



activity wales events

RACE INFORMATION PACK



LONG COURSE WEEKEND

Fri 11 - Sun 13 July 2014



A Word from the Race Organisers

Dear Competitor,

Welcome to the 2014 Long Course Weekend and our 5th Anniversary! This event has grown incredibly over the past 5 years with over 5000 athletes from 42 different countries taking part this year. Indeed the team would like to say a special welcome back to Gareth Hall, Stephen Rogers and Nicky Rees whom have completed all 4 previous Long Course events and are back for a shot at the 5th.

The weekend promises to be a fantastic weekend for all. Many of you have been training for months and we believe we have a course that will test you both mentally as well as physically, whilst at the same time deliver an experience you will always remember. Long Course is very much about the supporters too and we have a great line-up of acts and activities over the weekend, climaxing in the Post-Race Gathering in Tenby House on Sunday evening at 7:30pm, where we'll be watching the World Cup Final and then cranking up the jukebox!

The county of Pembrokeshire look forward to welcoming you also. Last year's support was incredible and one of the reasons we have grown so fast! Please remember you are racing in a National Park, and littering etc will be dealt with in a straight DQ.

This event pack provides all the information you need to get the best from your weekend. Race numbers and chips are to be collected from the Expo at registration. Many of our sponsors and supporters will have stands at the Expo and it is a great place to meet up and also grab a deal or two!

Here's a quick checklist to ensure you're completely set;

- Have you checked that you are registered for the correct event?
- Have you packed photo ID?
- Are you bringing your children? Taff Kids is open to children aged 4 - 14!
- Have you booked your place at the Pasta Party? Call us on **01437 765 777** to book your tickets!
- Is your accommodation booked? If not, call **01437 765 777** and see what's available

There will be lots of nerves on the start line, but just remember you won't be on your own - relax and enjoy the occasion.

If you have any questions, please feel free to ask our registration team or any of the crew you see on the ground and we will be happy to help.

The Activity Wales Events Team

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Travel Info

Tenby by Train

Tenby is connected by 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 service runs from London and Birmingham.

For tickets please call **01437 765 777**

Tenby Parking

Car parking is ample in Tenby; there are various public car parks, just follow the P signs located as you approach Tenby.

Key Areas:

1. De Valence, Tenby – Location of Expo, Registration and Pasta Party
2. North Beach, Tenby – Swim Location & Taff Kids
3. Crackwell Street – Approach to Sportive start line
4. Tudor Square, Tenby – Start & Finish for Sportive, Start & Finish for Marathon and Medical Centre
5. Pembroke Castle, Pembroke - Half Marathon Gather Point



Registration

Registration for 2014 will take place in;

De Valence Pavilion, Upper Frog Street, Tenby, Pembrokeshire, SA70 7JD

De Valence is located at the top of Upper Frog Street in Tenby. It is within easy walking distance of the multi-storey car park. Marshals and signs will direct you on the day.

Please note athletes will be issued with their timing chip, race number and other race essentials at registration. NOTHING will be mailed out to you.

You can register for any event from Friday 12:00pm. Please note that on Friday, priority will be given to LCW and Swim athletes.

Photo ID is compulsory. Any athlete without Photo ID will not be able to register or race. Friends verifying whom you are is not acceptable. Race places are also non-transferable.

At Registration, it is essential that you ensure that your details are correct and that you are entered into the correct category and race distance. Athletes wishing to change distance on the race weekend will be charged £5 for the different timing chip if it is possible. Changes must be made at least 4hrs prior to the start time. Athletes will not be permitted to change the race distance during the event. Failure to complete the entered distance will result in a DNF this year. You will still receive a medal; however no time will be given to those athletes not completing the distance they entered online.

Please note that ONLY athletes registered for the LCW entry are entitled to the LCW medal. The events must not have been entered on an individual basis.

Essentials in your Race Pack (Please check prior to leaving registration)

NOTE: LCW Athletes will be issued with all of the below. You will keep the same number for the whole weekend. You will also be issued with number tattoos which need to be applied to arms and legs. If you fail to finish the long distance on any of the days, you are entitled to drop down to the individual events. Please note that you **MUST** report to registration where you will be issued with different bib and chip numbers. This will allow you to be entered into the event on that day. Failure to do so will result in no times or positions being displayed.

The Wales Swim Athletes

- 1 x Swim hat (Please note you are only permitted to wear the hat issued)
- 1 x Back of the hand tattoo
- 2 x Swim hat stickers - please stick on either side of the issued swim hat
- Timing chips for the swim can be collected from Registration

The Wales Sportive Athletes

- 1 x Sticker for the bike seat post - your timing chips should be attached to this, please check
- 3 x Helmet stickers – each side and front
- 1 x Pin-on number
- 4 x Safety pins

Numbers should be displayed on your BACK for the bike

The Wales Full & Half Marathon Athletes

- 1 x Bib number - your timing chips should be located on the back of the number, please check
- 4 x Pins to attach your bib number (please note that number belts are permitted)

Numbers should be displayed on your FRONT for the run

Please ensure all medical forms on the reverse of the numbers have been completed prior to starting the race.



