



2026 RACE PACK

EVERYTHING YOU NEED TO KNOW FOR
LONG COURSE WEEKEND

WELCOME,

.A very warm welcome to Long Course Weekend Wales.

We are incredibly grateful to every athlete joining us this year, and to the communities and volunteers who make this event possible.

Your commitment, energy and support allow us not only to deliver this unique weekend, but also to continue our legacy work throughout the year, including our schools' Learn to Swim programme, which now reaches children across the county.



Thank you for helping us make a real and lasting difference.

This year, we are proud to host the Festival of Champions, welcoming athletes from across the UK and from around the world. Whether you've travelled from just down the road or from one of our overseas Long Course Weekend events, we extend a heartfelt welcome. We wish you the very best of luck for the weekend ahead.

Please also pass on our heartfelt thanks to all your travelling family members and supporters. Their encouragement, commitment and presence throughout the weekend make an enormous difference, and we hope they enjoy every moment while you take on your challenge. The atmosphere they help create is a huge part of what makes Long Course Weekend so special, and we are truly grateful for the role they play in supporting you and the wider event.

Thank you for your continued support of Long Course Weekend. We are honoured to share this journey with you and hope you all have an unforgettable weekend.

Regards

Matthew Evans and Scott Powell

Founders of LCW Global



HOW TO USE THIS RACE PACK

PLEASE READ PAGES 3-14 FOR IMPORTANT EVENT OVERVIEW
INFORMATION. THEN HEAD TO:



LCKINDER

22



PEAKS WALES SWIM

26



UPRISE WALES SPORTIVE

31



**CRYOCUBE
WALES MARATHON**

40



WALES HALF MARATHON

40



**COASTAL COTTAGES
WALES 10K**

40



WALES 5K

40



FULL LONG COURSE

50

RACE BRIEFING

VIDEOS



THE WALES SWIM

Watch the video briefing by clicking on the thumbnail to the left.



THE WALES SPORTIVE

Watch the video briefing by clicking on the thumbnail to the left.



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

Watch the video briefing by clicking on the thumbnail to the left.



FULL LCW ATHLETES

Watch the video briefing by clicking on the thumbnail to the left.



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.

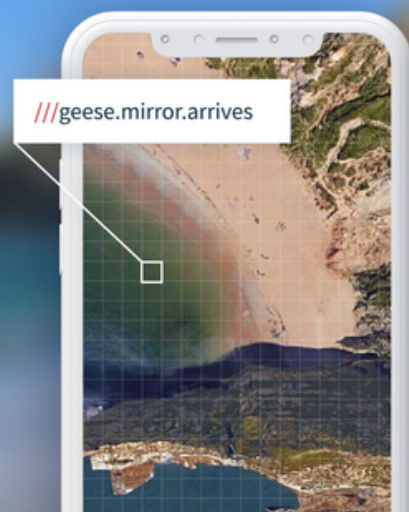
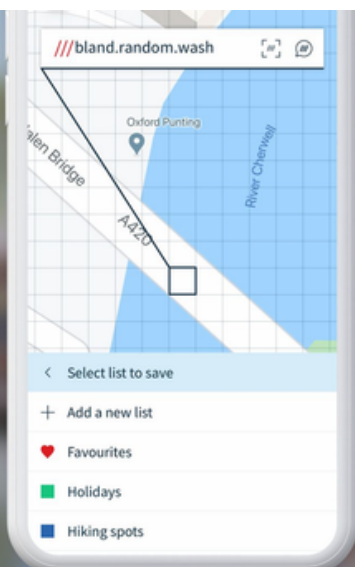
Locations will look like this:

///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)

The Wales Sportive Start and Finish

The Wales Marathon Start and Finish

The Wales 5k Start and Finish

The Wales Half Marathon Finish

The Wales 10k Finish

📍 **NORTH BEACH, TENBY**

What3words [///couches.cities.piglets](#)

Location of The Wales Swim and LCKinder

📍 **SOUTH QUAY CAR PARK, PEMBROKE**

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

The Wales Half Marathon Gathering Point and Registration (Sunday only)

📍 **MANORBIER BEACH CAR PARK, MANORBIER**

What3words [///curls.sketching.good](#)

The Wales 10K Start

📍 **LOWER PARK ROAD, TENBY**

What3words [///dynasties.divisible.meaning](#)

The Wales Half Marathon and The Wales 10k Bus Departure Point

📍 **GREENHILL SCHOOL**

What3words [///avid.slept.routes](#)

OFFICIAL EVENT PARKING

Please park responsibly and respect locals

Parking available from 4pm on Friday & 5.30am Saturday and Sunday - £7 per day

Gates will close and lock at 11pm each night, all cars will have to exit the carpark by 7am on Monday Morning. Cars that remain after this time will be subject of a £100 release fee.

All funds from parking here goes back to Greenhill School

PARKING

VIEW ONLINE



OFFICIAL EVENT PARKING GREENHILL SCHOOL, TENBY

///avid.slept.routes

Open from 4pm, Friday 26th June
5.30am Saturday 27th & Sunday 28th June

£7 A DAY

Cash or Card payments available

ALL FUNDS GO TO GREENHILL SCHOOL

Gates will close and lock at 11pm each night, all cars will have to exit the carpark by 7am on Monday Morning.
Cars that remain after this time will be subject of a £100 release fee.

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	///avid.slept.routes	CASH or CARD PAYMENTS
- Multi-Storey Car Park	///repaying.tactical.reception	PAY AND DISPLAY
- Five Arches	///projects.suits.juniors	PAY AND DISPLAY
- Seafront 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
Please also note, there will be no parking at the Train Station from 7am
on Monday morning (29th).

When what's important needs protecting

Challenge accepted



Get in touch today
T 033 3016 2222

Proud sponsors of
Long Course Weekend



ITINERARY

LONG COURSE WEEKEND

VIEW ONLINE



There is so much happening over Long Course Weekend with young talent competing in LCKinder plus professional and amateur athletes 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, check out our itinerary of events below.

*Timings are subject to change.

