

RACE PACK



LONG COURSE WEEKEND

WALES • CYMRU

POWERED BY

HUGH | JAMES

EVERYTHING YOU NEED TO KNOW FOR
LONG COURSE WEEKEND

HOW TO USE THIS RACE PACK

PLEASE READ PAGES **3-21** FOR IMPORTANT EVENT
OVERVIEW INFORMATION. THEN HEAD TO:



LCKINDER

22



WALES SWIM

25



WALES SPORTIVE

29



WALES MARATHON

36



WALES HALF MARATHON

41



WALES 10K

47



WALES 5K

52



FULL LONG COURSE

56

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.

Over 11,000 athletes from 56 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.

2023 saw the first editions of LCW New Zealand and LCW Mallorca Duo. Next up after Wales, we have LCW Belgium in September. 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 regular training on the routes that will be used.

For those of you new to experiencing 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 real 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 the 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 Wales's most challenging but rewarding sporting events.

Pembrokeshire is a wonderful county with fantastic communities – please support us by keeping Pembrokeshire clean and tidy and leave with a smile on your face

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.

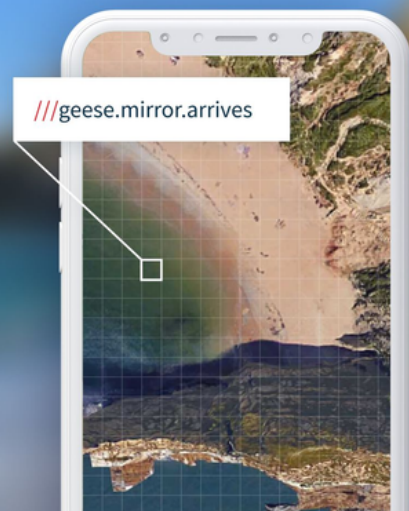
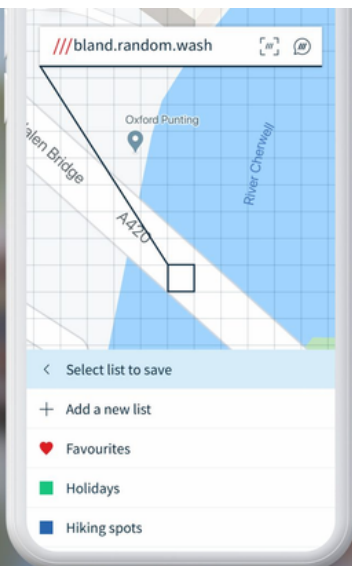
Locations will look like this:

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

Location of The Wales Swim and LCKinder

📍 **SOUTH QUAY CAR PARK, PEMBROKE**

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

Half Marathon gathering point and registration

📍 **MANORBIER BEACH, MANORBIER**

What3words [///drops.clues.linguists](#)

The Wales 10K start

📍 **LOWER PARK ROAD, TENBY**

What3words [///joke.jogging.pedicure](#)

Waes Half Marathon and Wales 10k Bus departure

PARKING

VIEW ONLINE



OFFICIAL EVENT PARKING GREEN HILL SCHOOL, TENBY

///coasted.finishes.rebounder

From 4pm Friday 30th June

£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
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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 Salterns Car Park.

- Manorbier Beach Car Park	/// blog.smuggled.pylon	PAY AND DISPLAY
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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
29**

3pm - 8pm	Registration Open	Salterns Car Park, Tenby
3pm - 8pm	LCW Expo	Salterns Car Park, Tenby

Where possible, we recommend registering Thursday to avoid any queues

FRI

**June
30**

10am - 6pm	Registration Open	Salterns Car Park, Tenby
10am - 4.30pm	Event Expo	Salterns Car Park, Tenby
10am - 6pm	Sports Massage	Salterns Car Park, Tenby
4pm	LCKinder Start	(North Beach, Tenby)
4.15pm - 4.30pm	Swim Acclimatisation	(North Beach, Tenby)
4.40pm	Start Pen Closes & Swim Briefing	(North Beach, Tenby) (All Distances)
5pm	The Wales Swim Start	(North Beach, Tenby)
6pm	First Lap Cut Off Time	(North Beach, Tenby)
7pm	Swim Presentation	(North Beach, Tenby)
7pm	Event Cut Off Time	(North Beach, Tenby)