Long Course Weekend - At A Glance

De Valence Location: SA70 7JD





Perfect Training

6 WEEKS BEFORE
IRONMAN WALES

Saturday 2nd August 2014 • Fishguard, Pembrokeshire • 11am

Middle Distance - 1.2 mile swim, 56 mile cycle, 13.1 mile run

The only UK Qualifier for the Grand Final in Lanzarote

Enjoy closed roads on a fantastic North Pembrokeshire route

24 FREE Final Places available, including 6 Lucky Dips for Finishers

Experience the Award-Winning Red Carpet Finish Line

Visit the Expo Area and enjoy the Post-Race Party

Camping Areas available for athletes and spectators



New!

SPRINT DISTANCE
TRIATHLON AT 12PM

Exclusive Offer: Get 20% Off - use code **LOYALVIP when entering!**

Simply pick your distance and enter at walestriathlon.com



sponsors



Folly Farm Taff Kids - www.taffkids.com

Friday 11th July - North Beach, Tenby £10 - 4:30pm Start

Taff Kids has been a massive success since its launch in 2011 and is a great event to open up the weekend of fun!

Children aged 4 - 14 years have their own mini multi-discipline event.

The swim (or splash and dash) will take place on North Beach - the venue for The Wales Swim. The safety and wellbeing of every child is our overriding priority. The water is expected to be around 13 degrees. We have therefore opted for a short, sharp swim that the children can complete without having to worry about wetsuits. However, wetsuits are allowed.

The children will start on the beach and navigate a rectangular course; surf run out 10 metres, right turn to swim parallel to the beach and then a surf run back onto the beach. The course will be marked out by adult marshals posted at least every 10 metres. To allow the adults to stand, the deepest water will be around 1.2 metres.

Swim Distances

4-5 year olds: 30m Surf Run, 200m Run

6-10 year olds: 30m Surf Run, 400m Run

11-14 year olds: 50m Swim, 800m Run

Itinerary

Thursday 10th July

4:00-6:00pm: Registration for Taff Kids Only

Friday 11th July

11:00am-3:00pm: Registration open to collect race numbers and t-shirts

4:00pm: Be on North Beach

4:20pm: Compulsory Race Briefing

4:30pm: Race Begins (First wave: 11 - 14 year olds)

5:30pm: Last wave expected (4 - 5 year olds)

HUUB



The HUUB Wales Swim - www.thewalesswim.com

Itinerary

Friday 11th July

12:00-8:00pm: Expo Registration opens for all athletes (Long Course Weekend, The Wales Swim, The Wales Sportive, The Wales Marathon and Taff Kids) - De Valence, Tenby

LONG COURSE ATHLETES AND WALES SWIM ATHLETES MUST REGISTER BETWEEN 12:00PM AND 6:00PM.

Priority will be given to LCW and Swim athletes from 4:00-6:00pm, although all athletes are welcome to register during these times.

12:00-8:00pm: Massage in the De Valence

4:00pm: The Wave Radio Station start broadcast from North Beach as athletes will start to assemble.

5:30pm: Bag drop on the beach opens - next to the Café

6:30pm: Swimmers into Start Pen

6:35pm: Swim Briefing on the Swim Start - North Beach

6:40pm: Race warm-up

6:45pm: All Swimmers back into Start Pen - **any athlete not in pen will not be allowed to swim**

7:00pm: **SWIM START** (beach start)

8:00pm: 1st lap cut-off time

9:00pm: Race cut-off time



The swim will take place on Tenby's North Beach and is a 1.2 mile lapped course - this is the original Swim! The course has been designed so that athletes who are competing in the 2.4 mile race have the opportunity to assess the conditions and make an informed decision on whether to complete the course at the halfway mark! However, athletes signed up to the 2.4 mile distance who don't complete the correct number of laps will be classed as DNF.

Swimmers are advised that the current water temperature, at time of print, is 14 degrees. Please note that we reserve the right to withdraw anyone from the race that appears to be suffering from the cold during the dry land run between laps. Please bring warm clothing to change into immediately after your race.

Failure to wear the allocated hat will result in disqualification. It is a clockwise swim, keeping the buoys on your right.

Registration

Registration for The Wales Swim takes place at De Valence between 12:00-6:00pm on Friday 11th July.

Race Briefing

Race briefing will take place at 6:35pm on the beach in the race pen. If you are not in the race pen for the briefing you will not be allowed to race.

Swim Acclimatisation

All swimmers will be required to enter the water prior to the race start to acclimatise to the conditions. This is imperative for health and safety reasons. Athletes are also advised to keep active during their time in the start pen to ensure that their heart rate is above their normal resting rate prior to the swim start. Athletes are permitted to wear boots but NOT gloves.

Timing

You will be assigned a timing chip at registration, which is worn on the ankle with the strap provided for the duration of the swim. You must return the timing chip at the finish.



Swim Start

7:00pm – It is a mass beach start with all the swimmers starting in one wave. Please rank yourself in accordance to ability at the start line. First time and weak swimmers are advised to start at the side or back of the start line.