THURS 25 JUNE	3PM - 8PM	REGISTRATION OPEN	SALTERNS CAR PARK
	3PM - 8PM	LCW OFFICIAL SHOP OPEN	SALTERNS CAR PARK
	3PM - 8PM	EXPO OPEN	SALTERNS CAR PARK
	5PM - 7PM	LLEWELLIN DUO BAND	SALTERNS CAR PARK

WHERE POSSIBLE, WE RECOMMEND REGISTERING ON THURSDAY TO EASE QUEUES DURING PEAK TIMES

FRI 26 JUNE SWIM	10AM - 6PM	REGISTRATION OPEN	SALTERNS CAR PARK
	10AM - 6PM	LCW OFFICIAL SHOP OPEN	SALTERNS CAR PARK
	12PM - 5PM	SPORTS MASSAGE AVAILABLE	SALTERNS CAR PARK
	3PM	LCKINDER GATHER	NORTH BEACH
	3.30PM	LCKINDER STARTS	NORTH BEACH
	4.15PM - 4.30PM	SWIM ACCLIMATISATION	NORTH BEACH
	4.40PM	START PEN CLOSES & BRIEFING	NORTH BEACH
	5PM	THE WALES SWIM STARTS	NORTH BEACH
	6PM	FIRST LAP CUT-OFF	NORTH BEACH
	7PM	SWIM PRESENTATION	NORTH BEACH
	7PM	OVERALL CUT-OFF	NORTH BEACH

FIRST LAP CUT OFF WILL BE 1 HOUR AFTER THE LAST ATHLETE ENTERS THE SEA WITH THE OVERALL CUT OFF AN HOUR LATER.

ALL WHAT THREE WORD LOCATIONS ARE AVAILABLE ON PAGE 6

**SAT
27
JUNE**

SPORTIVE

5AM - 5PM	REGISTRATION OPEN	SALTERNS CAR PARK
6.30AM - 7AM	112M, LCW & 80M BIKE START	SALTERNS CAR PARK
9AM - 9.10AM	40M, JUNIOR & 20M BIKE START	SALTERNS CAR PARK
9.15AM	BALANCE BIKES - 2-4YR OLDS	SALTERNS CAR PARK
10AM	FIRST BIKE HOME	SALTERNS CAR PARK
12PM - 5PM	SPORTS MASSAGE AVAILABLE	SALTERNS CAR PARK
1PM	112M CUT-OFF (66m)	ROSEBUSH CROSSROADS
5PM	OVERALL CUT OFF - ALL BIKES	SALTERNS CAR PARK
5PM	FUNKTION22 - PARTY BAND	SALTERNS CAR PARK

AT 1PM, ALL 112M ATHLETES WILL HAVE TO GO FOLLOW THE 80M COURSE. FAILURE WILL RESULT IN A DQ

**SUN
28
JUNE**

MARATHON

7AM - 10.30AM	REGISTRATION OPEN	SALTERNS CAR PARK
7AM - 5PM	EXPO AND LCW SHOP OPEN	SALTERNS CAR PARK
9AM - 11AM	REGISTRATION FOR HALF MARATHON	PEMBROKE
9.30AM	HALF MARATHON BUS LEAVES	LOWER PARK ROAD
10AM	WALES MARATHON STARTS	SALTERNS CAR PARK
10.30AM	WALES 5K STARTS	SALTERNS CAR PARK
11.15AM	10K COACHES DEPART	LOWER PARK ROAD
11.30AM	5K TROPHY PRESENTATION	FINISH LINE
11.40AM	HALF MARATHON PARADE	SOUTH QUAY CAR PARK
12PM	WALES HALF MARATHON STARTS	PEMBROKE
12PM - 5PM	SPORTS MASSAGE AVAILABLE	SALTERNS CAR PARK
1PM	MARATHON HALFWAY CUT-OFF	PEMBROKE
1.30PM	WALES 10K STARTS	MANORBIER
2PM	HALF MARATHON, 10K PRESENTATION	MAIN STAGE
4PM	ALL ATHLETE CUT-OFF	SALTERNS CAR PARK
4PM	MARATHON TROPHY PRESENTATION	FINISH LINE
4.30PM	TROPHY & 4 TH MEDAL PRESENTATION	SALTERNS CAR PARK
5.30PM	STEVE BARTRAM - SINGER	SALTERNS CAR PARK
7.30PM	THE CONNECTIONS - PARTY BAND	SALTERNS CAR PARK

SEE PAGE 41 FOR RUN DAY BAG DROP INFORMATION

ALL WHAT THREE WORD LOCATIONS ARE AVAILABLE ON PAGE 6

EXPO OPENING TIMES

THURSDAY
3PM - 8PM

FRIDAY
10AM - 5.30PM

SATURDAY
9AM - 5PM

SUNDAY
9AM - 5PM





ENTERTAINMENT OVER THE WEEKEND

Don't miss out on entertainment! Make the most out of the weekend and check out below what's happening where.

Thursday 25th June

5pm - 7pm	Llewellyn Duo (Band)	Salterns Car Park, Tenby
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Friday 26th June

3pm - 7pm	DJ Toby Ellis	North Beach, Tenby
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Saturday 27th June

10am - 5pm	DJ Toby Ellis	Salterns Car Park
11.30am - 4.30pm	DJ Carl Williams	Boars Head, Templeton
10am - 3pm	DJ Wayno	Ysgol y Preseli, Crymych
10am - 3pm	DJ Kai	Village Green, Maenclochog
5pm - 7pm	Funktion22 (Band)	Salterns Car Park

Sunday 28th June

9:00am - 5:00pm	DJ Toby Ellis	Salterns Car Park
10.15am - 3.45pm	DJ Robzy	Norchard Cross
11.30am - 2.30pm	DJ Carl Williams	Manorbier Beach Car Park

Post Event Party - Sunday Night

5pm	Steve Bartram (Singer)	Salterns Car Park
7.30pm	The Connections (Band)	Salterns Car Park

LIVE

MAIN STAGE

AT THE **SALTERNS CAR PARK, TENBY**

LLEWELLIN DUO

FROM 5PM



THURS 25TH JUNE
SUN 28TH JUNE

FUNKTION22

FROM 5PM



SAT 27TH JUNE
SUN 28TH JUNE

STEVE BARTRAM

FROM 5PM



THE CONNECTIONS

FROM 7.30PM



OPEN TO EVERYONE ALL WEEKEND, BAR AND FOOD STALLS ALSO ON SITE



LONG COURSE WEEKEND

LONG COURSE WEEKEND STORE

LOTS OF NEW ITEMS FOR 2026, INCLUDING:

- LADIES RANGE
- CHILDRENS RANGE
- NEW SWIMWEAR RANGE
- BRAND-NEW ACCESSORIES
- UNDERWEAR
- UPDATED MENS RANGE

AS WELL AS:

- NEW TENBY RANGE
- FESTIVAL OF CHAMPIONS RANGE
- 2026 EVENT CLOTHING

OPENING TIMES

THURSDAY **3PM - 8PM**

FRIDAY **10AM - 6PM**

SATURDAY **5AM - 5PM**

SUNDAY **7AM - 5PM**

10% OFF EVERYTHING IN STORE.