SWIMS

SAT**JULY
01****SPORTIVE**

5am - 5pm	Registration Open	Salterns Car Park, Tenby
7am	All LCW, 112m & 70m Athletes Start	Salterns Car Park, Tenby
9 - 5pm	Event Expo Opens	Salterns Car Park, Tenby
9:30am	42 Mile Sportive start	Salterns Car Park, Tenby
10:30am	First Bikes Expected Back	Salterns Car Park, Tenby
1pm	Cut-off Time For The Second Lap	The Green, Tenby
12pm - 5pm	Recovery Zone / Sports Massage	Salterns Car Park, Tenby
2pm	Cut-off for King, Queen & Junior of The Hill	St Brides Hill, Saundersfoot
5pm	Overall Cut Off	Salterns Car Park, Tenby

SUN**JULY
02****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	Lower Park Road, Tenby
10am	The Wales Marathon Starts	Salterns Car Park, Tenby
10.30am	The Wales 5K Starts	Salterns Car Park, Tenby
11.15am	Wales 10K Coaches Leave	Lower Park Road, 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	Salterns Car Park, Tenby
12:30pm	First Athlete Back	Salterns Car Park, Tenby
1:30pm	The Wales 10K Starts	Manorbier Beach Manorbier
4pm	Event Cut-off Time for All Athletes	Salterns Car Park, Tenby
4:30pm	LCW Trophy Presentation	Salterns Car Park, 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.

EXPO OPENING TIMES

THURSDAY
3PM - 8PM

FRIDAY
10AM - 4:30PM

SATURDAY
9AM - 5PM

SUNDAY
7AM - 5PM



ATTENDING VENDORS



Pembrokeshire
SIR BENFRO



swimblender



HUGH | JAMES
Understanding law, understanding you



coastal cottages
OF PEMBROKESHIRE

Pedal Cover



CBD TRIATHLETE



tredz

Elusennau Iechyd
HYWEL DDA
Health Charities

MY SWIM CO.



FRAMED.
DISPLAY WITH PRIDE

Veloforte
#FUELBETTER

LONG COURSE WEEKEND

Red Bull
ENERGY DRINK

FOOD VENDORS



Eat
Argentina

New for 2023

Pedal Cover

Leave the car at home!

Our Official Insurance Partners Pedal Cover will be operating the new Community Bike Park located within the Athlete Village.

Whether your competing, supporting or just coming along to soak up the world famous LCW atmosphere, leave the car at home and let Pedal Cover take care of your bike.

Totally free of charge, this secure area is manned by Pedal Cover staff for all 4 days of the event and offers a great option for leaving the car at home.

Their expert team will be on hand with some incredible home, bike and bundle insurance offers throughout the whole weekend so be sure to pay them a visit.

Entertainment over the weekend

Make the most out the weekend and don't miss out on the entertainment we have over on course and at the Salterns Car Park.

Thursday 29th June - Salterns Car Park, Tenby

Matt Baker 4.30pm - 5.15pm

DJ Toby Ellis 5.15pm-6pm

Matt Baker 6pm - 6.45pm

Friday 30th June - North Beach, Tenby

DJ Toby Ellis 3pm - 7pm

Saturday 1st July

DJ Toby Ellis & DJ FreaQuincy - Salterns Car Park - 10am - 5pm

DJ Dowsy - Boars Head, Templeton - 8.30am - 3.30pm

DJ Alaina - St Brides, Saundersfoot - 9am - 2pm

Sunday 2nd July

Toby Ellis & DJ Dowsy - Salterns Car Park- 9am - 5.30pm

DJ FreaQuincy - Norchard Cross - 10.15am - 3.45pm

DJ Alaina - Manorbier Beach Car Park - 11.30am - 2.30pm

Post Event Party - Salterns Car Park

Steve Bartram - 7pm - 7.45pm

DJ Set - 7.45-8.15pm

Steve Bartram - 8.15pm - 9pm

THE OFFICIAL
LONG COURSE WEEKEND
SHOP

NEW LINES ADDED FOR 2023 / OFFICIAL RACE WEAR & EVENT CLOTHING / ACCESSORIES / RACE DAY ESSENTIALS & MUCH MORE...



