

RACE PACK



LONG COURSE WEEKEND



EVERYTHING YOU NEED TO KNOW FOR
LONG COURSE WEEKEND

HOW TO USE THIS RACE PACK

PLEASE READ PAGES 3-19 FOR IMPORTANT EVENT
OVERVIEW INFORMATION. THEN HEAD TO:



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WALES HALF MARATHON

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WALES 10K

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WALES 5K

47



FULL LONG COURSE

50

WELCOME,

On behalf of all the team here at LCW, we extend a very warm welcome to all our athletes at this year's Long Course Weekend.

After two years out we can't wait to deliver the biggest show yet. Over 12,000 athletes from 44 nations have travelled to this very special corner of Wales to compete and experience in what is now the largest multisport festival in Europe.



We also extend a huge thank you to our army of volunteers and team leaders that will exceed 600 this year, keeping all our athletes safe and on course, day after day.

The community has been a critical part of the success of this event and their buy-in and support has made this the event it is today.

As an athlete and supporter you will make lifelong friends here this weekend, it is special in so many ways and why we thank you as athletes and families for coming here and choosing LCW as part of your race schedule.

2022 saw two new additions to the LCW family, LCW Mallorca returned in a brand-new location and is lined up to be the perfect start of season race in April 2023. The southern hemisphere race will now be hosted in Karapiro, New Zealand, a stunning location with the first edition taking place February 2023. The new races join Belgium and Holland in the LCW Global series. Four fantastic locations all with very different cultures and experiences on offer!

See you on the course, compete with a smile and enjoy this fantastic weekend.

Regards

Matthew Evans and Scott Powell

Founders LCW Global



MESSAGE FOR LONG COURSE WEEKEND

On behalf of Pembrokeshire County Council I wanted to take the opportunity to welcome you to the Long Course Weekend event taking place in our beautiful county. Many competitors will already know our area either through previous Long Course competitions or by virtue of living locally and having the benefit of regularly training on the routes that will be used.

For those of you new to experience what Pembrokeshire can offer I hope you will have a fantastic time and come and see us again in the future – perhaps at a slower pace!

As someone who is new to the Long Course concept, what has impressed me most is how inclusive this weekend is with something for all levels of fitness, a welcome for all ages and some true opportunities for all the family to be involved.

Finally, I want to thank the volunteers who freely give their time to make this event a success and all of the public who in rain or shine turn out to support those taking part. Pembrokeshire County Council hopes you have a fantastic weekend at what is now recognised as one of the most challenging but rewarding sporting events in Wales.

Rhys Sinnett

Cabinet Member for Residents' Services and Leisure
Pembrokeshire County Council





what3words

Getting you exactly where you need to be at **LONG COURSE WEEKEND**

We'll be using **what3words** throughout this race pack and the event to give you precise locations wherever we can. You just need to download the app and enter the location codes.
Easy.

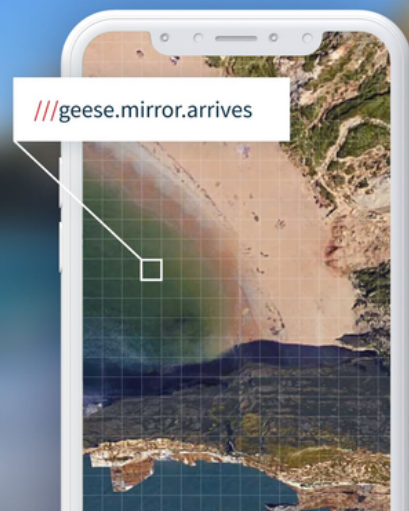
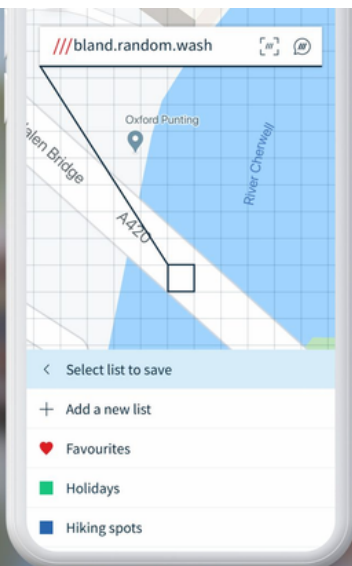
Locations will look like this:

///races.marathons.fulfilled

DOWNLOAD THE APP



<https://what3words.com/products/what3words-app>



KEY LOCATIONS



📍 **SALTERNS CAR PARK, TENBY**

What3words [///races.marathons.fulfilled](#)

Location of Athlete Village (Expo & Registration) and The Wales Sportive start

📍 **NORTH BEACH, TENBY**

What3words [///look.milkman.submitted](#)

Location of The Wales Swim and LCKinder.

📍 **THE IMPERIAL HOTEL, TENBY**

What3words [///conqueror.crispy.refrain](#)

Location of Athlete recovery zone

📍 **TUDOR SQUARE, TENBY**

What3words [///head.stupidly.thick](#)

The finish line for The Wales Sportive and finish line for The Wales Marathon, Half Marathon, 10K and 5K

📍 **ST JOHNS CHURCH HALL, TENBY**

What3words [///labs.believer.exonerate](#)

Bag drop for Sunday run events.

📍 **THE PARAGON, TENBY**

What3words [///cracking.fond.pose](#)

Medical on Saturday & Sunday

📍 **SOUTH PARADE, TENBY**

What3words [///online.erupt.outbound](#)

10K & Half Marathon bus pick up (Half Marathon leaves 9:30am, 10k leaves 11am)

📍 **SOUTH QUAY CAR PARK, PEMBROKE**

What3words [///surfacing.cookers.commands](#)

Half Marathon gathering point and registration.

📍 **MANORBIER CASTLE, MANORBIER**

What3words [///making.roost.crabmeat](#)

The Wales 10K start.

PARKING

VIEW ONLINE



OFFICIAL EVENT PARKING GREEN HILL SCHOOL, TENBY

///[coasted.finishes.rebounder](#)

From 4pm Friday, 1st July

£5 A DAY

Card payments only

TENBY

Tenby is where the majority of the action happens over the course of the weekend. Please plan ahead so that you can enjoy the weekend to it's fullest!

- North Beach Car Park	///deploying.fingernails.responses	PAY AND DISPLAY
- Greenhill School	///coasted.finishes.rebounder	CARD PAYMENT ONLY
- Multi-Storey Car Park	///repaying.tactical.reception	PAY AND DISPLAY
- Five Arches	///projects.suits.juniors	PAY AND DISPLAY
- The Rectory Car Park	///doses.sedative.roofed	PAY AND DISPLAY
- South Beach Car Park	///endlessly.lizard.shrub	PAY AND DISPLAY
- Tenby Train Station	///acid.ownership.outdoor	PAY AND DISPLAY

Parking at The Green & The Salterns WILL NOT be available

SAUNDERSFOOT

Saundersfoot is well and truly open for business, there are fantastic places to eat and drink, lots of shops and the best viewing spot on the course for bike day.