Cut Off Times

For Health and Safety reasons, there will be a cut off in place for the event. 2.4 mile swimmers will be given 1 hour to complete the 1st lap. There will be a total cut off of 2hrs. Please note that we reserve the right to change this prior to the event. Any amendments will be published in registration.

Safety

Athletes must ensure they wear the timing chip - we enforce a “no chip, no time” policy. Athletes must rank themselves according to their expected finish time. Athletes must take care when entering and exiting the water. Should you need assistance during the swim, lie on your back and put your arm in the air. For this reason forward facing strokes are only permitted in 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.

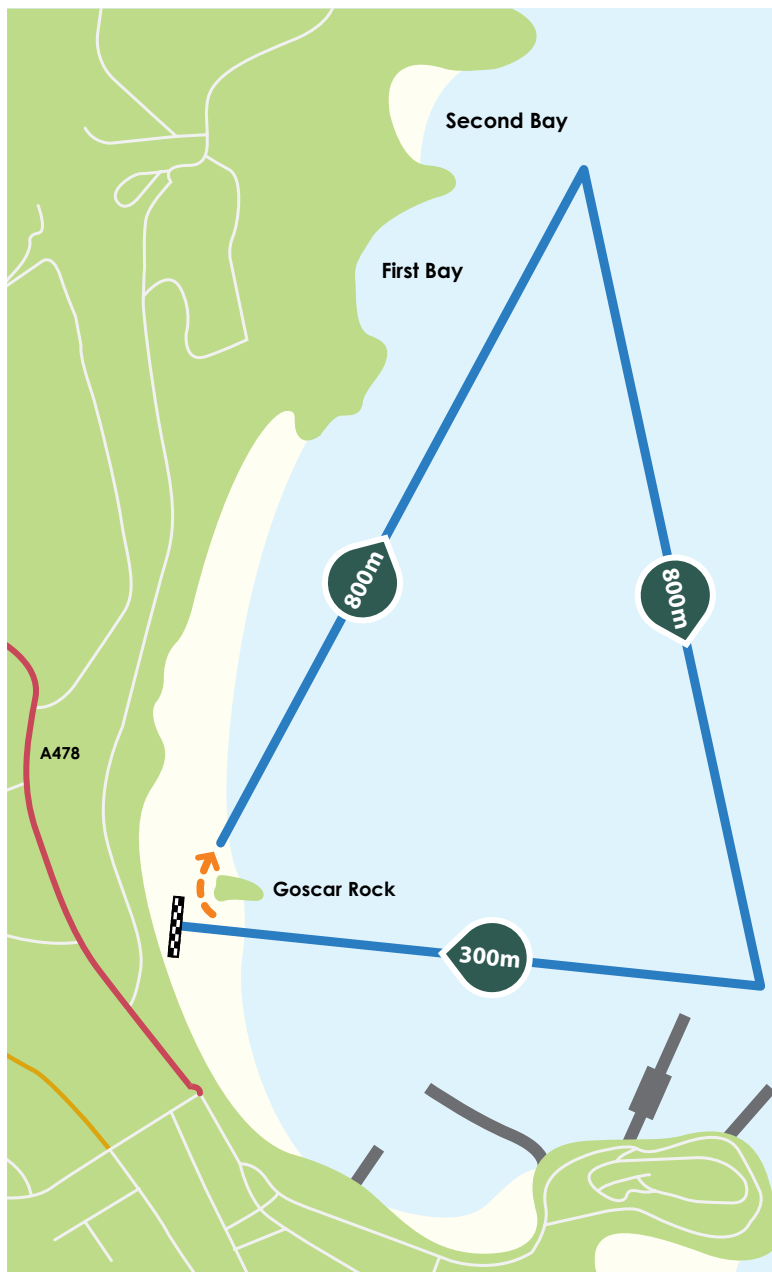
Notes

1.2 mile swimmers must be aged 14 years or over on race day. Wetsuits are mandatory for all swimmers. Under 18s must have a legal guardian to sign disclaimer at registration.

2.4 mile swimmers must be aged 18 years or over on race day. Wetsuits are compulsory.



Swim Course



1.2 Mile Swim

Starts North side of Goscar Rock.

Athletes will complete one lap of the course and finish on the South side of Goscar Rock.

2.4 Mile Swim

Starts North side of Goscar Rock.

Athletes will complete two laps of the course - loop around Goscar Rock after the first lap, and finish on the South side of Goscar Rock.

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The Tredz Wales Sportive - www.thewalessportive.com

Itinerary

Friday 11th July

12:00-8:00pm: Registration - De Valence, Tenby

Sportive athletes are welcome to register on Friday, but priority will be given to Long Course and Swim athletes between 4:00-6:00pm.

Saturday 12th July

6:00-7:00am: Registration - 112 mile Bike Riders

6:00-9:00am: Registration - 70 mile Bike Riders

6:00-11:00am: Registration - 42 mile Bike Riders

Please note: Priority will be given to the 112 mile riders between 6:00-7:00am, and the 70 mile bike riders between 7:00-9:00am.

All Sportive athletes MUST register in the De Valence on Saturday unless they have already registered on the Friday between 12:00-8:00pm.

