



RUN WALES WINTER RELAYS 2020
Pembrey country park, Llanelli.
Saturday 22nd February – 10.00am
Registration opens at 9am

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 is based near the Pembrey Ski centre, where there are also Limited changing facilities. Toilets are available between the Ski centre and race HQ (see map below).

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

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

****Please note - we have been made aware of potential road works in the near vicinity, please allow 5-10 minutes extra to get there.**

Registration

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

Team Managers will collect a race pack with numbers for each athlete per team and confirm the following details -

- 1 – The team category (mixed, male, female)
- 2 - The final team members
- 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 09.45pm at the latest



Course

The route is fully marked and entirely off road, but due to the nature of the park we don't anticipate the conditions underfoot being very wet (despite the weather we have had). Please note there are changes in terrain and some natural obstacles on the course, please take care when navigating these.

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.

Runners are requested NOT to warm up on the race route. There are ample alternative paths and trails in the park.

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 handover tent (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 handover 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 (mixed, female, male) 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.

All information is subject to change, any changes will be communicated at registration.

Venue / route map