OPENING TIMES

THU: 3PM - 8PM FRI: 10AM - 6PM SAT: 5AM - 5PM
SUN: 7AM - 5PM

AT THE ATHLETE VILLAGE

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 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**.

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.

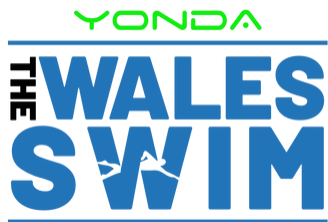
REGISTRATION TIMES

THURSDAY:	3pm - 8pm	Highly Advised you register this day to avoid any queues
FRIDAY:	10am - 6pm	Note: Priority will be given to full LCW & Swim athletes 12pm - 3pm
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 (For safety reasons the issued swim hat must be worn)
- 1 x back of the hand tattoo (Either hand)
- 1 x timing chip to be worn using the strap provided outside of your wetsuit on your ankle (Any 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 bib 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 Bag
- 1 x LCW Athlete Polo Shirt
- 1 x LCW Beer Can (Not issued to Juniors)

NEW

 **CBD
TRIATHLETE**
RECOVERY ZONE

LOCATION: SALTERNS CAR PARK

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

ATTENDING VENDORS



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.

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



@longcourseweekend



@longcourseweekend



@longcourseweekend



 JCP Solicitors

LCKINDER

FRIDAY 30 JUNE 2023



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 athletes get to experience the electric atmosphere and compete in front of the huge crowds too.

ITINERARY

FRI
June
30

- 3.30pm** All Participants Must Be On **North Beach, Tenby** Compulsory
- 3.45pm** Race Briefing
- 4pm** 🚩 **Race Start - Children will race in year groups - allocated on the day.**
- 4.20pm** 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 30 JUNE 2023

Please note the event will start at 5pm

 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
29

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

JUNE
30

10am - 3pm

Registration Salterns Car Park, Tenby

12pm - 3pm

Swim Priority Registration Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 3:00PM ON FRIDAY.

ITINERARY

SWIM ACCLIMATISATION

**Please swim on the right-hand side of Goscar Rock, looking out to sea due to the Kid's race.
4:15PM - 4:30PM**

FRI

JUNE
30

4.15pm-4.30pm **Swim Acclimatisation** (North Beach, Tenby)

4:40pm **Start Pen Closes & Swim Briefing** (North Beach, Tenby)

5pm  **The Wales Swim Start** (North Beach, Tenby)

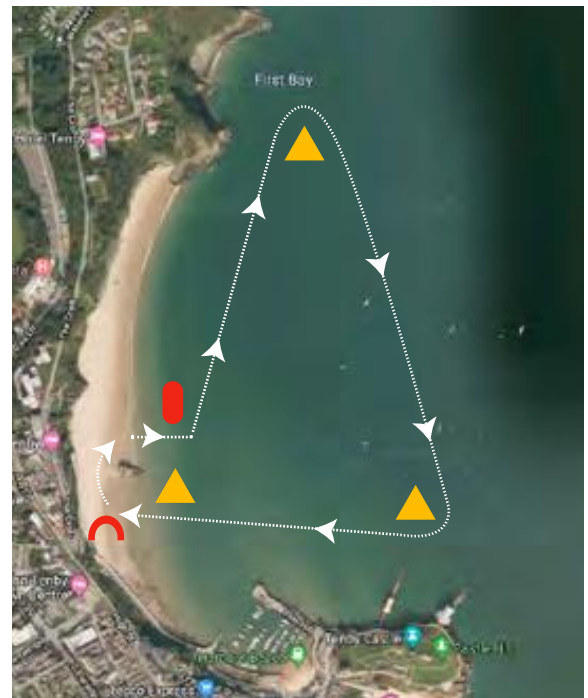
6pm (approx)  **First Lap Cut-off Time 1 hour after last athlete enters water**

7pm **Trophy Presentation**

7pm  **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 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.