THURSDAY, 25TH JUNE AT THE ATHLETE VILLAGE ONLY.



REGISTRATION

MAIN REGISTRATION: **ATHLETE VILLAGE, SALTERNS CAR PARK, TENBY**
What3words **///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 MUST BRING WITH YOU:

- **PHOTO ID**
 - **YOUR ENTRY QR CODE (PRINT/SCREENSHOT or SHOW)**
- YOUR QR CODE WILL BE EMAILED TO YOU ON MONDAY 22ND JUNE**

Any athlete **WITHOUT PHOTO ID** will **NOT** be able to **REGISTER** or **RACE**.

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 will still receive a medal but no finishing time will be given.

CHANGING YOUR EVENT DISTANCE

You can change your distance(s) at registration. All we ask is that you **PLEASE ALLOW PLENTY OF TIME** to do so. All changes must be made no later than **4 HOURS PRIOR** to the event start time.

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

CHANGES CAN NO LONGER BE PROCESSED AT THE OFFICE. THEY MUST BE DONE AT REGISTRATION.

PRE-ORDERED CLOTHING

All pre-ordered clothing will be available at registration. If you need to change sizes, please bring the item you have received to the shop and they can swap if available. **NO CLOTHING CHANGES CAN BE DONE AT REGISTRATION.**

REGISTRATION TIMES

THURSDAY:	3pm - 8pm	We recommend registering Thursday to ease queues at peak times
FRIDAY:	10am - 7pm	Priority given to Full LCW & Swim Athletes between 1pm - 3:30pm
SATURDAY:	5am - 5pm	Priority given to Athletes as per Start Times between 5am - 8.30am
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 PEAKS WALES SWIM ATHLETES:

- 1 x issued swim hat (for safety reasons, the issued swim hat must be worn)
- 1 x back of the hand tattoo (wear on either hand)
- 1 x hat tattoo
- 1 x timing chip to be worn using the strap provided **outside** of your wetsuit on your ankle (wear on **left** ankle)



THE UPRISE WALES SPORTIVE ATHLETES:

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



THE CRYOCUBE WALES FULL MARATHON, WALES HALF MARATHON, COASTAL COTTAGES WALES 10K & WALES 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 POWERED BY HUGH JAMES

- 1 x All of the above
- 1 x LCW Athlete Bag
- 1 x LCW Athlete Polo Shirt

TRAVEL INFORMATION

Tenby will be attracting around 50,000 people this June for Long Course Weekend, and as a result, there may be extremely long delays on the way into the town. If you are planning to register on the day of your race, **please ensure you plan ahead and allow plenty of time.**

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

Transport for Wales (TfW) has notified us that they are providing additional and extended services to/from Tenby between the 26th and 29th June, with additional active carriages catering for bikes. Please see <https://tfw.wales/places/events/long-course-weekend-wales> for more info & to purchase tickets.

TENBY BY BUS: Regular service runs from Swansea. National Express runs from London and Birmingham.

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

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



ROAD CLOSURES

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



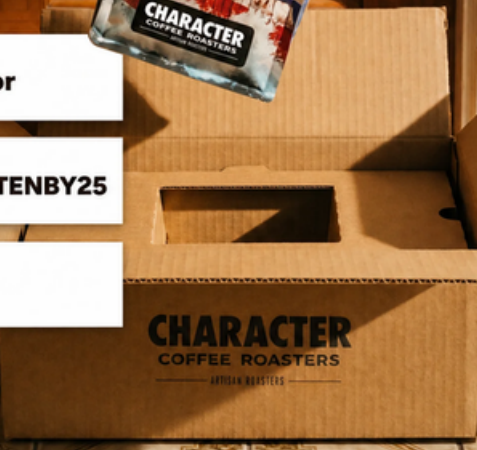


You go the distance. We'll go the extra mile.

**Coffee delivered to your door**

**25% off your first bag · code TENBY25**

**charactercoffee.co.uk**



FINISH LINE

SHOUT-OUTS AT LCW



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



@longcourseweekend



@longcourseweekend



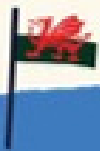
@longcourseweekend

SPONSORED BY



**Princes
Gate**

**A
NATURAL
DROP
OF
WALES**





FRIDAY 26 JUNE 2026



LCKINDER



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 to 11 years old competing in two distances, this is a great opportunity to introduce our youngsters to fun and competitive events.

Registration will be in the Salterns Car Park. Parents must collect the pack and t-shirt for their child on their behalf. Registration times are below.

It takes place on Tenby North Beach, home of The Wales Swim, so Kinder athletes can experience the electric atmosphere and compete in front of the huge crowds too.

ITINERARY

FRI

**June
26**

3:00pm All participants must be on North Beach, Tenby

3:15pm Compulsory Race Briefing

3:30pm Race Start

Children race in Year Groups, allocated on the day.

4:00pm Last Wave expected





WHAT YOU NEED TO KNOW!

PRE RACE

Before heading down the beach, you need to make sure you have collected your pack from the Salterns Car Park.

In the pack, you will receive a T-shirt, 2 hand tattoos, and 1 bib. (Don't forget to collect safety pins at registration to attach your bib to your t-shirt.)

Your child does not need to be with you to register, you can register on their behalf.

Registration is open: Thursday **3pm - 8pm** & Friday **10am - 2.30pm**.

ON THE BEACH

All children need to be on North Beach for 3pm, when they will be called to the start line in school year age groups to start the race.

Please make sure your child is wearing the t-shirt and bib.

Make sure **YOU** (parent/guardian) are wearing at least 1 of the tattoos for each of the children you have participating. **This is for safeguarding reasons.** Children are released from the finish line **only when matched to a parent/guardian wearing the corresponding tattoo.** Please **do not put both tattoos on your child**, and do not argue with the staff/volunteers when retrieving your child(ren).

Adults are allowed to run with the children (if you can keep up!).

All children will receive a medal at the end of the event.

Please bring a drink for your child.

