5pm** **Registration Open**  Phoenix Centre [///dust.scatters.zealous](http://dust.scatters.zealous)

 **5.45pm** **Briefing**  Parrog Car Park

 **6pm** **Event Starts**  Parrog Car Park

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 T-shirt

1 X Bib Number

1 X Wristband (to go on the adults)

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

All children will have a bib number with a number allocated. The parent or guardian must wear the corresponding wristband so the child can be released from the finish line.

The course will be 200m, 400m & 1k. Your child can race in whichever distance they feel they are capable of doing so.

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.

THE COURSE

Run around Goodwick -

RUN AROUND GOODWICK - 1 KM

LAPS 1

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

200 metres - Short, achievable, and fun—ideal for Reception to Year 1

400 metres - A good step up for Years 2–3, still playful but with a sense of achievement

1 kilometre - Suitable for Years 4–6, especially those who enjoy sport or want a challenge

Courses are comprehensively marshalled and signed with black arrows on a fluorescent background

FEED STATIONS

There will be a bottle of water and sweets at the finish line for each child along with a medal.

RULES

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

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](#)