- **Coppet Hall Car Park** [///surprise.rationing.tagging](#) **PAY AND DISPLAY**
- **Harbour Car Park** [///relegate.resists.somebody](#) **PAY AND DISPLAY**
- **Regency Car Park** [///bonnet.bandstand.loosens](#) **PAY AND DISPLAY**

CAREW

A chance to catch many of the cyclists in a quieter location with a backdrop of Carew castle - a great spot to watch on course without the hustle and bustle!

- **Carew Castle Car Park** [///carpeted.fountain.beyond](#) **PAY AND DISPLAY**

PEMBROKE

The start line of the half marathon is in Main Street Pembroke, here you can watch the parade before athletes head out on course. You can also spot sight of the many marathon runners who run through the town too!

- **The Commons Car Park** [///scornful.sugar.wept](#) **PAY AND DISPLAY**
- **The Parade** [///growth.takes.luggage](#) **PAY AND DISPLAY**
- **West Street Car Park** [///talkative.twitching.cheer](#) **FREE**

MANORBIER

Supporters can catch the start of the 10k in Manorbier but be sure to head back to Tenby to the electric atmosphere of the finish line in Tudor Square.

- **Manorbier Beach Car Park** [///blog.smuggled.pylon](#) **PAY AND DISPLAY**

ITINERARY

LONG COURSE WEEKEND

VIEW ONLINE



There is so much happening over the Long Course Weekend - with the young talent competing in LCKinder along with professionals and amateurs challenging for the glory of being Long Course Weekend champion, so we've made things as simple as possible for you. To work out where you need to be and when you can see the best of the action, simply check out our itinerary of events below.

Timings are subject to change.

THU

**JUNE
30**

1pm - 8pm	Registration Open	Salterns Car Park, Tenby
1pm - 8pm	LCW Expo	Salterns Car Park, Tenby

Where possible, we recommend registering Thursday to avoid any queues

FRI

**JULY
01**

10am - 8pm	Registration Open	Salterns Car Park, Tenby
10am - 6pm	Event Expo	Salterns Car Park, Tenby
10am - 6pm	Sports Massage	Salterns Car Park, Tenby
5pm	LCKinder Start	(North Beach, Tenby)
6pm - 6:30pm	Swim Acclimatisation	(North Beach, Tenby)
6:45pm	Start Pen Closes & Swim Briefing	(North Beach, Tenby) (All Distances)
7pm	The Wales Swim Start	(North Beach, Tenby)
8pm	First Lap Cut Off Time	(North Beach, Tenby)
9pm	Swim Presentation	(North Beach, Tenby)
9pm	Event Cut Off Time	(North Beach, Tenby)

SWIM

SAT**JULY
02****SPORTIVE**

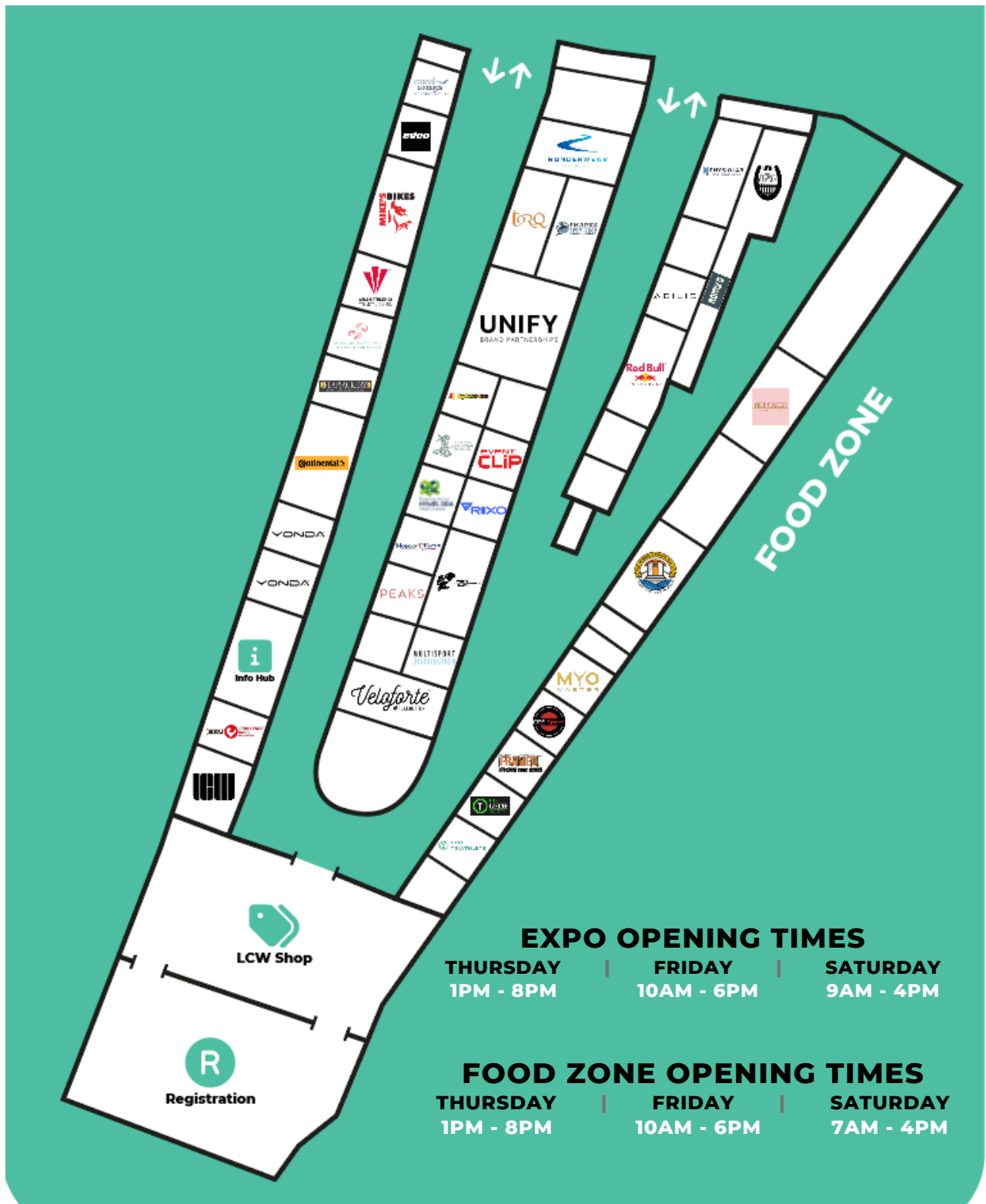
5am - 5pm	Registration Open	Salterns Car Park, Tenby
6:30 - 7am	WAVE 1: 112M & LCW- Novice Wave	Salterns Car Park, Tenby
7am	WAVE 2: Top 10 Male & Top 10 Female LCW	Salterns Car Park, Tenby
7:30 - 8:15am	WAVE 3: LCW, 112Mi & 70Mi	Salterns Car Park, Tenby
9 - 4pm	Event Expo Opens	Salterns Car Park, Tenby
9:30am	WAVE 4: 42 Mile Sportive	Salterns Car Park, Tenby
10:30am	First Bikes Expected Back	Tudor Square, Tenby
1pm	Cut-off Time For The Second Lap	White Lion Street, Tenby
1pm - 6pm	Recovery Zone / Sports Massage	Imperial Hotel, Tenby
3pm	Cut-off for King, Queen & Junior of The Hill	St Brides Hill, Saundersfoot
5pm	Overall Cut Off	Tudor Square, Tenby