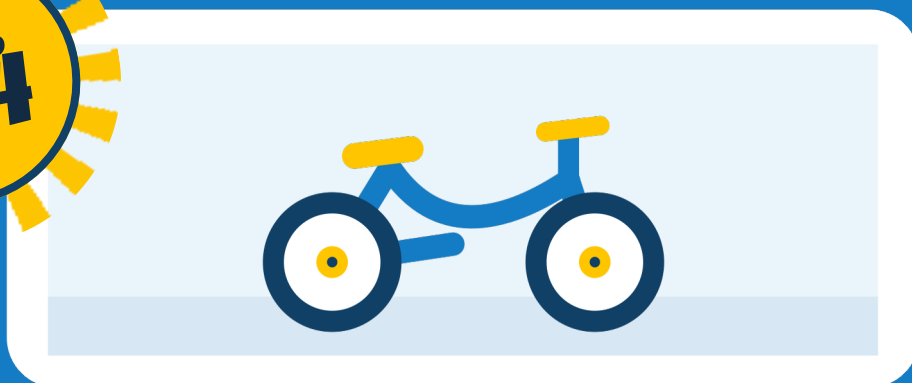
Children can wear whatever they like in the water, as long as they are wearing the provided T-shirt as their top layer.

PLEASE NOTE, THERE WILL BE MEDIA/SOCIAL PHOTOGRAPHERS AND VIDEOGRAPHERS TAKING FOOTAGE DURING THE EVENT.



THE LCW BALANCE BIKE RACE!

Our 2-4 year olds sprint the LCW finish line
Saturday Morning at **9:15!**



CHAMPION-DESIGNED BIKES, SUPPLIED BY

UPRISE

BIKES

[CLICK HERE TO FIND OUT MORE!](#)



FRIDAY 26 JUNE 2026



 2.4 MILE  1.2 MILE

Welcome to one of the biggest open-water swimming events in the world! 2500 swimmers and 1 mass start. Routes of 1.2 or 2.4 miles with 1 or 2 laps plus crowds that will blow your mind. Tenby North Beach will become an atmospheric amphitheatre on Friday evening as the opening event of Long Course Weekend 2026 takes place.

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

**JUNE
25**

3pm - 8pm

3pm - 8pm

Registration

EXPO DISCOUNT DAY!

FRI

**JUNE
26**

10am-3.30pm

1pm-3.30pm

Registration

Swim Priority Registration



FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 3.30PM ON FRIDAY.

ITINERARY

SWIM ACCLIMATISATION

Please swim out on the right-hand side of Goscar Rock, looking out to sea due, to the Kinder race.

4:15PM - 4:30PM

FRI

**June
26**

4:15pm - 4:30pm

4:40pm

5:00pm

6:00pm*

7:00pm

7.00pm*

Swim Acclimatisation

Start Pen Closes & Swim Briefing

The Wales Swim Start

First Lap Cut Off Time

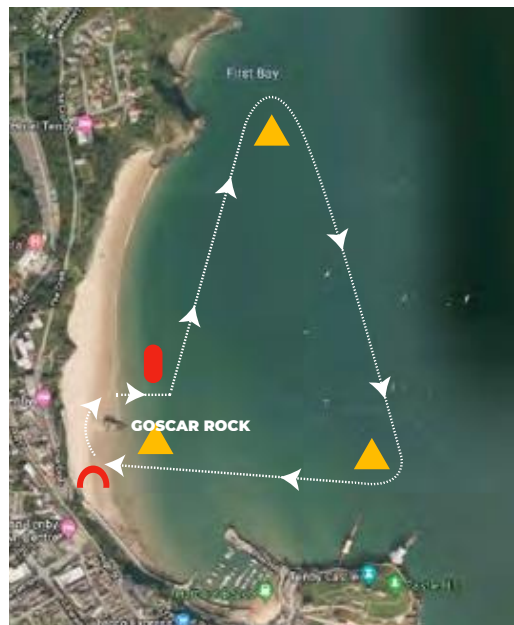
Swim Presentation

Overall Cut Off

*First Lap Cut Off will be 1 hour after the last athlete enters the sea with the Overall Cut Off an hour later.

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 mile distances start on the 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, keep left and follow the chute to the finish line.
- There will be two swim buoys, which will act as a start/finish gate, that you must go through.



IF YOU ARE UNABLE TO FINISH, PLEASE REPORT TO AN OFFICIAL OR YOU WILL BE CLASSED AS A MISSING PERSON

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 you 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 before 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 their race. Athletes must wear a wetsuit which covers their chest and thighs and athletes are **NOT permitted to wear boots or gloves.**



IT IS YOUR CHOICE TO ENTER THE WATER.

BAG DROP

📍 NORTH BEACH, TENBY

What3words [///laptop.recliner.kings](https://laptop.recliner.kings)

Bag Drop will open at 3:30pm and will close at 7:15pm. The Bag Drop is located on the Zig Zags as you come down towards the beach.

Any bags left after this time will be removed and delivered to the Athlete Village, where lost property is stored at the Event Information Tent. They will be available for collection during Race Registration Opening Times.

Please make sure you put your race number on the tag provided and attach it to your bag. You must present your bib number upon collection.

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 closes at 7:15pm prompt. All bags remaining after this time will be moved to the Athlete Village as noted above.

TIMING CHIPS

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

Your timing chip **MUST** be worn on top of your wetsuit, facing outward. 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 water bottles to fill from the water bowlers provided. There are public toilets available on the beach. Erdinger will be on hand with their products, head to the big inflatable beer glass!!



GIVE AWAY



PEAKS 
FUNCTIONAL DESIGN

<https://peakssportswear.com/giveaway/>

GIVE AWAY
GIVE AWAY
GIVE AWAY



WIN WIN WIN

- 1) A PEAKS WETSUIT AZUL WORTH £650
- 2) A PEAKS WATERPROOF CHANGING ROBE WORTH £173
- 3) A PEAKS TRANSITION BAG WORTH £86

PEAKS 
SWIMWEAR

WETSUIT HIRE



<https://peakssportswear.com/peaks-wetsuit-hire-events/>



SATURDAY 27 JUNE 2026

UPRISE
BIKES
THE WALES
SPORTIVE

WATCH BRIEFING

 112 MILE  80 MILE  40 MILE  20 MILE

The Wales Sportive is the only event of its kind in Wales. Hills? Yes, you will have a few but those breathtaking views, unsurpassed crowds, bouncing feed stations, and a finish line that carries you home make this medal all the more easier to achieve!