8:00am: 1st BIKE WAVE - The **TOP 20 LONG COURSE WEEKEND ATHLETES** from the swim will start in reverse order down a time trial style ramp in Tudor Square, swiftly followed by all **112 MILE BIKE RIDERS** and the remaining **LCW ATHLETES** - Tudor Square

9:00am - 9:00pm: Massages are available in the De Valence

10:00am: 70 MILE BIKE RIDERS DEPART - Tudor Square

12:00pm: 42 MILE BIKE RIDERS DEPART - Tudor Square

1:00pm: 1st Bikes expected into Tenby

From 6:00pm: Pasta Party at De Valence at the Expo - **to enter the Pasta Party, you must call us to book your tickets on 01437 765 777**



Registration

Registration for the Wales Sportive will open at the De Valence in Tenby on Friday between 12:00-8:00pm, and also on Saturday (times will depend on distance - please see previous page). Please complete the medical section on the reverse of your number. Also displayed will be our race hotline. This number should only be used only if you require emergency assistance from the race control.

Please note all cyclists will start from Tudor Square. Athletes are required to approach the start line via Crackwell Street and approach the start line from the harbour. Athletes who are expecting to be close to the cut-off times must come to the start line as early as possible.

Start times

8:00am - Long Course Athletes and 112 mile Riders after the Top 20 Ceremony

10:00am - 70 mile Riders

12:00pm - 42 mile Riders

Cut off for the 2nd lap of the 112 mile course will be implemented at 2:00pm at White Lion Street in Tenby. Athletes will not be permitted to head out on the second lap after this time and will be redirected to the finish to collect medal.

Please note that you are NOT permitted to start in a different time slot than the one allocated to your category. If you do start at a different time you will be DQ.

Bike Route

The bike route is to take place on public highways as shown on the course map on page 20. It is the athlete's responsibility to follow the Highway Code at all times. Marshals will be on hand throughout the course but it is the athlete's responsibility to ensure that it is safe to proceed at junctions. Athletes are also advised to always check that it is safe to overtake other riders. Also remember to ride within your own ability. The route is a multi-lap course, starting and finishing in Tenby on all laps. It is important to follow the signage and marshals instructions when on course.

It is compulsory that athletes do not ride more than 2 abreast. Moto Referees will be on course and any athletes seen crossing the middle line or riding 3 abreast will be DQ. Referees decision is final.

The route will be comprehensively sign-posted for athletes and other road users and every junction will be clearly marked and where possible marshalled.

Timing

Your timing chip is incorporated into your bike label, which is attached around your seat post so that the timing chip is on the left hand side. Please ensure that the label is fitted around the seat post only so that it sticks out fully below the saddle. Do not wrap the bike label around anything other than the seat post (saddle bag, pitstop kit, etc).

Toilets

Toilets are available at the feed stations and there are public toilets in Tenby. Please use the facilities provided. Any athlete seen doing otherwise will be disqualified. Athletes are expected to start the race with 2 full bottles on their bike and with energy supplies.

Early Retirement

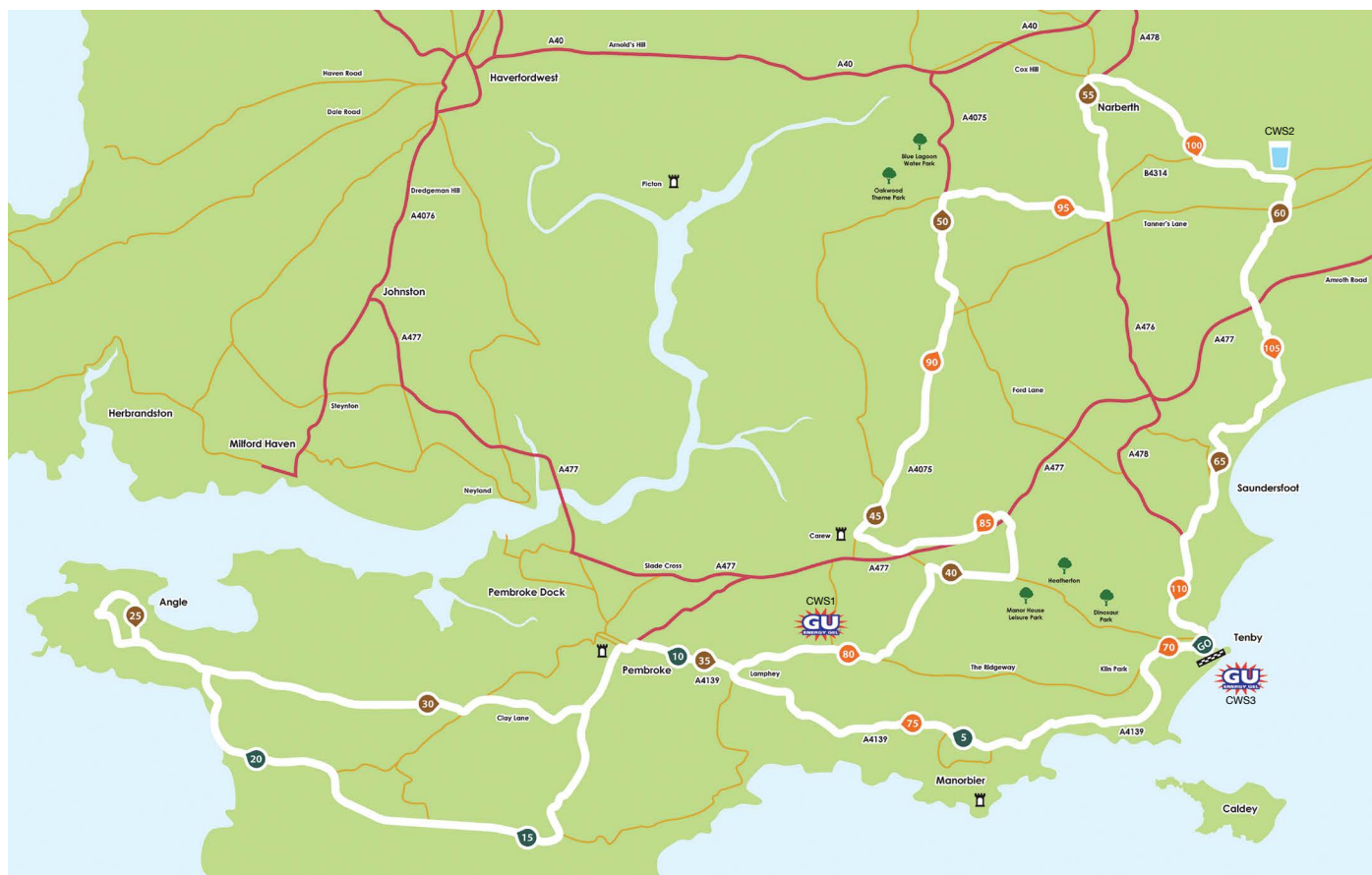
If you feel the need to retire from the race early, you can enter Tudor Square finish at the end of your lap. Please note that if you fail to finish the distance that you have entered, the results will show as DNF. We also have a sweep vehicle in operation for your convenience.