SUN**JULY
03****MARATHON**

7am - 10:30am	Registration (Marathon, 10k, 5k)	Salterns Car Park, Tenby
9am - 11am	Registration (The Wales Half Marathon)	South Quay Car Park, Pembroke
9:30am	The Wales Half Marathon Coaches Leave	South Parade, Tenby
9:55am	The Wales 5K Starts	Tudor Square, Tenby
10am	The Wales Marathon Starts	Tudor Square, Tenby
11am	Wales 10K Coaches Leave	South Parade, Tenby
11:40am	The Wales Half Marathon Briefing	South Quay Car Park, Pembroke
11:40am	Half Marathon Parade	Car Park to Main St, Pembroke
12pm	The Wales Half Marathon Starts	Main Street, Pembroke
12 - 5pm	Recovery Zone / Sports Massage	Imperial Hotel, Tenby
12:30pm	First Athlete Back	Tudor Square, Tenby
1:30pm	The Wales 10K Starts	Manorbier Stores, Manorbier
4pm	Event Cut-off Time for All Athletes	Tudor Square, Tenby
4:30pm	LCW Trophy Presentation	Tudor Square, Tenby
7pm	Post Race Meetup	Tenby House, Tenby

THE NEW ATHLETE VILLAGE

The biggest move this year is the relocation of the **Expo, Registration and Retail Zone** to the new Athlete Village located at **The Salterns**. The Village is just a 3-minute walk from the centre of town and will have an outdoor festival feel. Attracting over 70, world-class exhibitors and a **new** food zone, the area will also host the official registration and retail zone, creating a hub of activity over the weekend.



ATTENDING VENDORS



FOOD VENDORS



REGISTRATION

MAIN REGISTRATION: **ATHLETE VILLAGE, SALTERNS CAR PARK TENBY**
What3words [///races.marathons.fulfilled](https://www.what3words.com/races.marathons.fulfilled)



YOU WILL NEED YOUR PHOTO ID TO COLLECT YOUR BIB NUMBER. ONLY YOU CAN REGISTER. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF.

TO REGISTER YOU BRING WITH YOU:

- **PHOTO ID**
- **YOUR ENTRY QR CODE (PRINT OR SCREENSHOT)**

Any athlete **WITHOUT PHOTO ID** will **NOT** be able to **REGISTER** or **RACE**. It is **NOT** acceptable for

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (prior to the event), they will be unable to race.

If you do not complete your entered distance it will result in a DNF, you'll still receive a medal but no finishing time will be given.

CHANGING YOUR EVENT DISTANCE

You can change your distances at registration. All we ask is **PLEASE** allow plenty of time to come down to do so, all changes must be made no later than **4 HOURS PRIOR** to the event start time.

Athletes cannot change their distance during the event. There will be an admin charge of **£10** per event.

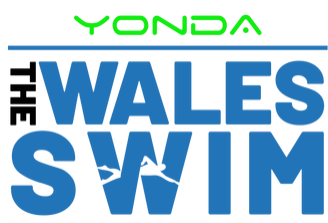
REGISTRATION TIMES

THURSDAY:	1pm - 8pm	Highly Advised you register this day to avoid any queues
FRIDAY:	10am - 8pm	Note: Priority will be given to full LCW & Swim athletes 3pm - 6pm
SATURDAY:	5am - 5pm	Note: Priority will be given to cyclists as per start times 5am - 9am
SUNDAY:	7am-10:30am	Marathon, 5k, 10k registration
	9am -11am	Half Marathon Registration in South Quay Car Park, Pembroke ONLY

IN YOUR RACE PACK

You will be supplied with your chip and race number for the weekend at registration. Full LCW athletes will also be issued with number tattoos which need to be applied to both the arms and legs.

Please make sure that you have the following before leaving registration:



THE WALES SWIM ATHLETES:

- 1 x issued swim hat
- 1 x back of the hand tattoo
- 1 x timing chip to be worn using the strap provided outside of your wetsuit on your ankle.



THE WALES SPORTIVE ATHLETES:

- 1 x number for the front of your bike (cable ties will be supplied)
- 3 x helmet stickers for each side and the front of your helmet
- 1 x pin on number for your back
- 1 x timing chip which is to go on the LEFT side of your DRY helmet.



THE WALES FULL, HALF MARATHON, 10K & 5K

- 1 x bib number to be displayed on your front
- 1 x timing chip attached to your bib (do not bend)



LONG COURSE WEEKEND ATHLETES

- 1 x All of the Above
- 1 x LCW Athlete Jacket
- 1 x LCW Athlete Polo Shirt
- 1 x LCW Beer Bottle (Not issued to Juniors)

NEW

 **CBD
TRIATHLETE**

RECOVERY ZONE

LOCATION: IMPERIAL HOTEL, TENBY
What3words: [///conqueror.crispy.refrain](https://www.what3words.com/#!/en/@@@conqueror.crispy.refrain)

You asked, we listened. The sheer size and scale of the event makes it difficult to navigate the tight, cobbled streets around the finish line. With athlete safety and wellbeing at the heart of our focus, the **new Recovery Zone** in association with **CBD Triathlete** will house massage, nutrition, holistic recovery therapies, cryotherapy and CBD recovery products. This area will **only be open to athletes** and will offer a secluded chill out zone post-race.

ATTENDING VENDORS



SHAKTI

TRAVEL INFORMATION

Tenby will be attracting around 50,000 people this July for the Long Course Weekend and as a result there will be extremely long delays on the way into the town. If you are planning on registering on the day please ensure you plan ahead and leave in plenty of time.

TENBY BY TRAIN: Tenby is connected by a local rail line to Swansea, Cardiff and Pembroke Dock. During the weekends in the summer, there are a limited number of services to and from London Paddington.

TENBY BY BUS: Regular service runs from Swansea. National Express runs from London and Birmingham. For tickets please call 01437 772 758.

TENBY PARKING: For our detailed guide to parking during the event please [click here](#).

Note: *Please allow extra time on Friday due to the extra traffic coming into Pembrokeshire*



ROAD CLOSURES

There will be some road restrictions during Long Course Weekend, particularly on Saturday and Sunday.

For the most up-to-date road restriction information please scan the QR code below or visit

community.lcwwales.com

Please ensure you plan ahead and leave in plenty of time.



FINISH LINE SHOUT-OUTS AT LCW



@captaincymru



It's **easy** to get a shout-out to your loved ones:

Follow

@captaincymru

on Instagram



Send your shout out with bib number, name & message.



FOLLOW US



@LCWWales



@LCWWales



@longcourseweekend



 JCP Solicitors

LCKINDER

FRIDAY 01 JULY 2022




Long Course Kinder is the first event of the weekend, and what a way to start! Our budding athletes get the perfect taster of a multi-discipline event and show the adults how it's done! With children aged from 4 – 11 years competing in two distances, this is a great opportunity to introduce our youngsters to fun and competitive events.

It takes place on North Beach, home of The Wales Swim so the Long Course Kinder get to experience the electric atmosphere and compete in front of the huge crowds.