BAG DROP

📍 NORTH BEACH, TENBY

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

Bag Drop will open at 3.30pm and will close at 7.15pm.

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 it 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 7.15pm prompt. All bags left will be removed to Race Registration

TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on top of any other hat, a hand **tattoo (on any hand)** 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 bowlers provided. There are public toilets on the beach.





THE WALES SPORTIVE

SATURDAY 01 JULY 2023

 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
29**

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JUNE
30**

10am - 6pm

Registration Salterns Car Park, Tenby

SAT

**JULY
01**

5am - 9am

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

ITINERARY

SAT

**JULY
01**

5am - 9am

Registration Open

Salterns Car Park, Tenby

7am

All LCW, 112M & 70M Athletes

Salterns Car Park, Tenby

9:30am

42 Mile Sportive

Salterns Car Park, Tenby

10:30am

First Bikes Expected Back

Salterns Car Park, Tenby

1pm

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

The Green, Tenby

12pm - 5pm

Recovery Zone / Sports Massage

Salterns Car Park, Tenby

2pm

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

St Brides Hill, Saundersfoot

5pm

 **Overall Cut Off**

Salterns Car Park, Tenby

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 riding TT bikes must ride alone and not in packs. This is due to athlete safety. Anyone with a TT caught riding in a pack will be DQ instantly. Please respect the other athlete's safety.
- 3) Security Pens have been installed on the 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) Some sections on the course are open, during this section please do not ride more than 2 abreast.
- 5) Helmets must be worn at all times and fastened.
- 6) 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.
- 7) Marshals are there for reference points only.
- 8) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free. You will be made aware when the reopening of roads will take place. After 1pm the roads will start reopening. Please read about the Hybrid Road Closures.
- 9) Crossing points are in place on the course and bikes will be held to allow traffic to pass at certain times on the course.
- 10) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 11) Any littering during the weekend will result in a DQ from all events.
- 12) The event organisers reserve the right to issue penalties and DQ as they see fit.
- 13) Cut-offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 14) It is advised to carry a mobile phone with you at all times should you need assistance on the course.
- 15) 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
- 16) It is your responsibility to know the route. Failure to follow the route will result in a DQ.

TT BIKES

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

HYBRID ROAD CLOSURES

This year we are changing the way we run the road closures. As you know the community is at the heart of everything that we do at LCW, and we are aware that two days of closures will cause an element of disruption to the local communities. Therefore, we need to open the roads as soon as possible to limit this.

This year we are running a "Hybrid" system. When the course is very busy and athletes are travelling at speed, the roads will be closed. When there are fewer bikes on the course and the speed is reduced to a safe level then the course will be open to other road users.

Please note that whilst every effort has been made to close the roads, we cannot guarantee that it will be totally traffic free and you should ride accordingly. Any athlete that rides around 15mph will get most of the course on closed roads. If you are riding slower than this, you will encounter live traffic on the second lap.

Please note there are also sections on the course where the roads are NOT closed. Please pay attention to the signage!!

The Hybrid system will be introduced from 1pm in Tenby. After 1pm expect the roads to be opened at any time, no matter where you are on course.

There will be a vehicle on course that will pass you with a warning sign that the roads are now live.



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 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.**

CUT OFFS

Cut-offs are in place for athlete safety. First Cut off is 1pm for first lap and 5pm for overall.

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 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 ceremony.

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 the 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 THE 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.

You will need to bring your own nutrition on course as only water will be supplied.



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.



LITTER

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.



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Veloforte[®]
#FUELBETTER

THE WALES MARATHON

SUNDAY 02 JULY 2023

You will experience a fabulous start in Salterns Car Park, 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
29**

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JUNE
30**

10am - 6pm

Registration Salterns Car Park, Tenby

SAT

**JULY
01**

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

**JULY
02**

7am - 9am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

**JULY
02**

7am - 9am

Registration Open

Salterns Car Park, Tenby

9:45am

The Wales Marathon Briefing

Salterns Car Park, Tenby

10am

The Wales Marathon Starts

Salterns Car Park, Tenby

12pm - 5pm

Recovery Zone / Sports Massage

Salterns Car Park, Tenby

12:30pm

First Athlete Back

Salterns Car Park, Tenby

4pm

✂ Event Cut-off Time for All Athletes

Salterns Car Park, Tenby

4pm

Marathon Trophy Presentation

Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation

Salterns Car Park, Tenby

BAG DROP

SALTERNS CAR PARK, TENBY

What3words ///races.marathons.fulfilled

Bag drop will be open **8am – 11.30am** 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 taken to lost property at our office.

