

RUN WALES RELAYS

Pembrey country park, Llanelli.

Sunday 15th September – 12.40pm

Registration opens at 10.30am

Venue map



Venue

Pembrey Country Park is a 520 acre site made up of grassland and woodland adjacent to the 8 mile stretch of Cefn Sidan beach, with a network of roads/cycle paths connecting its facilities.

The Race HQ is based at the new 'National Closed Road Cycling Circuit' where there are toilets available. Limited changing facilities are available at the Pembrey Ski Centre.

Refreshments are available near the registration marquee as marked on the site plan above.

Car parking charges are as follows; Up to 2hrs £3, All Day £5.50

Transport

The park is well signposted from the East and West if travelling by car on the A484 (Sat Nav SA16 0EJ).

Full transport information can be found at; www.pembreycountrypark.wales/find-us/index.html



Registration

Please make your way to the Run Wales tent (black roof) for registration (marked on the map)

Team Managers will collect a race pack with numbers for each athlete per team and complete and return a registration card for results purposes. On it they will confirm

1 – The team category (mixed, male, female)

2 - The final team names

3 – The team order – A, B, C

Within the race pack the team manager will be then given three numbers and a wrist slap 'baton'

You must register and return your registration card by 11.40pm at the latest

Course

The relay route is on tarmac traffic free roads and paths around the national closed road cycling circuit and surrounding parkland. There are a number of small tarmac speed bumps positioned on the loop. These will be sign posted and chalk will identify them at floor level.

Click [here](#) for a link to the route map

Prior to their race

Marshalls will be positioned around the course and will make every effort to inform other park users of the event, however please be alert to the public who equally have a right to use the roads/pathways.

Listen to PA announcements for information throughout the day.

Runners are requested NOT to warm up on the race route. There are ample alternative paths in the park or grass surfaces.

Race instructions

- A runner can only run once for the same team.
- Race numbers must be worn on the front of the runner's clothing and be clearly visible at all times.
- Runners must run consecutively according to their given letter – A then B then C.
- A 'slap band' will be provided to you that you must use as your 'Baton'
- 'Batons' must be carried on the runners wrist at all times. The band must be passed from runner A to runner B and from runner B to runner C.
- The Baton can only be passed from one runner to the next in the designated changeover zone (see map)
- It is the athlete's responsibility to be in the changeover area in suitable time for competing.
- Runners must not block other people at the changeover zone
- Runners must obey marshals' instructions at all times.
- The wearing of earphones, headphones or similar devices is not permitted in the race.



Presentations

Presentations will be made near the race HQ/ registration area as soon as possible following the race. There will be prizes for first place teams only and spot prizes. You must be there to collect them.

Dogs

All dogs must be under strict control at all times and are not allowed on the beach area.