ITINERARY

FRI

**JULY
01**

- 4:30pm** All Participants Must Be On **North Beach, Tenby** Compulsory
- 4:45pm** Race Briefing
- 5pm**  **Race Start - Children will race in year groups - allocated on the day.**
- 6pm** Last Wave Expected





Today's young
athletes.
Tomorrow's
entrepreneurs
.

Proud sponsors of LC Kinder.



JCP Solicitors

Swansea	01792 773773	Pontypridd	01443 408455
Caerphilly	02920 860628	St Davids	01348 873671
Cardiff	02920 225472		
Carmarthen	01267 234022	law@jcpsolicitors.co.uk	
Cowbridge	01446 771742	www.jcpsolicitors.co.uk	
Fishguard	01348 873671		
Haverfordwest	01437 764723		

Siaredir Cymraeg yma





YONDA®

THE WALES SWIM

FRIDAY 01 JULY 2022

 2.4 MILE  1.2 MILE

Welcome to one of the biggest Open Water Swimming events in the World! 2500 swimmers, 1 mass start, 1.2 or 2.4 miles, 1 or 2 laps and crowds that will blow your mind! North Beach will become an atmospheric cauldron on Friday evening as the opening event of Long Course Weekend.

REGISTRATION

 **DON'T FORGET YOUR PHOTO ID**

THU

**JUNE
30**

1pm - 8:00pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JULY
01**

10am - 6:00pm

Registration Salterns Car Park, Tenby

3pm - 6:00pm

Swim Priority Registration Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 6:00PM ON FRIDAY.

ITINERARY

SWIM ACCLIMATISATION

6:00PM - 6:30PM

ALL ATHLETES MUST BE OUT OF THE WATER AT 6:30PM PROMPT

FRI

**JULY
01**

6 - 6:30pm

Swim Acclimatisation (North Beach, Tenby)

6:45pm

Start Pen Closes & Swim Briefing (North Beach, Tenby)

7pm

 **The Wales Swim Start** (North Beach, Tenby)

8pm (approx)

 **First Lap Cut-off Time 1 hour after last athlete enters water**

9pm

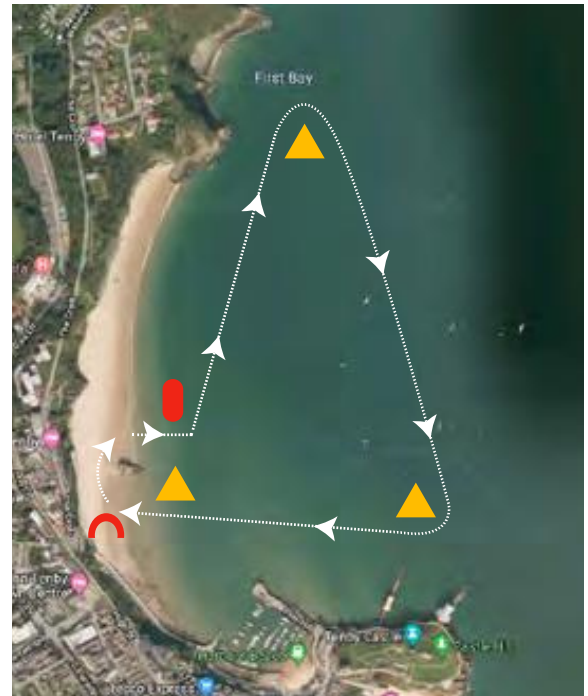
Trophy Presentation

9pm

 **Event Cut-off Time 2 hours based on chip time**

RACE INSTRUCTIONS

- The swim start is self ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.
- Both 1.2 & 2.4 distances start North side of Goscar Rock, you should keep the **first buoy on your left and all other buoys on your right.**
- **1.2 mile - complete one lap and keep left** to follow the chute to the finish line.
- **2.4 mile - after completing one lap, keep right in the chute** to complete lap two. **After the second lap athletes will keep left and follow the chute to the finish line.**



FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water safety is on hand to help should you need them and can still complete the course it will **NOT** result in a DQ.

Should you need assistance during the Swim, lie on your back and put your arm in the air (for this reason forward facing strokes ONLY are permitted during the swim).

If you fail to start after registering you **MUST** report to the race office prior to the start of the race, this is for safety reasons.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after your race. Athletes must wear a wetsuit which covers their chest and thighs, and athletes are **NOT** permitted to wear boots or gloves.

BAG DROP

📍 NORTH BEACH, TENBY

What3words [///magnum.wardrobe.lamenting](https://www.what3words.com/magnum.wardrobe.lamenting)

Bag Drop will open at 5pm and will close at 9.15pm.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 9.15pm prompt. All bags left will be removed to Race Expo.

TIMING CHIPS

During registration you will receive a **swim hat** that you **MUST** wear on the top of any other hat, a hand **tattoo** and your **timing chip**.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim you must report to a timing official at the finish line.

FACILITIES

Please bring your own bottles to fill from the water bowzers provided. There are public toilets on the beach.



Go Further, Go Yonda

Yonda are pioneers in flexible, sustainable wetsuits that help you reach your PB.

Take advantage of 25% off a new Yonda wetsuit - to push you to achieve your goals at Long Course Weekend Wales.

*USE CODE: TENBY



WWW.YONDASPORTS.COM

*Offer ends 04.07.2022



MORGAN **LA** ROCHE
SOLICITORS

THE WALES SPORTIVE
SATURDAY 02 JULY 2022

 112 MILE  70 MILE  42 MILE

With the majority of the event now on closed roads, the Wales Sportive is the only event of its kind in Wales. Hills? Yes, you will have a few – but breathtaking views, unsurpassed crowds, bouncing feed stations and a finish line that carries you home, makes this medal all the more easier to achieve!

COURSE MAPS



COURSE MAPS →

REGISTRATION

 **DON'T FORGET YOUR PHOTO ID**

THU

**JUNE
30**

1pm – 8:00pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JULY
01**

10am – 8:00pm

Registration Salterns Car Park, Tenby

SAT

**JULY
02**

5am – 9:00am

Registration Salterns Car Park, Tenby
Priority given to cyclists by start time

ITINERARY

SAT

**JULY
02**

5am – 5pm

Registration Open

Salterns Car Park, Tenby

6:30 – 7am

WAVE 1: 112M- Novice Wave

Salterns Car Park, Tenby

7am

WAVE 2: Top 10 Male & Top 10 Female LCW

Salterns Car Park, Tenby

7:30 – 8:15am

WAVE 3: LCW, 112Mi & 70Mi

Salterns Car Park, Tenby

9 – 1pm

Event Expo Opens

Salterns Car Park, Tenby

9:30am

WAVE 4: 42 Mile Sportive

Salterns Car Park, Tenby

10:30am

First Bikes Expected Back

Tudor Square, Tenby

1pm

 **Cut-off Time For The Second Lap**

White Lion Street, Tenby

1pm – 6pm

Recovery Zone / Sports Massage

Imperial Hotel, Tenby

3pm

Cut-off for King, Queen & Junior of The Hill

St Brides Hotel, Saundersfoot

5pm

 **Overall Cut Off**

Tudor Square, Tenby

WAVE TIMES

 **START: SALTERNS CAR PARK, TENBY**

 **WAVE 1:** 112 MILE - NOVICE WAVE (ALLOCATION ONLY)

 **Departs 6:30am - 7am**

 **WAVE 2:** TOP 10 MALE & TOP 10 FEMALE LCW

 **Departs 7am**

 **WAVE 3:** LCW, 112 MILE & 70 MILE SPORTIVE

 **Departs 7:30am - 8:15am**

 **WAVE 4:** 42 MILE SPORTIVE

 **Departs 9:30am**

WAVES ARE NON-TRANSFERABLE AND THE FINISH LINE WILL NOT BE OPEN UNTIL 10:30AM.