Please make sure you put your race number onto the tag provided and attach it 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 lost property.

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 it 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 THE START LINE WILL BE IN OPERATION

CUT OFFS

Cut-offs are in place for athlete safety. There will be an overall cut off of 4pm.

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 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 ceremony.

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 IN BINS AT FEED STATIONS.

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 the 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 (including transition) 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. You will also need to keep your chest 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 and fluorescent background. 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 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 and know the course.
12. If you cannot complete the course, please report to an official with your timing chip.
13. If you decide last minute not to start the event, please report to an official with your timing chip.

#InspireTheNation



THE WALES HALF MARATHON

SUNDAY 02 JULY 2023

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
29**

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

**JUNE
30**

10am - 6pm

Registration Salterns Car Park, Tenby

SAT

**JULY
01**

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

**JULY
02**

9am - 11am

Registration South Quay Car Park, Pembroke

ITINERARY

SUN

**JULY
02**

9am - 11am

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

9:30am

🚌 The Wales Half Marathon Coaches Leave Lower Park Road, 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 Salterns Car Park, Tenby

4pm

✂ Event Cut-off Time for All Athletes Salterns Car Park, Tenby

4pm

Wales Half Marathon Trophy Presentation Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation Salterns Car Park, Tenby **42**

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 THE FINISHLINE at the Salterns Car Park in Tenby 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 taken to lost property at our office.

Please make sure you put your race number onto the tag provided and attach it 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 lost property.

 **PICKUP** SALTERNS CAR PARK

What3words [///races.marathons.fulfilled](https://www.what3words.com/races.marathons.fulfilled)

BUS INFORMATION

 **DEPART: 9:30AM**  **LOWER PARK ROAD, 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 it 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

CUT OFFS

Cut-offs are in place for athlete safety. There will be an overall cut off of 4pm.

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 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 ceremony.

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

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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 (including transition) 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. You will also need to keep your chest 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 and fluorescent background. 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 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 and know the course.
12. If you cannot complete the course, please report to an official with your timing chip.
13. If you decide last minute not to start the event, please report to an official with your timing chip.



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

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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 02 JULY 2023

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

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

JUNE
29

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

JUNE
30

10am - 6pm

Registration Salterns Car Park, Tenby

SAT

JULY
01

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

JULY
02

7am - 10:30am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

JULY
02

7am - 10:30am

Registration Open

Salterns Car Park, Tenby

11.15am

 **Wales 10K Coaches Leave**

Lower Park Road, Tenby

12:45pm

The Wales 10K Briefing

Manorbier Beach, Manorbier

1:30pm

 **The Wales 10K Starts**

Manorbier Beach, Manorbier

4pm

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

Salterns Car Park, Tenby

4pm

Wales 10k Trophy Presentation

Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation

Salterns Car Park, Tenby

BAG DROP

DROP-OFF MANORBIER BEACH CAR PARK, MANORBIER

What3words ///stilted.pure.action

Bag drop-off will be open at **11:30am**. Bags will be returned to THE FINISH LINE 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 taken to lost property at our office.

Please make sure you put your race number onto the tag provided and attach it 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 lost property.

PICKUP SALTERNS CAR PARK

What3words ///races.marathons.fulfilled

BUS INFORMATION

 **DEPART: 11.15AM**  **LOWER PARK ROAD, TENBY**

For supporters returning you will be picked up at **MANORBIER** where the driver dropped you off.

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 it 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 THE START LINE WILL BE IN OPERATION

FEED STATIONS



START



MILE 2

Energy Station: Water, Veloforte Energy, Crisps, Sweets



MILE 4

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.

CUT OFFS

Cut-offs are in place for athlete safety. There will be an overall cut off of 4pm.