The Course will take place is on open roads

COURSE MAPS



COURSE MAPS →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

**JUNE
25**

**3pm - 8pm
3pm - 8pm**

**Registration
EXPO DISCOUNT DAY!**

Salterns Car Park, Tenby
Salterns Car Park, Tenby

FRI

**JUNE
26**

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

**JUNE
27**

5am - 9am

**Registration
Priority given to cyclists by start time**

Salterns Car Park, Tenby

ITINERARY

SAT

**JUNE
27**

5:00am - 9:00am

Registration Open (cyclists prioritised by start time)

Salterns Car Park, Tenby

6.30am - 7:00am

**112 Mile, Full LCW and 80 Mile Start
Self seeded start, fastest at the front. Start
closes at 7am - NO BIKES AFTER 7am**

Salterns Car Park, Tenby

9:00am - 9.10am

**40 Mile, Junior, 20m Start. No bikes after
9.10am**

Salterns Car Park, Tenby

9.15am

Balance Bikes 2-4 year olds

Salterns Car Park, Tenby

10:00am

First Bikes Expected Back

Salterns Car Park, Tenby

12:00pm - 5:00pm

Recovery Zone / Sports Massage Available

Salterns Car Park, Tenby

1:00pm

Cut Off 112-mile course (at 66miles)

Rosebush Crossroads

5.00pm

Overall Cut Off for all bikes

Salterns Car Park, Tenby

5:00pm

Funktion22 Band

Main Stage, Salterns Car Park

BIKES | CLOTHING | PARTS | ACCESSORIES

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GPX FILES - Know the Course!

PLEASE DOWNLOAD THE LATEST VERSION OF THE BIKE COURSE TO YOUR BIKE COMPUTER, GARMIN ETC.

112 MILE COURSE

[CLICK HERE](#)

80 MILE COURSE

[CLICK HERE](#)

40 MILE COURSE

[CLICK HERE](#)

20 MILE COURSE

[CLICK HERE](#)

CUT OFFS

Cut-offs are in place for athlete safety and marshal welfare. The cut-off is 1pm for the 112m athletes, which will be enforced at Rosebush Crossroads (Mile 66). The overall cut-off for all athletes is 5pm.

If you are advised on course by a moto that you will miss the cut-off time, we will advise you to take the sweep bus back to Tenby for your own safety.

If you miss a cutoff, you will not be able to go down the red carpet and will be given your medal before the carpet.

If any incidents occur on the course that enforce a route change, cut-offs will be adjusted accordingly.

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

HELP ON COURSE AND SELF RETIRING



For all medical emergencies, please call the number on the back of your bib immediately.



Uprise Bikes will be out on course, but due to the vast size of the courses, they may take some time to get to you. If you come into difficulty with your bike, call the race hotline, and they will be able to deploy mechanics or a sweep vehicle if needed.



If you choose to self-retire, please seek assistance from a family member or supporter and inform Race Control so we know you are safe.



If you require non-medical assistance, please call the number on the back of your bib. Please be aware that, due to the distances involved, there may be long delays returning to the event village. Transport will only return when full or at the end of the event.



PLEASE SAVE THE RACE HOTLINE NUMBER IN YOUR PHONE SO YOU HAVE ACCESS DURING THE EVENT.

07760 477255 - EMERGENCY LINE

01437 765777 - NON EMGERNCY LINE

IF YOU ARE WAITING FOR HELP/PICK-UP, PLEASE STAY AT THE LOCATION YOU HAVE TOLD THE RACE HOTLINE.

**THE COURSES ARE ON OPEN ROADS. PLEASE RIDE
ACCORDING TO THE HIGHWAY CODE, THE ROAD
CONDITIONS AND YOUR ABILITY.
DO NOT RIDE MORE THAN 2 ABREAST.**

RULES & REGULATIONS

FAILURE TO FOLLOW THE FOLLOWING WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be roadworthy. 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. A puncture repair kit must be carried by ALL athletes.
- 2) Athletes riding TT bikes must ride alone and not in packs, this is due to athlete safety. Anyone with a TT bike caught riding with another athlete will be disqualified instantly. Please respect other athletes' safety.
- 3) Any person riding the course with someone not registered for the event will be DQ'd and not allowed to return to event village.
- 4) Helmets must be worn and fastened at all times.
- 5) There will be feed stations on all courses; however, you are expected to fuel yourself for the event and should have 2 full water bottles at the start line.
- 6) Marshals are there for reference points only.
- 7) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 8) Any littering during the weekend will result in a DQ from all events.
- 9) Event Organisers reserve the right to issue penalties and DQ as they see fit.
- 10) Any dangerous riding, which puts pedestrians or any other road users at risk, will result in an instant DQ.
- 11) No undertaking vehicles on the course. Please ride safely.
- 12) Cut-offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 13) It is advised to carry a mobile phone with you at all times should you need assistance on the course.
- 14) 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.
- 15) It is your responsibility to know the route. Failure to follow the route will result in a DQ.
- 16) The start will let off athletes in a self-seeded order. Fastest first, so there is less bunching on the road.

*****KEEP LEFT OF THE WHITE LINE AT ALL TIMES *****

TT BIKES / AERO BARS / TRI BARS

TT BIKES ARE ALLOWED BUT ARE NOT ALLOWED TO DRAFT DUE TO ATHLETE SAFETY. ATHLETES DRAFTING WILL RECIEVE AN INSTANT DQ.

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 dry helmet only.
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.



FEED STATIONS

You are expected to fuel yourself for the event and **MUST** have 2 full water bottles at the start line.

TORQ Powder will be available on all feed stations, but if you have dietary requirements, you will need to bring your own.



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

ANY ATHLETES WITH ALLERGIES OR DIETARY REQUIREMENTS ARE ADVISED TO BRING THEIR OWN ITEMS.

ALL ATHLETES MUST WRITE YOUR RACE NUMBERS ON YOUR GELS. RANDOM CHECKS WILL BE IN OPERATION AT THE START LINE.

IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY.

LITTERING BY ATHLETES WILL NOT BE TOLERATED.

PLEASE CARRY LITTER OR DISPOSE IN BINS AT FEED STATIONS.

PLEASE ENSURE ALL GELS YOU INTEND TO USE HAVE YOUR RACE NUMBER WRITTEN ON THEM.