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be road worthy - They will be checked going into the start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes equipment is deemed faulty and a puncture repair kit must be carried by ALL athletes.
- 2) Athletes may only start in allocated Pens.
- 3) Security Pens have been installed on course this year. Any athletes that have not entered the event will be removed from the road and held until the end of the event.
- 4) Athletes must not cycle more than 2 abreast.
- 5) At no time must athletes cross the white line in the middle of the road.
- 6) Helmets must be worn at all times and fastened.
- 7) The first feed station is at 42 miles for the 112 and 70 mile athletes. You are expected to fuel yourself for the event and should have 2 full bottles at the start line.
- 8) Marshals are there for reference points only.
- 9) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free.
- 10) Crossing points are in place on course and bikes will be held to allow traffic to pass at certain times on course.
- 11) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 12) Any littering during the weekend will result in a DQ from all events.
- 13) The event organisers reserve the right to issue penalties and DQ as they see fit.
- 14) Cut offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 15) It is advised to carry a mobile phone with you at all times should you need assistance on course.
- 16) At the finish any rider who is riding too fast and ignores the marshal's advice to slow down or is riding dangerously will be DQ - Cut offs will be enforced at advertised times

JUNIOR RIDERS

RIDERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT ENTERED INTO THE EVENT OR IT WILL BE ASSUMED THEY ARE FIT AND CAPABLE OF COMPLETING THE DISTANCE

TIMING CHIPS

You will receive your **timing chip** at registration. Please attach your timing chip to the **LEFT- HAND** side of your **DRY** helmet. Do **NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

FITTING THE UHF HELMET TAG

The UHF helmet tag is used to time your cycle ride and is supplied as a self-adhesive label on a protective backing strip. You will only get one so **please read the instructions below carefully** before attaching it to your cycle helmet.

- 1. Before you attach the helmet tag, take a moment to check that the number printed on the tag is the same as the race number you have been issued.**
- 2. The helmet tag should be attached to the LEFT-HAND SIDE of the helmet only as illustrated**
- 3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.**
- 4. Peel off the protective backing and position the tag on the suitable part of the helmet.**

IMPORTANT INFORMATION

Your tag will not work if placed on carbon fibre; if you have a carbon fibre helmet or the part of your helmet that you are attaching the tag to is made of carbon fibre you will need to report to registration to obtain a seat label.

NEVER stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

If there are any incidents on course that enforce a route change, then cut-offs will be adjusted accordingly.

ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT START LINE WILL BE IN OPERATION

JUNIOR RIDERS

RIDERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT ENTERED INTO THE EVENT OR IT WILL BE ASSUMED THEY ARE FIT AND CAPABLE OF COMPLETING THE DISTANCE

FEED STATIONS

The first feed station is at 42 miles for the 112 and 70 mile athletes. You are expected to fuel yourself for the event and **MUST** have 2 full bottles at the start line.



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

ANY ATHLETES WITH NUT ALLERGIES ARE ADVISED TO CONTACT THE RACE OFFICE TO DISCUSS FEED STATION CONTENTS.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE AT BINS AT FEED STATIONS.



Veloforte[®]
#FUELBETTER

THE WALES MARATHON

SUNDAY 03 JULY 2022

Congratulations! If you are going to earn yourself a Marathon medal, few come less deserved than this one! A fabulous start in Tudor square, where you will return for your red-carpet finish. The run meanders around the medieval town of Tenby, before climbing up onto the Ridgeway in Penally and on to Pembroke. A stunning last few miles back to Tenby precedes one of the most fabulous and rewarding finish lines around.

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

**JUNE
30**

1pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JULY
01**

10am - 8pm

Registration Salterns Car Park, Tenby

SAT

**JULY
02**

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

**JULY
03**

7am - 9am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

**JULY
03**

7am - 9am

Registration Open

Salterns Car Park, Tenby

9:45am

The Wales Marathon Briefing

Tudor Square, Tenby

10am

The Wales Marathon Starts

Tudor Square, Tenby

12pm - 5pm

Recovery Zone / Sports Massage

Imperial Hotel, Tenby

12:30pm

First Athlete Back

Tudor Square, Tenby

4pm

✂ Event Cut-off Time for All Athletes

Tudor Square, Tenby

4:30pm

LCW Trophy Presentation

Tudor Square, Tenby

7pm

Post Race Meetup

Tudor Square, Tenby

BAG DROP

📍 **ST JOHN'S CHURCH, TENBY**

What3words ///labs.believer.exonerate

Bag drop will be open **8am – 11am** and will reopen at **1pm -5pm for collection.**

You will be required to show your race number to collect your bag.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 5pm prompt. All bags left will be removed to Race Expo.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

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 with other items of clothing.

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 START LINE WILL BE IN OPERATION

FEED STATIONS



START



MILE 4

Water Station



MILE 6

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 8

Water Station



MILE 12

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 16

Water Station



MILE 20

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 22

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 24

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.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE AT BINS AT FEED STATIONS.

#InspireTheNation



THE WALES HALF MARATHON

SUNDAY 03 JULY 2022

POWERED BY



If you were going to choose 1 half of the marathon course to run.... We won't say it! An incredible start to the day awaits as you are Samba'd down Pembroke Main Street, as the Marathon runners make their way past you. The start is quick and fast before the first climb into Freshwater East. The run then descends towards Manorbier and you approach arguably one of the most breathtaking feed stations on the race circuit! From here you pass the 10k start line and make your way over Norchard Hill and start your descent in Tenby where thousands await your arrival.

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

**JUNE
30**

1pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JULY
01**

10am - 8pm

Registration Salterns Car Park, Tenby

SAT

**JULY
02**

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

**JULY
03**

9am - 11am

Registration South Quay Car Park, Pembroke

ITINERARY

SUN

**JULY
03**

9am - 11am

Registration for The Wales Half Marathon (South Quay Car Park, Pembroke)

9:30am

🚌 The Wales Half Marathon Coaches Leave (South Parade, Tenby)

11:20am

The Wales Half Marathon Briefing (South Quay Car Park, Pembroke)

11:40am

Half Marathon Parade (South Quay Park to Main Street, Pembroke)

12pm

🏁 The Wales Half Marathon Starts (Main Street, Pembroke)

12pm - 5pm

Recovery Zone / Sports Massage Imperial Hotel, Tenby

4pm

✂ Event Cut-off Time for All Athletes Tudor Square, Tenby

4:30pm

LCW Trophy Presentation Tudor Square, Tenby

BAG DROP

 **DROP-OFF** SOUTH QUAY CAR PARK, PEMBROKE

What3words [///surfacing.cookers.commands](https://www.what3words.com/surfacing.cookers.commands)

Bag drop will be open from **9am**. Bags will be returned to **St. Johns Church** for pick up once finished and available from **1pm - 5pm**.