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 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 ceremony.

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13. If you decide last minute not to start the event, please report to an official with your timing chip.



THE WALES 5K

SUNDAY 02 JULY 2023

One of the fastest courses over the weekend. The event starts literally minutes before the Marathon in Salterns Car Park 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 Salterns Car Park!

COURSE MAP



VIEW ROUTE →

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

THU

JUNE
29

3pm - 8pm

Registration Salterns Car Park, Tenby
EXPO DISCOUNT DAY!

FRI

JUNE
30

10am - 6pm

Registration Salterns Car Park, Tenby

SAT

JULY
01

5am - 5pm

Registration Salterns Car Park, Tenby

SUN

JULY
02

7am - 9am

Registration Salterns Car Park, Tenby

ITINERARY

SUN

JULY
02

7am - 9am

Registration Open

Salterns Car Park, Tenby

10.30am

The Wales 5K Starts

Salterns Car Park, Tenby

11.20am

Wales 5K Presentation

Salterns Car Park, Tenby

BAG DROP

📍 SALTERNS CAR PARK

What3words ///drops.clues.linguists

Bag drop off will be open 8am - 11.30am and 1pm - 5pm.

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

Any bags left after this time will be taken to lost property at our office.

Please make sure you put your race number onto the tag provided and attach it 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 11.30am prompt. All bags left will be removed to lost property.

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 it with other items of clothing.

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

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13. If you decide last minute not to start the event, please report to an official with your timing chip.



FULL LONG COURSE

FRI 30 - SUN 02 JULY 2023

 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 make sure you 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 keep that 1pm cut-off for the second lap in mind.

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

See you at 4.30pm wearing your polo for your 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 the race starts.

THU

**JUNE
29**

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

**JUNE
30**

10am - 6pm

Registration

Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND ATHLETES MUST BE REGISTERED BY 3:00PM ON FRIDAY.

THE WALES SWIM



4:15PM - 4:30PM SWIM ACCLIMATISATION

ALL ATHLETES MUST BE OUT OF THE WATER AT 4:40PM PROMPT

PLEASE SWIM THE RIGHT HAND SIDE OF GOSCAR ROCK, DUE TO THE KIDS RACE TAKING PLACE

FRI

4.15pm - 4.30pm **Swim Acclimatisation** (North Beach, Tenby)

**JUNE
30**

4:45pm **Start Pen Closes & Swim Briefing**(North Beach, Tenby)

5pm  **The Wales Swim Start** (North Beach, Tenby)

6pm (approx)  **First Lap Cut-off Time 1 hour after last athlete enters water**

7pm **Trophy Presentation**

7pm  **Event Cut-off Time 2 hours based on chip time**

BAG DROP



NORTH BEACH, TENBY

[What3words ///magnum.wardrobe.lamenting](#)

Bag Drop will open at 4pm and will close at 7.15pm.

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 it 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 7.15pm prompt. All bags left will be removed to Race Expo.

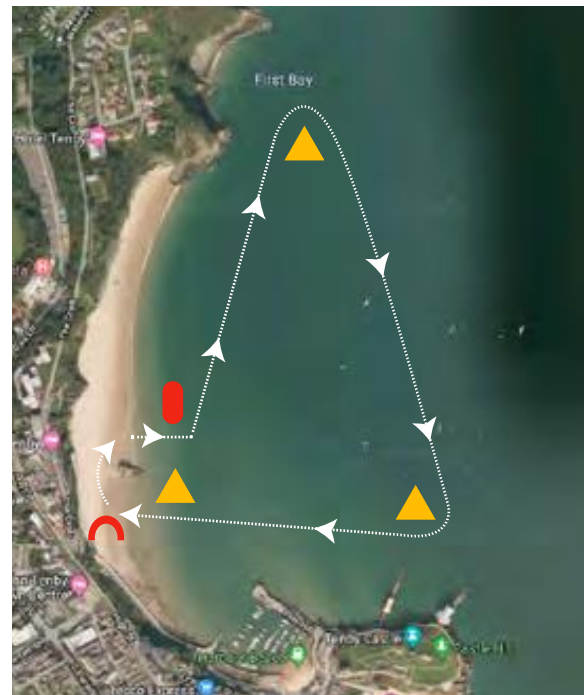
TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on 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 their 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
01**