EXCLUSIVE LCW OFFER

Visit the TORQ stand at LCW and for **£12**, you will receive a **750ml Drinks Bottle** and **ANY 6** single items.



SPEND £12

& receive
1x 750ml Drinks Bottle
£6.95 SRP

And Any 6 From



**TORQ
Energy Gels**
£2.20/£2.40 SRP



**TORQ
Energy Drinks**
£2.20 SRP



**TORQ
Hydration Drinks**
£1.50 SRP

Other offers will be available from the TORQ stand



SUNDAY 28 JUNE 2026



**THE WALES
MARATHON**



COURSE MAP
MARATHONCOURSE MAP
HALF MARATHONCOURSE MAP
WALES 10KCOURSE MAP
WALES 5K

MARATHON

HALF MARATHON

10K

5K

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

JUNE
25

3pm - 8pm

3pm - 8pm

Registration (All run athletes)

EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

Salterns Car Park, Tenby

FRI

JUNE
26

10am - 6pm

Registration (All run athletes)

Salterns Car Park, Tenby

SAT

JUNE
27

5am - 5pm

Registration (All run athletes)

Salterns Car Park, Tenby

SUN

JUNE
28

7am - 10.30am

9am - 11am

Registration (Full, 10k, & 5k athletes)

Registration (Half Marathon only)

Salterns Car Park, Tenby

South Quay Car Park, Pembroke

ITINERARY

SUN

JUNE
28

7am - 10.30am

Registration Opens

Salterns Car Park, Tenby

9:30am

Half Marathon Buses Depart

Lower Park Road, Tenby

9:45am

The Wales Marathon Race Briefing

Salterns Car Park, Tenby

10:00am

The Wales Marathon Starts

Salterns Car Park, Tenby

10.30am

The Wales 5k Starts

Salterns Car Park, Tenby

11:15am

The Wales 10k Buses Depart

Lower Park Road, Tenby

11.30am

Wales 5k Trophy Presentation

Finish line

12pm

The Wales Half Marathon Starts

Main Street, Pembroke

12:00pm - 5:00pm

Sports Massage Available

Salterns Car Park, Tenby

12:30pm

First Marathon Athlete Expected Back

Salterns Car Park, Tenby

1pm

Halfway Cut Off for Marathon

Main Street, Pembroke

1.30pm

The Wales 10k Starts

Manorbier Beach Car Park, Manorbier

2pm

Half Marathon & 10k Presentation

Finish line

4:00pm

Event Cut Off Time for All Athletes

Salterns Car Park, Tenby

4.00pm

Marathon Presentation

Finishline

5.30pm

MUSIC: Steve Bartram Starts Playing

Main Stage, Salterns Car Park

7.30pm

MUSIC: The Connections Start Playing

Main Stage, Salterns Car Park



CRYOCUBE

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HYPERBARIC OXYGEN THERAPY (HBOT)
BREATHE DEEP. RECOVER FASTER.



FASTER
RECOVERY



REDUCES MUSCLE
SORENESS



SUPPORTS
IMMUNE HEALTH



ENHANCES MENTAL
CLARITY & FOCUS



IMPROVES
SLEEP



INCREASES
ENERGY LEVELS



HBOT BENEFITS

- ✓ Increases oxygen delivery
- ✓ Speeds up tissue repair
- ✓ Reduces inflammation
- ✓ Reduces fatigue
- ✓ Supports immune system
- ✓ Improves energy and focus
- ✓ Supports better sleep

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USE CODE: LCW20

Bookings can be made after the event.

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and refresh your
body naturally.



INFRARED SAUNA

Deep heat therapy
to promote detox
and muscle recovery.



HIMALAYAN SALT THERAPY

Breathe easy and
relax in our natural
salt therapy room.



IDEAL
FOR



SWIM



BIKE



RUN



RECOVER
STRONGER

“

HBOT has become a crucial part of
my training and recovery. I feel stronger,
recover faster and perform at my best.”

– JAMES WALKER

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www.cryo-cube.co.uk

BAG DROPS

📍 DROP-OFF - MARATHON & 5K ATHLETE VILLAGE ENTRANCE, TENBY

What3words [///weeps.reminder.unstated](#)

Bag Drop will be open for drop-offs from 8am – 11.30am.

📍 DROP-OFF - HALF MARATHON SOUTH QUAY CAR PARK, PEMBROKE

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

Bag Drop will be open for drop-offs from 9am – 11.30am.

📍 DROP-OFF - 10k MANORBIER BEACH CAR PARK, MANORBIER

What3words [///stilted.pure.action](#)

Bag Drop will be open for drop-offs from 11.30am – 1pm.

All bags will then be transported to the Bag Drop Collection Point at the ENTRANCE of the Athlete Village Ein Tenby for collection once you have finished the race. Collection will be clearly signposted upon arrival at the Athlete Village and will be open from 1pm - 5pm.

Please make sure you put your race number on the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note that bag checks may take place.

Every effort will be made to keep your bag secure, but you will leave items 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.

📍 COLLECTION ALL DISTANCES ENTRANCE OF ATHLETE VILLAGE, TENBY

What3words [///weeps.reminder.unstated](#)

Bag Drop will be open for collections from 1pm - 5pm



Elusennau Iechyd
HYWEL DDA
Health Charities

Partner "Powered By" ar gyfer Hanner Marathon Cymru 2026
"Powered By" partner for the Wales Half Marathon 2026



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.

Cefnogwch ni heddiw

- 📞 elusennaulechydhwyeldda.gig.cymru
- ☎ 01267 239815
- ✉ Codiarian.HywelDda@wales.nhs.uk
- 📘 @Elusennaulechydhwyeldda
- 📺 @ElusenHywelDda
- 📷 @hywelddacharities

Support us today

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#YourNHSCharity

Rhif elusen gofrestredig
Registered charity number: 1147863



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



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 as this may affect the working of the chip. Mount the bib on the torso area of your race top and do not cover it with other items of clothing, this is for athlete safety and for official race photographs. 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

CUT OFFS

Cut Offs are in place for athlete safety. There will be 2 cut-offs in place:

- **1pm Cut off will be at the Half Marathon Start at Main Steet, Pembroke**
- **4pm there will be an overall cut off at the entrance to The Salterns in Tenby.**

If you are advised on course by a moto that you will miss the cut-off time, we will ask you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut-off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

RUN WITH A LOVED ONE

Children are welcome to run down the red carpet finish line with you as part of our run with a loved one channel. They can join you at the gate at the beginning of the finish line shoot, just be cautious and respectful of other athletes also making their way to the finish line.