You will be required to show your race number to collect your bag.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 5pm prompt. All bags left will be removed to Race Expo.

 **PICKUP** ST JOHN'S CHURCH, TENBY

What3words [///labs.believer.exonerate](https://www.what3words.com/labs.believer.exonerate)

BUS INFORMATION

 **DEPART: 9:30AM**  **SOUTH PARADE, TENBY**

For supporters returning you will be picked up at **THE COMMONS, PEMBROKE**

Ticket sales have now closed online - **Places will be subject to availability at registration**

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

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 with other items of clothing.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

FEED STATIONS



START



MILE 3

Water Station



MILE 6

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 11

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 9

Water Station



FINISH LINE

Bottled water, Crisps, Sweets, Erdinger Alkoholfrei



Partner "Powered By" ar gyfer Hanner Marathon Cymru 2022
"Powered By" partner for the Wales Half Marathon 2022

Elusennau Iechyd Hywel Dda yw elusen swyddogol Bwrdd Iechyd Prifysgol Hywel Dda. Nod ein helusen yw **gwneud gwahaniaeth cadarnhaol** i iechyd, llesiant a phrofiad cleifion, defnyddwyr gwasanaeth a staff y GIG ledled Sir Gaerfyrddin, Ceredigion a Sir Benfro.

Hywel Dda Health Charities is the official charity of Hywel Dda University Health Board. The aim of our charity is to **make a positive difference** to the health, wellbeing and experience of NHS patients, service users and staff across Carmarthenshire, Ceredigion and Pembrokeshire.

Support us today

hywelddahealthcharities.org.uk

01267 239815

Fundraising.HywelDda@wales.nhs.uk

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Rhif elusen gofrestredig /
Registered charity number: 1147863



Registered with Cofrestrwyd gyda'r





coastal 
cottages

THE WALES 10K

SUNDAY 03 JULY 2022

A castle start really sets the tone for your day. Relax and support the Marathon and Half Marathon athletes as they climb through Manorbier. At 1.30pm it's your turn! A little climb before a fast couple of miles and then "Norchard Hill!" Once over this, its downhill, fast and flat into a crowd packed Tenby.

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

**JUNE
30**

1pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JULY
01**

10am - 8pm

Registration Salterns Car Park, Tenby

SAT

**JULY
02**

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

**JULY
03**

7am - 10:30am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

**JULY
03**

7am - 10:30am

Registration Open

(Salterns Car Park, Tenby)

11am

 **Wales 10K Coaches Leave**

(South Parade, Tenby)

12:45pm

The Wales 10K Briefing

(Manorbier Castle, Manorbier)

1:30pm

 **The Wales 10K Starts**

(Manorbier Stores, Manorbier)

4pm

 **Event Cut-off Time for All Athletes**

(Tudor Square, Tenby)

4:30pm

LCW Trophy Presentation

(Tudor Square, Tenby)

BAG DROP

 **DROP-OFF MANORBIER CASTLE, MANORBIER**

What3words ///making.roost.crabmeat

Bag drop-off will be open at **11:30am**. Bags will be returned to **St. Johns Church** for pick up once finished and available from **1pm - 5pm**.

You will be required to show your race number to collect your bag.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 5pm prompt. All bags left will be removed to Race Expo..

 **PICKUP ST JOHN'S CHURCH, TENBY**

What3words ///labs.believer.exonerate

BUS INFORMATION



DEPART: 11AM



SOUTH PARADE, TENBY

For supporters returning you will be picked up at **MANORBIER**

Ticket sales have now closed online – **Places will be subject to availability at registration**

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

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 with other items of clothing.

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 START LINE WILL BE IN OPERATION

FEED STATIONS



START



MILE 4

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 2

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.





HOTELS

THE WALES 5K

SUNDAY 03 JULY 2022

One of the fastest courses over the weekend. The event starts literally minutes before the Marathon in Tudor Square in Tenby. You will pass the Marathon athletes on your turn back to Tenby and then celebrate in style as one of the first finishers of the day on the Red Carpet in Tudor Square!

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

JUNE
30

1pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

JULY
01

10am - 8pm

Registration Salterns Car Park, Tenby

SAT

JULY
02

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

JULY
03

7am - 9am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

JULY
03

7am - 9am

Registration Open

Salterns Car Park, Tenby

9:55am

The Wales 5K Starts

(Tudor Square, Tenby)

11am

Wales 5K Presentation

(Tudor Square, Tenby)

4pm

✂ Event Cut-off Time for All Athletes

(Tudor Square, Tenby)

4:30pm

LCW Trophy Presentation

(Tudor Square, Tenby)

BAG DROP

📍 ST JOHN'S CHURCH, TENBY

What3words ///labs.believer.exonerate

Bag drop off will be open 8am - 11am.

You will be required to show your race number to collect your bag.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 11am prompt. All bags left will be removed to Race Expo.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

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 with other items of clothing.

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 START LINE WILL BE IN OPERATION



FULL LONG COURSE

FRI 01 - SUN 03 JULY 2022

 2.4 MILE  112 MILE  26.2 MILES

Congratulations! The next three days will be an epic journey of endurance, fun, emotion and most importantly, making new friends.

The event kicks off with the spectacular Wales Swim. You will not have too long to recover so feed up and get to bed early.

112 miles of tough riding awaits on Saturday – but the crowds, feed stations and atmosphere of this event seem to carry you forward on an exciting wave of emotion. Just make that 1 pm cut-off for the second lap! Mind games are huge here – but make the bike cut off and most finish the weekend!

The Wales Marathon could not be a better way to finish off the weekend. Of course, it's not flat, but the crowds, your running mates and the thought of that ceremony at 4.30pm will carry you home.

See you at 4.30pm with your polo on for the 4th medal!

COURSE MAPS



COURSE MAPS →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

Full Long Course Athletes will have a **dedicated registration channel** at [main registration](#). To save time please ensure you find the correct channel before queuing and have your **photo ID** and **entry QR code** handy (you can print this or screenshot it on your mobile device).

You will receive everything you need to compete at registration. Nothing will be posted or available at race starts.

THU

JUNE
30

1pm - 8:00pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

JULY
01

10am - 6:00pm

Registration

Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND ATHLETES MUST BE REGISTERED BY 6:00PM ON FRIDAY.

THE WALES SWIM



6:00PM - 6:30PM SWIM ACCLIMATISATION

ALL ATHLETES MUST BE OUT OF THE WATER AT 6:30PM PROMPT

FRI

**JULY
01**

6-6:30pm	Swim Acclimatisation (North Beach, Tenby)
6:45pm	Start Pen Closes & Swim Briefing (North Beach, Tenby)
7pm	🚩 The Wales Swim Start (North Beach, Tenby)
8pm (approx)	✂️ First Lap Cut-off Time 1 hour after last athlete enters water
9pm	Trophy Presentation
9pm	✂️ Event Cut-off Time 2 hours based on chip time

BAG DROP

📍 **NORTH BEACH, TENBY**
[What3words ///magnum.wardrobe.lamenting](#)

Bag Drop will open at 5pm and will close at 9.15pm.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to your bag.