5am - 5pm	Registration Open	Salterns Car Park, Tenby
7am	All LCW, 112m & 70m Athletes Start	Salterns Car Park, Tenby
9 - 5pm	Event Expo Opens	Salterns Car Park, Tenby
9:30am	42 Mile Sportive start	Salterns Car Park, Tenby
10:30am	First Bikes Expected Back	Salterns Car Park, Tenby
1pm	Cut-off Time For The Second Lap	The Green, Tenby
12pm - 5pm	Recovery Zone / Sports Massage	Salterns Car Park, Tenby
1pm	Cut-off for King, Queen & Junior of The Hill	St Brides Hill, Saundersfoot
5pm	Overall Cut Off	Salterns Car Park, Tenby



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 riding TT bikes must ride alone and not in packs. This is due to athlete safety. Anyone with a TT caught riding in a pack will be DQ instantly. Please respect the other athlete's safety.

3) Security Pens have been installed on the 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) Some sections on the course are open, during this section please do not ride more than 2 abreast.

5) Helmets must be worn at all times and fastened.

6) 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.

7) Marshals are there for reference points only.

8) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free. You will be made aware when the reopening of roads will take place. After 1pm the roads will start reopening. Please read about the Hybrid Road Closures.

9) Crossing points are in place on the course and bikes will be held to allow traffic to pass at certain times on the course.

10) Any abuse of officials, locals or fellow competitors will result in an instant DQ.

11) Any littering during the weekend will result in a DQ from all events.

12) The event organisers reserve the right to issue penalties and DQ as they see fit.

13) Cut-offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.

14) It is advised to carry a mobile phone with you at all times should you need assistance on the course.

15) 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

16) It is your responsibility to know the route. Failure to follow the route will result in a 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 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.

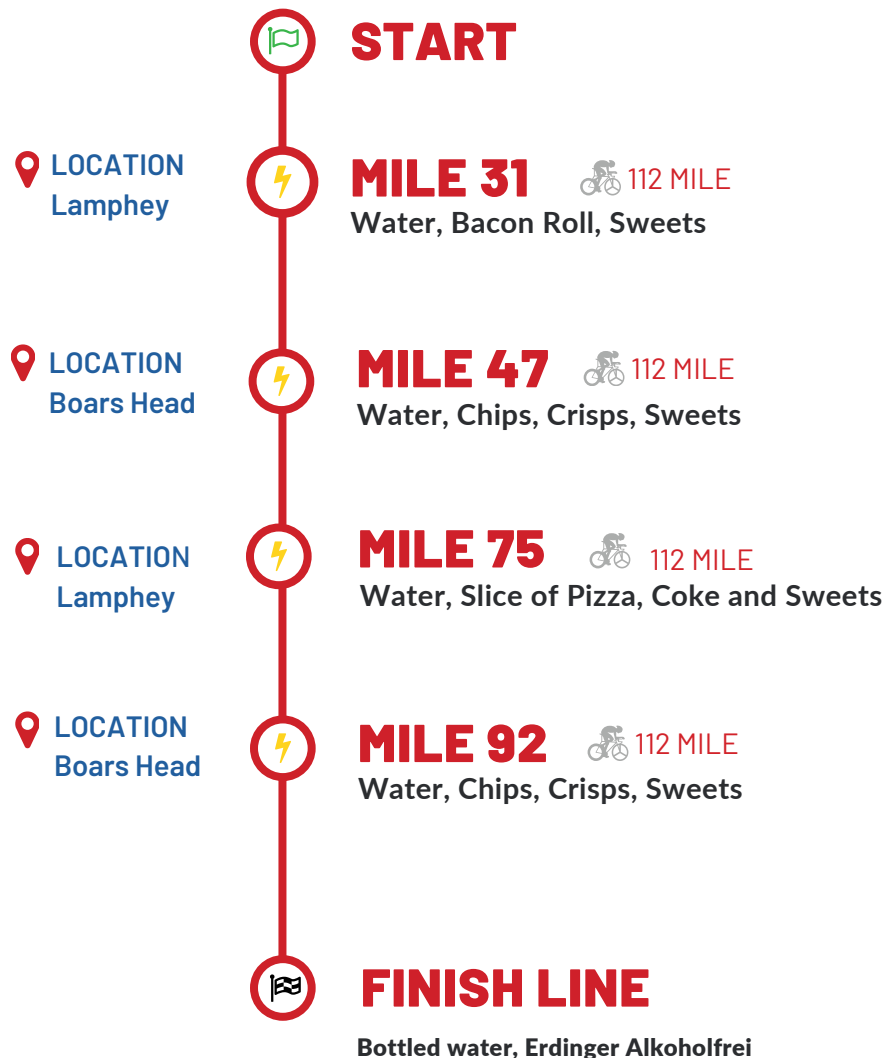
If there are any incidents on the course that enforce a route change, then cut-offs will be adjusted accordingly.