Repair Service

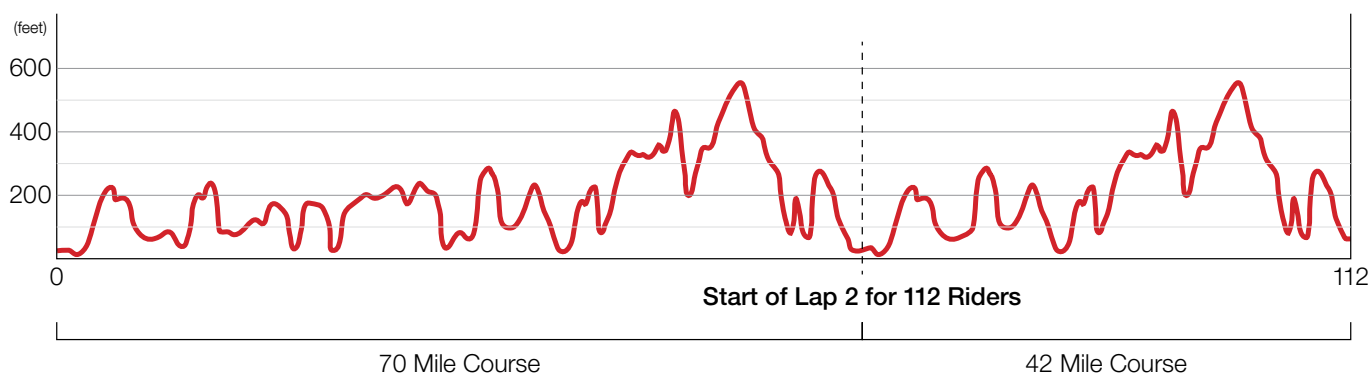
Mike's Bikes will be in attendance on the day and running a 3 van repair service on course. Mark's number (Mark, not Mike!) is 07796 975692. We recommend putting this number into your phone as soon as you can, in case you need him on the day! We also have 2 motorcycles on the course with full radio contact. There is also an emergency number printed on the back of your bib number. This is for emergency use only and will get you a direct line to our Race Control Office.



Bike Course



Elevation



Other Maps

Maps for the 42 Mile Course and 70 Mile Course are available online - please go to:

www.thewalessportive.com/event-info/course-info.php

The CEEPO King Of The Hill

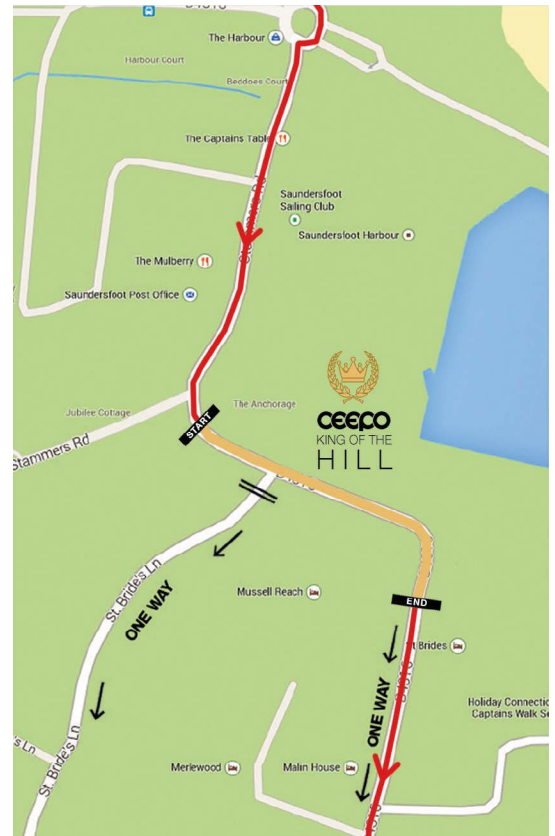
One of the highlights of the weekend is sure to be the brand new addition to The Tredz Wales Sportive this year - the **CEEPO King of the Hill!**

On Saturday, over 1,700 cyclists will be taking on one of the most difficult climbs on the route as they battle to claim the polkadot jersey as a trophy of being the fastest up the timed section.

The fastest rider will receive an exclusive **CEEPO King of the Hill cycling jersey** [pictured below], with the top 150 riders overall from all three distances being entered into a draw with a chance to win the amazing prize of a brand new **CEEPO Mamba frameset!**

Send your supporters to the Hill to cheer you on!

First riders expected around 10:30am



St Brides Hotel - open as usual!

With a fantastic view of CEEPO Hill and of Saundersfoot, it is the perfect place for your supporters to enjoy lunch!

Call on **01834 812304** to book lunch NOW!



powered by



The Newton Wales Marathon - www.thewalesmarathon.com

Itinerary

Friday 11th July

12:00-8:00pm: Registration - De Valence, Tenby

Marathon and Half Marathon athletes are welcome to register on Friday, but priority will be given to Long Course and Swim athletes between 4:00-6:00pm.

Saturday 12th July

6:00am-8:00pm: Registration - De Valence, Tenby

Marathon and Half Marathon athletes are welcome to register on Saturday, but priority will be given to Sportive athletes between 6:00-11:00am.

Sunday 13th July

7:00-9:00am: Registration opens for **The Wales Marathon athletes ONLY** - De Valence, Tenby

All Marathon athletes MUST register in the De Valence on Sunday, unless they have already registered on the Friday or Saturday.

7:00am-5:00pm: Massages in De Valence

9:00-11:00am: Registration opens for **The Wales Half Marathon athletes ONLY** - Pembroke Castle

All Half Marathon athletes MUST register in Pembroke Castle on Sunday, unless they have already registered in the De Valence on Friday or Saturday.

9:30am: Coaches leave for Pembroke with Half Marathon athletes and supporters (*bookings now closed*)

9:45am: Marathon Athletes gather to the side of the start line for race briefing

10:00am: FULL MARATHON START

11:20am: Half Marathon race briefing inside Pembroke Castle

11:40am: Half Marathon Athletes leave Pembroke Castle with Samba Band for Half Marathon Parade to Start line

12:00pm: HALF MARATHON START - Main Street, Pembroke

12:30pm: Approximate time of first athlete back - Tudor Square, Tenby

4:00pm: Marathon cut-off

Registration

You can register for the Wales Marathon or Half Marathon at ANY time over the weekend, however on race day, **the Half Marathon registration is in Pembroke Castle ONLY and NOT Tenby.**

Entry to the Castle

This year all athletes and supporters will have free entry to Pembroke Castle, however you must present the voucher on page 26. If there are more than one in the party, please print off multiple vouchers for entry... **1 person = 1 voucher, 3 people = 3 vouchers!**

Bag Drop Zone

A bag drop zone will be set up in St. Johns Church from 8:00am, and closes at 5:30pm. You will be issued with a number that corresponds with your race number. You will be required to show your race number to collect your bag. Every effort will be made to keep your bag secure but you leave items at your own risk. The race organisers cannot be held responsible for any items left.

Half Marathon athletes can drop their bags off near the entrance to Pembroke Castle in the designated Bag Area, and will have their bags returned to St. Johns Church for pick up once finished.

Timing

Your timing chip is incorporated into your race bib. Please fit your bib to the front of your race clothing and do not cover it with any other items of clothing.