PRESENTATION TIMES

We will only be doing trophies for the overall 1st - 3rd Male and Female for each category in the run. There will be results for age categories, but we will not have trophies. The trophy times and list are below:

11.30am	- 5K 1-3 Male Overall - 5K 1-3 Female Overall	Finish Line
2pm	- 10k 1-3 Male Overall - 10k 1-3 Female Overall - Half Marathon 1-3 Male Overall - Half Marathon 1-3 Female Overall	Main Stage
4pm	- Marathon 1-3 Male Overall - Marathon 1-3 Male Overall	Finish Line

If you miss the presentations, there will be a £5 P&P charge to post to you after the event.

BUS INFORMATION

WALES HALF MARATHON BUS



DEPART: 9:30AM



LOWER PARK ROAD, TENBY

Half-Marathon buses will be lined up outside Tenby Vets and athletes are advised to get there between 9am and 9:15pm. Buses will depart on time. **What3words** [///office.deprives.silent](#)

Supporters returning to Tenby will be picked up at **THE COMMONS CAR PARK, PEMBROKE - 12.15pm**

Tickets are now **SOLD OUT**. If you have already purchased a bus ticket, you must collect your band at registration.

WALES 10K BUS



DEPART: 11.15AM



LOWER PARK ROAD, TENBY

10k buses will be lined up outside Tenby Vets and athletes are advised to get there between 10:45am and 11:00am. Buses will depart on time. **What3words** [///office.deprives.silent](#)

Supporters returning will be picked up at **MANORBIER** where the driver dropped you off. - 1.45pm

Tickets are now **SOLD OUT**. If you have already purchased a bus ticket you can collect your band at registration.

ALTERNATIVE TRAIN INFO

If you have been unable to get a bus ticket, Transport for Wales have additional and extended services available throughout the weekend.

On Sunday, 28th June the train schedule has the following trains, which can get you to the start line.

Tenby 9.51am arriving in Pembroke at 10.12pm - Half Marathon

Tenby 12.11pm arriving in Manorbier Newton* at 12.20pm - 10k

*There will be a 25-35 minute walk

We would advise booking this in advance.

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SCAN ME



Family-Friendly Stays

Whisk the whole family to the coast with a Pembrokeshire getaway and indulge in great food, fun-filled activity days out and more.

Athlete Training Breaks

Pack your wetsuit, bike and trainers to spend a few days practising and getting to know the scenic course routes before the big event.

FEED STATIONS

THE COLOUR MILES REPRESENT EACH APPROX DISTANCE



START

MARATHON
HALF MARATHON
10K



MILE 4

Water Station



MILE 6

Energy Station: Water, Energy, Crisps, Sweets

**THERE ARE NO
FEED STATIONS
ON THE 5K.**



MILE 8

Water Station



MILE 12.5

Energy Station: Water, Energy, Crisps, Sweets



MILE 16 MILE 3

Water Station



MILE 19 MILE 6

Energy Station: Water, Energy, Crisps, Sweets



MILE 22 MILE 9 MILE 2

Energy Station: Water, Energy, Crisps, Sweets



MILE 24 MILE 11 MILE 4

Water Station



FINISH LINE

Bottled water, Erdinger Alkoholfrei

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

ALL ATHLETES MUST WRITE YOUR RACE NUMBERS ON YOUR GELS. RANDOM CHECKS WILL BE IN OPERATION AT THE START LINE.

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

IT IS YOUR RESPONSIBILITY AS A COMPETITOR TO KNOW ALL THE RULES. IGNORANCE IS NO DEFENCE.

- 1) As a competitor, you must know and correctly complete the full course.
- 2) Foul and abusive language is not permitted, and 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.
- 3) No outside assistance is allowed at any time.
- 4) 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).
- 5) Chests must be covered at all times on the run, no matter how hot it is.
- 6) 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.
- 7) 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.
- 8) 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 made will be final.
- 9) 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.
- 10) Please make sure you are at the start line 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) 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.



FRIDAY 26 - SUNDAY 28 JUNE 2026



FULL LCW ATHLETES

WATCH BRIEFING

 2.4 MILE  112 MILE  26.2 MILES

COURSE MAPS →

COURSE MAPS



Full LCW Athletes 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 pre-event or available at the race starts.

THU

**JUNE
26**

3pm - 8pm

3pm - 8pm

Registration

EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

Salterns Car Park, Tenby

FRI

**JUNE
27**

10am - 3:30pm

Registration

Salterns Car Park, Tenby



**FULL LONG COURSE WEEKEND ATHLETES MUST BE REGISTERED
BY 3:30PM ON FRIDAY.**

ITINERARY

SWIM ACCLIMATISATION

4:15PM - 4:30PM

For acclimatisation only, please swim out on the right-hand side of Goscar Rock, looking out to sea, due to the Kinder race.

FRI

**June
26**

4:15pm - 4:30pm

Swim Acclimatisation

4:40pm

Start Pen Closes & Swim Briefing

5:00pm

The Wales Swim Start

6:00pm*

First Lap Cut Off Time

7:00pm

Swim Presentation

7.00pm*

Overall Cut Off

*First Lap Cut Off will be 1 hour after the last athlete enters the sea with the Overall Cut Off an hour later.

**PLEASE READ ALL THE RACE RULES FOR THE SWIM
ON PAGES 27 & 28**

ITINERARY

SAT

**JUNE
27**

6.30am - 7:00am	112 Mile, Full LCW and 80 Mile Start Self-seeded start, fastest at the front	Salterns Car Park, Tenby
9:00am - 9.10am	40 Mile, Junior, 20m Start	Salterns Car Park, Tenby
9.15am	Balance Bikes 2-4 year olds	Salterns Car Park, Tenby
10:00am	First Bikes Expected Back	Salterns Car Park, Tenby
12:00pm - 5:00pm	Recovery Zone / Sports Massage Available	Salterns Car Park, Tenby
1:00pm	Cut Off for 112m (66miles)	Rosebush Crossroads
5.00pm	Overall Cut Off for all bikes	Salterns Car Park, Tenby
5:00pm	Funktion22 Band	Main Stage, Salterns Car Park