Please note - bag checks will take place.

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. Space is limited so we politely request **only small bags under 5kg**.

Bag drop closes at 9.15pm prompt. All bags left will be removed to Race Expo.

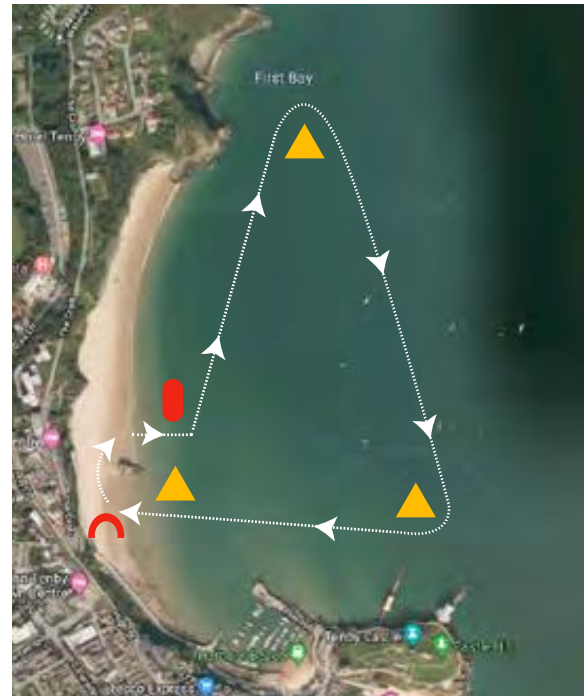
TIMING CHIPS

During registration you will receive a **swim hat** that you **MUST** wear on the top of any other hat, a hand **tattoo** and your **timing chip**.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim you must report to a timing official at the finish line.

RACE INSTRUCTIONS

- The swim start is self ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.
- Both 1.2 & 2.4 distances start North side of Goscar Rock, you should keep the **first buoy on your left and all other buoys on your right.**
- **1.2 mile - complete one lap** and **keep left** to follow the chute to the finish line.
- **2.4 mile - after completing one lap, keep right in the chute** to complete lap two. **After the second lap athletes will keep left and follow the chute to the finish line.**



FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water safety is on hand to help should you need them and can still complete the course it will **NOT** result in a DQ.

Should you need assistance during the Swim, lie on your back and put your arm in the air (for this reason forward facing strokes ONLY are permitted during the swim).

If you fail to start after registering you **MUST** report to the race office prior to the start of the race, this is for safety reasons.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after your race. Athletes must wear a wetsuit which covers their chest and thighs, and athletes are **NOT** permitted to wear boots or gloves.

THE WALES SPORTIVE



BIKE ROUTE →

SAT

**JULY
02**

6:30 - 7am	WAVE 1: 112M - Novice Wave	(Salterns Car Park, Tenby)
7am	WAVE 2: Top 10 Male & Top 10 Female LCW	(Salterns Car Park, Tenby)
7:30 - 8:15am	WAVE 3: LCW, 112Mi & 70Mi	(Salterns Car Park, Tenby)
8:15am	WAVE 4: 42 MI	(Salterns Car Park, Tenby)
9 - 4pm	Event Expo Opens	(Salterns Car Park, Tenby)
10:30am	First Bikes Expected Back	(Tenby)
1pm	✂ Cut-off Time For The Second Lap	(White Lion Street, Tenby)
1pm - 6pm	Recovery Zone / Sports Massage	(Imperial Hotel, Tenby)
3pm	✂ Cut-off for King, Queen & Junior of The Hill	
5pm	✂ Overall Cut Off	(Tudor Square, Tenby)

WAVE TIMES

📍 **START: SALTERNS CAR PARK, TENBY**

🚩 **WAVE 1: 112 MILE - NOVICE WAVE (INVITATION ONLY)**

🕒 **Departs 6:30 - 7am**

🚩 **WAVE 2: TOP 10 MALE & TOP 10 FEMALE LCW**

🕒 **Departs 7am**

🚩 **WAVE 3: LCW, 112 MILE & 70 MILE SPORTIVE**

🕒 **Departs 7:30am - 8:15am**

🚩 **WAVE 4: LCW, 112 MILE & 70 MILE SPORTIVE**

🕒 **Departs 9:30am**

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be road worthy - They will be checked going into the start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes equipment is deemed faulty and a puncture repair kit must be carried by ALL athletes.
- 2) Athletes may only start in allocated Pens.
- 3) Security Pens have been installed on course this year. Any athletes that have not entered the event will be removed from the road and held until the end of the event.
- 4) Athletes must not cycle more than 2 abreast.
- 5) At no time must athletes cross the white line in the middle of the road.
- 6) Helmets must be worn at all times and fastened.
- 7) The first feed station is at 42 miles for the 112 and 70 mile athletes. You are expected to fuel yourself for the event and should have 2 full bottles at the start line.
- 8) Marshals are there for reference points only.
- 9) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free.
- 10) Crossing points are in place on course and bikes will be held to allow traffic to pass at certain times on course.
- 11) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 12) Any littering during the weekend will result in a DQ from all events.
- 13) The event organisers reserve the right to issue penalties and DQ as they see fit.
- 14) Cut offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 15) It is advised to carry a mobile phone with you at all times should you need assistance on course.
- 16) At the finish any rider who is riding too fast and ignores the marshal's advice to slow down or is riding dangerously will be DQ - Cut offs will be enforced at advertised times

TIMING CHIPS

You will receive your **timing chip** at registration. Please attach your timing chip to the **LEFT- HAND** side of your **DRY** helmet. Do **NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

FITTING THE UHF HELMET TAG

The UHF helmet tag is used to time your cycle ride and is supplied as a self-adhesive label on a protective backing strip. You will only get one so **please read the instructions below carefully** before attaching it to your cycle helmet.

1. Before you attach the helmet tag, take a moment to check that the number printed on the tag is the same as the race number you have been issued.
2. The helmet tag should be attached to the **LEFT-HAND SIDE** of the helmet only as illustrated
3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.
4. Peel off the protective backing and position the tag on the suitable part of the helmet.