The Newton Wales Marathon

10:00am Race Start - Tudor Square, Tenby



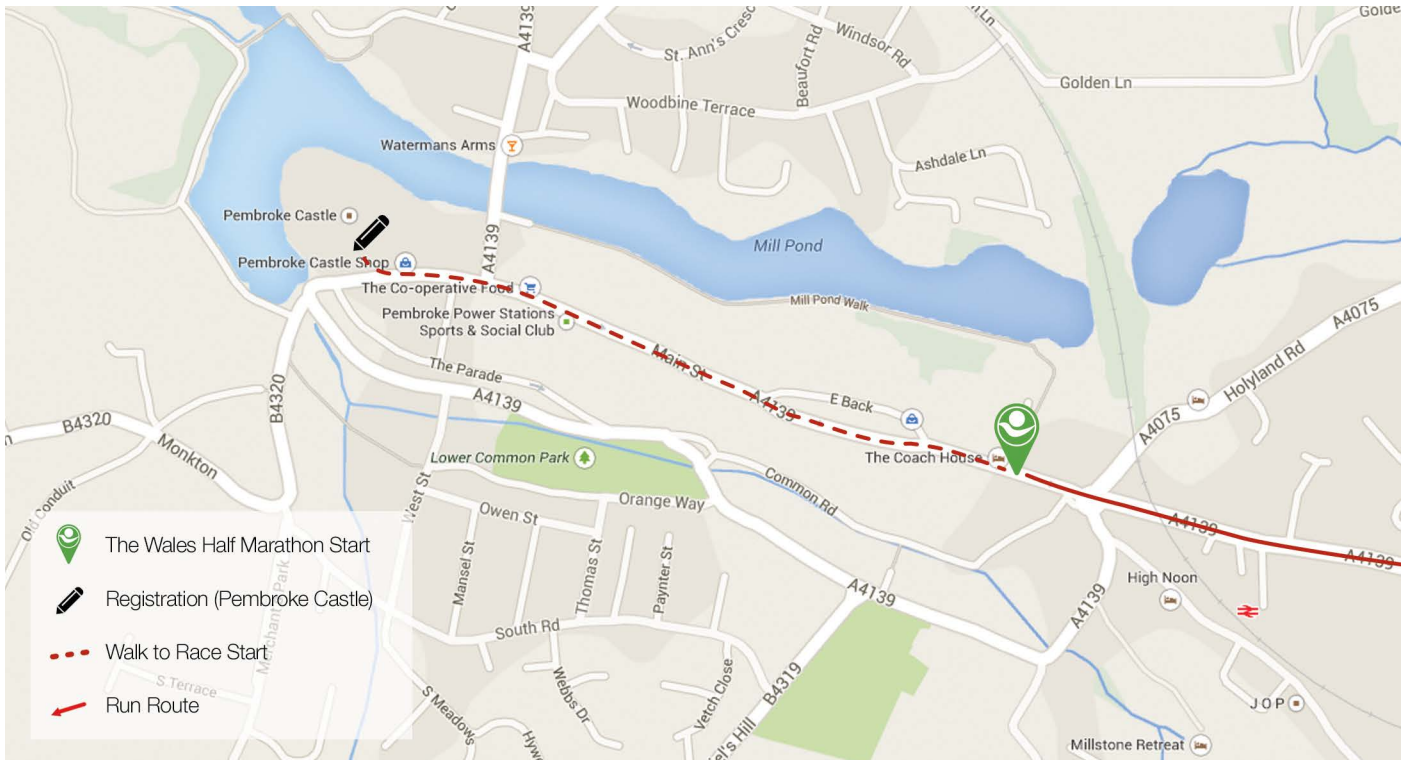
Full Course Map

Please see page 27, or for an online version of the full course map, please visit:
www.thewalesmarathon.com/event-info/course-info.php

The Newton Wales Half Marathon

11:40am Leave Pembroke Castle

12:00pm Race Start - Main Street, Pembroke



Supporter Voucher

Remember to print off and cut out your Supporters Voucher below:

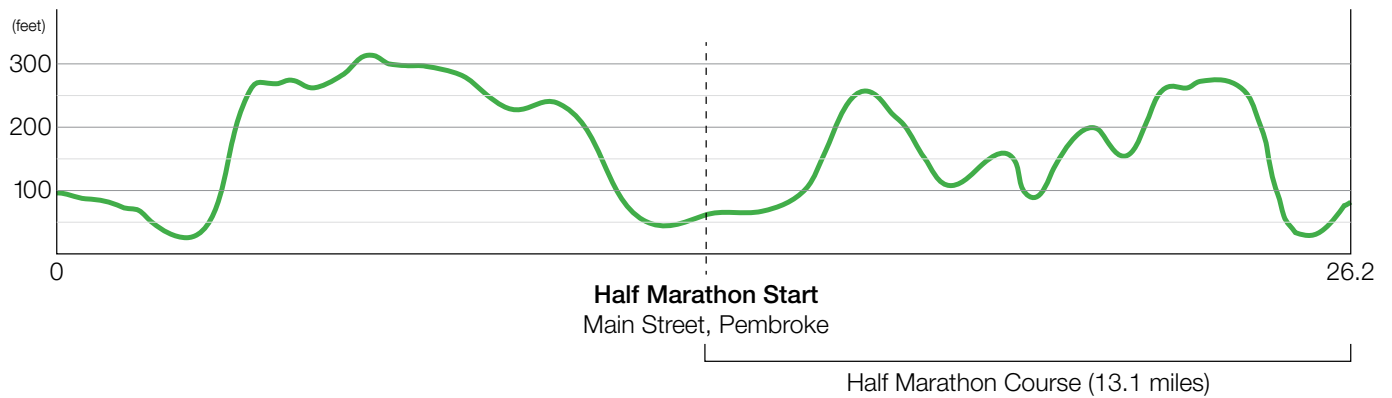


One voucher per person... so if there are three in your party, simply print it off three times!