**PLEASE READ ALL THE RACE RULES FOR THE SPORTIVE
ON PAGES 32 - 37**

SUN

**JUNE
28**

9:45am	The Wales Marathon Race Briefing	Salterns Car Park, Tenby
10:00am	The Wales Marathon Starts	Salterns Car Park, Tenby
12:00pm - 5:00pm	Sports Massage Available	Salterns Car Park, Tenby
12:30pm	First Marathon Athlete Expected Back	Salterns Car Park, Tenby
1pm	Halfway Cut Off for Marathon	Main Street, Pembroke
4:00pm	Event Cut Off Time for Athletes	Salterns Car Park, Tenby
4.00pm	Marathon Trophy Presentation	Finishline
4.30pm	LCW Presentation & 4 th Medal	Salterns Car Park, Tenby
5.30pm	MUSIC: Steve Bartram Starts Playing	Main Stage, Salterns Car Park
7.30pm	MUSIC: The Connections Start Playing	Main Stage, Salterns Car Park

**PLEASE READ ALL THE RACE RULES FOR THE MARATHON
ON PAGES 40 - 47**



IMPORTANT

GOLD BAND COLLECTION - FULL LCW ATHLETES

On completing the Full Long Course Weekend, **you must visit Registration to retrieve your gold band.**

Without this, you **will NOT be permitted** access to the red carpet for the 4th medal ceremony. Your results will be verified and you will be issued with a gold band which **MUST** be worn before heading to the red carpet with your athlete polo (read the important note below) and event medals.

You will be required to show your bib number at the collection point to be issued a band.

We strongly advise that you collect your gold band within 20 minutes of finishing to avoid delays.

The Gold Band desk will open from 1pm until 4pm on Sunday.

MEDAL CEREMONY: FULL & JUNIOR LCW

Long Course Weekend is brought to a close with our very special 4th medal ceremony. This is your chance to walk the red carpet and share success with fellow athletes in a guaranteed spine-tingling atmosphere. This unique ceremony is certainly a moment to cherish and is a memorable occasion for you as an athlete and for your supporters.

All athletes eligible for the 4th medal must gather at the bottom of the finish area by 4:15pm. The ceremony will start at 4:30pm. ALL GOLD BANDS NEED TO BE COLLECTED BY 4PM.

To be part of the ceremony, you MUST wear:

- Your LCW Athlete Gold Band (to be collected from the Registration Tent)**
- Your LCW Athlete Polo Shirt**
- All Medals received over the weekend**

It is anticipated that the ceremony will last **approximately 30 minutes**. Be a part of something special, be a part of history.

! IMPORTANT NOTE !

YOU WILL NOT BE ALLOWED ON THE RED CARPET WITHOUT YOUR ATHLETE POLO. ATHLETE POLOS CANNOT BE SWAPPED AT REGISTRATION (UNTIL SATURDAY MORNING) AND ARE ALLOCATED BASED ON THE SIZE YOU SPECIFIED WHEN YOU INITIALLY ENTERED ONLINE.

IF YOU FORGET YOUR POLO ON SUNDAY, YOU MAY BE ABLE TO PURCHASE A SPARE (£20) WHEN COLLECTING YOUR GOLD BAND (LIMITED NUMBER AVAILABLE).

Athletes who have entered each distance separately are not eligible for the fourth medal; you must have entered the Full LCW event.

For queries about results, please see a member of the timing team at the finish line.

YOUR RITUAL AFTER SPORT.



ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS

RECOVERY ZONE



LOCATION: END OF FINISH LINE CHUTE

You asked, we listened. With athlete safety and wellbeing at the heart of our focus, the **Erdinger Recovery Zone** will house massage, hydration and Erdinger Alkoholfrei products. This area will **only be open to athletes** (wearing medals) and will offer a secluded chill-out zone post-race.



West Health will be providing pre & post race massages throughout the weekend.

You can still preorder yours by logging into your [Eventrac Account](#).

Thursday 25th June - 3pm - 8pm

Friday 26th June - 10am - 5pm

Saturday 27th June - 12pm - 5pm

Sunday 28th June - 12pm - 5pm



ADDITIONAL INFORMATION

LOST PROPERTY

Please visit the Event Information Tent during Registration opening hours to retrieve lost property during the event weekend. Once the event has ended, all lost property will be transported to the LCW Headquarters in Haverfordwest where it will be kept for 7 days. After this time, it will be disposed of accordingly.

PHOTOGRAPHY AND MEDIA

We will have several photographers and videographers out on course during the event. Finisherpix will be taking athlete photos, so make sure you smile for the camera.

Please be aware that drones will be flying over and on the course. If a drone is flying on course, be aware that the drone may not be able to see you. Please do not approach the drone, and give the drone right of way. If you believe the drone is malfunctioning or has crashed, please don't approach it or touch it and notify a member of staff.

CHANGING YOUR DISTANCE

All distance changes can be done at Registration; this can no longer be done online or over the phone. Please register as normal and then head to the Changes Desk in Registration to amend your race entry. **Note, there is an admin charge of £10 per event. Athletes cannot change distances during the event.**

LITTER

Long Course Weekend takes place in the magnificent Pembrokeshire Coast National Park, and so we ask that you kindly help us to respect and preserve the beauty of this wonderful landscape throughout the weekend.

Wherever you are in Pembrokeshire this weekend, whether you are on course, in the Athlete Village, on the finish line or at the beach, we ask that you place all litter in the bin and dispose of your waste correctly. No matter where you are or whether it is as part of this event, please respect the county. Leave only footprints.

LAST BUT BY NO MEANS LEAST...

We would like to give you a massive thank you for entering and joining us
in making this incredible weekend happen.

We still have some cracking events going on throughout the year and into
next season, so please have a look below and see if there are any other
challenges you would like to take part in.

We hope you have an absolute blast!
THE LONG COURSE WEEKEND TEAM

[WALES SWIMRUN](#)

[1ST AUGUST 2026](#)

[PEMBROKESHIRE TRAIL RUN](#)

[1ST AUGUST 2026](#)

[LCW BELGIUM](#)

[18TH - 20TH SEPTEMBER 2026](#)

[dsm-firmenich LCW NETHERLANDS](#)

[21ST - 23RD MAY 2027](#)

**2027 ENTRIES OPEN
SUNDAY 28TH JUNE AT 6PM
AT THE LCW AFTER PARTY!!**

2ND - 4TH JULY 2027

**SAVE THE DATE AND BOOK AT THE
EARLY BIRD PRICE**

WWW.LCWWALES.COM