IMPORTANT INFORMATION

Your tag will not work if placed on carbon fibre; if you have a carbon fibre helmet or the part of your helmet that you are attaching the tag to is made of carbon fibre **you will need to report to registration to obtain a seat label.**

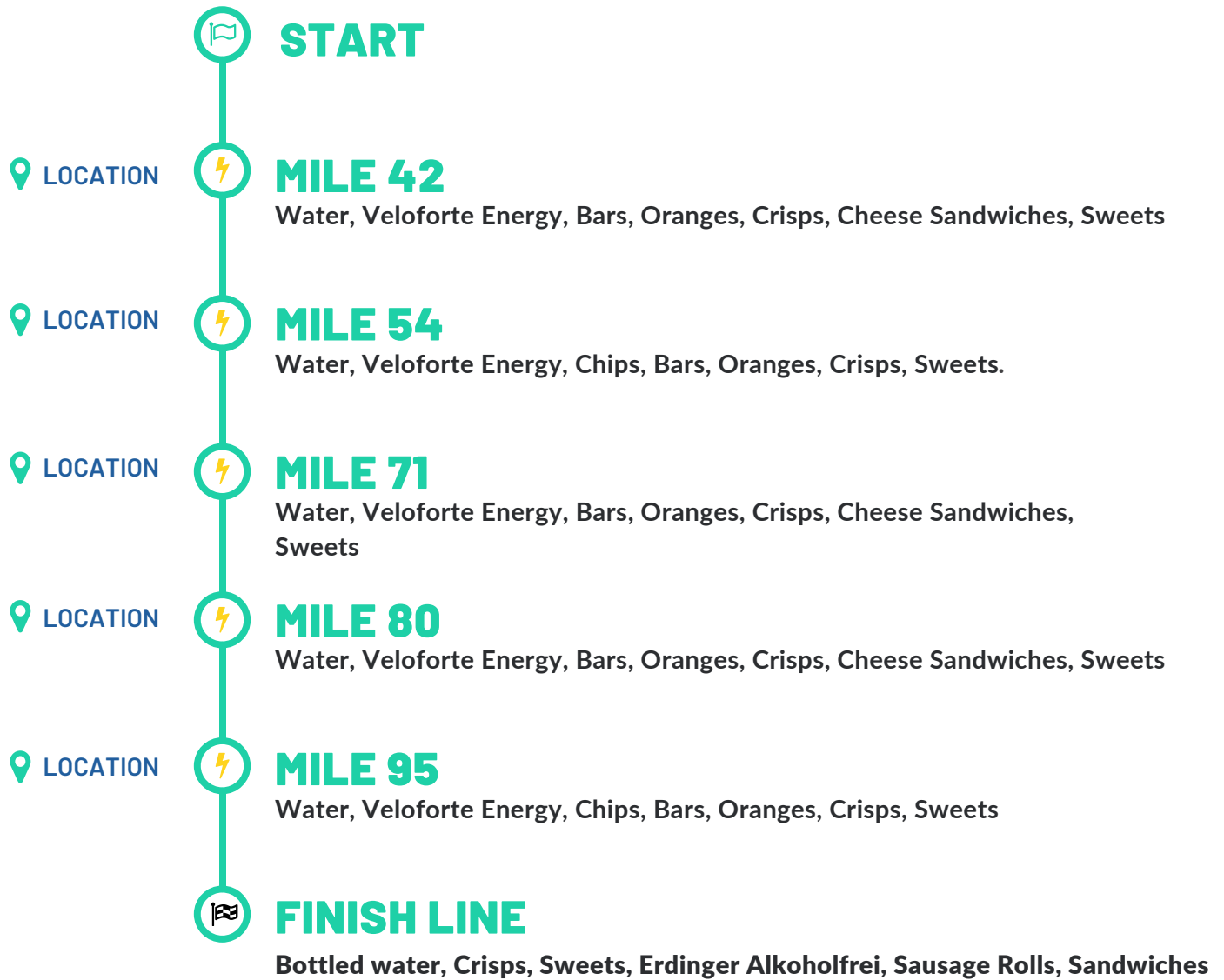
NEVER stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

If there are any incidents on course that enforce a route change, then cut-offs will be adjusted accordingly.

ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT START LINE WILL BE IN OPERATION

FEED STATIONS

The first feed station is at 42 miles. You are expected to fuel yourself for the event and **MUST** have 2 full bottles at the start line.



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

ANY ATHLETES WITH NUT ALLERGIES ARE ADVISED TO CONTACT THE RACE OFFICE TO DISCUSS FEED STATION CONTENTS.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE AT BINS AT FEED STATIONS.

THE WALES MARATHON

VIEW ROUTE →



SUN JULY 03	9:45am	The Wales Marathon Briefing	(Tudor Square, Tenby)
	10am	The Wales Marathon Starts	(Tudor Square, Tenby)
	12pm - 5pm	Recovery Zone / Sports Massage	(Imperial Hotel, Tenby)
	12:30pm	First Athlete Back	(Tudor Square, Tenby)
	4pm	Event Cut-off Time for All Athletes	(Tudor Square, Tenby)
	4:30pm	LCW Trophy Presentation	(Tudor Square, Tenby)
	7pm	Post Race Meetup	(Tenby House, Tudor Square, Tenby)

BAG DROP

ST JOHN'S CHURCH, TENBY
What3words [///labs.believer.exonerate](https://www.what3words.com/#!/labs.believer.exonerate)

Bag drop will be open 8am - 11am and will reopen at 1pm - 5pm for collection.

You will be required to show your race number to collect your bag.

Any bags left after this time will be removed and delivered to race registration under lost property in the Event Info tent. It will be available for collection at race registration times.

Please make sure you put your race number onto the tag provided and attach to 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. The 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 closes at 5pm prompt. All bags left will be removed to Race Expo.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

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 with other items of clothing.

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 START LINE WILL BE IN OPERATION

FEED STATIONS



START



MILE 4

Water Station



MILE 6

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 8

Water Station



MILE 12

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 16

Water Station



MILE 20

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 22

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 24

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.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE AT BINS AT FEED STATIONS.



CBD TRIATHLETE RECOVERY ZONE

LOCATION: IMPERIAL HOTEL, TENBY
What3words: ///conqueror.crispy.refrain

You asked, we listened. The sheer size and scale of the event makes it difficult to navigate the tight, cobbled streets around the finish line. With athlete safety and wellbeing at the heart of our focus, the **new Recovery Zone** in association with **CBD Triathlete** will house massage, nutrition, holistic recovery therapies, cryotherapy and CBD recovery products. This area will **only be open to athletes** and will offer a secluded chill out zone post-race.

ATTENDING VENDORS



SHAKTI



GOLD BAND COLLECTION - FULL LCW ATHLETES

On completing the Full Long Course Weekend, you will **need to visit the athlete recovery zone to retrieve your gold band**. Without this you **will NOT be permitted** access to the red carpet for the 4th medal ceremony. Here we will verify your results on our system and issue you with a gold band which **MUST** be worn before heading to the red carpet with your athlete t-shirt and event medals.

You will be required to show your bib number at the collection point to be issued with a band
We strongly advise that you collect your gold band within 20 minutes of finishing to avoid delays.

MEDAL CEREMONY FULL & JUNIOR LCW

The weekend is brought to the close with the very special 4th medal ceremony. A chance to walk the red carpet and share the success with fellow athletes in a guaranteed spine-tingling atmosphere. The unique ceremony will be a moment to cherish and a great occasion for you as an athlete and for your supporters.

All athletes please gather at the bottom of the finish area at 4:15pm. The ceremony will start at 4:30pm.

To be part of the ceremony you NEED:

- LCW Athlete gold band - Collected from Athlete Recovery Zone, Imperial Hotel.
- LCW athlete polo shirt on.
- All medals from the weekend.

It is anticipated that the ceremony will last **approximately 45 minutes**. Be part of something special...be part of history.

Any athletes that have entered each distance separately will not be eligible. If you have any queries in relation to your results please see a member of the timing team at the finish line.

DON'T FORGET YOUR POLO SHIRT

To take part in the 4th medal ceremony on Sunday you must wear the athlete polo that was issued to you during registration.