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

FEED STATIONS

The first feed station is at 31 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.

You will need to bring your own nutrition on course as only water will be supplied.



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 IN BINS AT FEED STATIONS.

HYBRID ROAD CLOSURES

This year we are changing the way we run the road closures. As you know the community is at the heart of everything that we do at LCW, and we are aware that two days of closures will cause an element of disruption to the local communities. Therefore, we need to open the roads as soon as possible to limit this.

This year we are running a "Hybrid" system. When the course is very busy and athletes are travelling at speed, the roads will be closed. When there are fewer bikes on the course and the speed is reduced to a safe level then the course will be open to other road users.

Please note that whilst every effort has been made to close the roads, we cannot guarantee that it will be totally traffic free and you should ride accordingly. Any athlete that rides around 15mph will get most of the course on closed roads. If you are riding slower than this, you will encounter live traffic on the second lap.

Please note there are also sections on the course where the roads are NOT closed. Please pay attention to the signage!!

The Hybrid system will be introduced from 1pm in Tenby. After 1pm expect the roads to be opened at any time, no matter where you are on course.

There will be a vehicle on course that will pass you with a warning sign that the roads are now live.



THE WALES MARATHON



VIEW ROUTE →

SUN

JULY
02

7am - 10:30am

10am

12 - 5pm

12:30pm

4pm

4:30pm

58

Registration (Marathon, 10k, 5k)

The Wales Marathon Starts

Recovery Zone / Sports Massage

First Athlete Back

Event Cut-off Time for All Athletes

LCW Trophy Presentation

Salterns Car Park, Tenby

Salterns Car Park, Tenby

Salterns Car Park, Tenby

Salterns Car Park, Tenby

Salterns Car Park, Tenby

Salterns Car Park, Tenby

BAG DROP

📍 **SALTERNS CAR PARK, TENBY**
What3words ///races.marathons.fulfilled

Bag drop will be open 8am - 11.30am 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 taken to lost property at our office.

Please make sure you put your race number onto the tag provided and attach it 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 lost property.

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 it 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 THE START LINE WILL BE IN OPERATION

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 the 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 (including transition) 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. You will also need to keep your chest 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 and fluorescent background. 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 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 and know the course.
12. If you cannot complete the course, please report to an official with your timing chip.
13. If you decide last minute not to start the event, please report to an official with your timing chip.

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,
Food and Drink Voucher(For Full LCW athletes only)

ONCE YOU HAVE COMPLETED ALL THREE DISTANCES ON SUNDAY YOU WILL RECEIVE YOUR FOOD AND DRINK VOUCHERS ON THE FINISH LINE

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 IN BINS AT FEED STATIONS.



CBD TRIATHLETE RECOVERY ZONE

LOCATION: [SALTERNS CAR PARK, TENBY](#)

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

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

ATTENDING VENDORS



GOLD BAND COLLECTION - FULL LCW ATHLETES

On completing the Full Long Course Weekend, you will **need to visit the Registration Tent 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 a close with the very special 4th medal ceremony. A chance to walk the red carpet and share 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 the registration tent.**
- **LCW athlete polo shirt on.**
- **All medals from the weekend.**

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