Run Course



Elevation



Presentation Ceremony

From 2:00pm, award ceremonies will take place for male and female winners. **LONG COURSE WEEKEND** presentation will be at 4:00pm, and will take place on the finish line or in The De Valence if weather restricts.

iPods & MP3 Players

Whilst every effort has been made to close the majority of the roads, residents still have a right for access and will be moved under Marshal supervision. It is imperative that runners are aware of their surroundings at all times, and it is for this reason we do discourage iPods and MP3 players.



Medical Advice from our Event Doctor

Nothing is more important than your health. Make sure you and your body are fully prepared for the weekend's events by carefully reading through the excellent advice below from our Event Doctor.

1 Week to go

By now the vast majority of your training should be done, so aim to reduce load down and concentrate on increasing carbohydrate intake. Keep fluid ticking over with steady drinking to correct any dehydration over the week. Try not to make too many changes in this week unless necessary, resist buying those new trainers, or recovery drink and stick to what you know works for you. If one brand of gels or drinks are available during the race that you have not tried before, try some as soon as you can, or make sure you have enough of a brand you do know, some gels can cause stomach cramps, and race day is not when you want to find that out!

Medication

If you take any medication, make sure you have enough supplies, particularly if you are travelling. It is amazing how many people forget vital medication when traveling! Please make sure that there is a record of any thing that you take, preferably with both your registration and on your race number, or S.O.S. bracelet etc. Also record any allergies, and don't rely on someone running or riding with you to know what you take or what you are allergic to. Lots of people take antiinflammatory medication such as ibuprofen before racing, usually trying to avoid aches and pains after a race. There is very little reason to do this, and there is a risk that they can affect how your kidneys function. This can be a problem in hot weather, so my advice would be not to take them. If you suffer from allergies be wary that anti-histamines can affect how you cool the body with exercise. So if you do need to take them, be careful to make sure that you keep cool with careful drinking. If you have any concerns regarding medications, try to speak to your doctor, preferably one with some training in sports medicine before you compete.

Illness

Many people suffer with colds and minor illnesses in the lead up to a big event. Most of these will not be a problem, but there are risks. A simple rule is that if symptoms are above the level of the neck then you may be fine, and if below then do not compete. However, if in doubt, then see your doctor prior to competing. There will always be another race on another day, and sometimes pushing too hard, despite the training you have put in, will be a risk too far!

Injury

Everyone understands how frustrating it can be to get an injury late in your training, but it is a common time to have problems. Racing with an injury runs the risk of causing damage that may be difficult to cure. There will always be another day, and it is better to miss one race, sort out the injury and maintain your fitness for the next race, than have a lengthy painful recovery from a more serious injury that could have been avoided. Try to get some good advice from a physio, preferably with a sports qualification, or your doctor, again with some sports qualifications (Diploma in Sports & Exercise Medicine, MFSEM etc). As frustrating as it may be, listen to that advice, no-one will stop you competing unless they feel there is a need!

Race Day

Make sure you have any medication you may need with you, such as inhalers. Use tape or Vaseline for areas at risk of chafing. Keep the fluids and food coming in prior to the event, but try not to “overload”, particularly if nerves tend to get the better of you.

Swim

You will be asked to get into the water prior to the swim. This is for a really good reason, as it helps to prevent a sudden change of body temperature when the race gets going. This change in temperature can be risky, so please make sure that you do get in the water with a full immersion even if it takes a few minutes. We will be at the start of the swim, and do see those who only go as far as their knees. Please don't be the one needing our attention after the start! Depending on weather conditions, people can get very cold on the swim, which often causes some confusion and disorientation. Please try to listen to the medical team if they advise you, they may have seen something you weren't aware of. If you do get any irritation to your eyes after the swim, do attend the medical tent for advice.

Bike

Don't forget sunscreen, sunburn will lose you fluid. Fill your water bottles prior to setting off and keep drinking over the course of the ride. Fill your bottles if they are empty and try to think ahead to the next water/feed station. People rarely over drink on the bike as a time trial type position is uncomfortable with a stomach full of fluid, but if you are slower and more upright in your position, try not to drink too much. Use a watch strap as a simple guide, if you see any swelling or it feels tight let the medical team know.

Run

Sunscreen again! Drink comfortably before setting off, and keep the fluids coming gently. Particularly if you plan on completing the marathon in a time of 4 hours or more, be careful not to drink because you feel that is the right thing to do, you may be putting yourself at risk! If you feel unwell, let one of the medical team know, they are well supported and no-one wants to pull you out of the race unless there is a need. If you feel your watch strap is tight, let someone know.

Post-Race

- Particularly for those doing all three disciplines, it is vital to “re-fuel” and hydrate after one event and before the next
- Assuming you feel okay, start drinking fluids at the finish, and continue steadily until you can pass water again. If you don't feel okay, see the medical team as soon as possible
- Try to get some food in in the first 20 minutes, recovery products, or a milkshake is ideal. You then have 2 hours to try to replace as many of the calories that you used during the race, both of these meals should ideally be about 70% carbohydrate, and 20-30% protein
- Much as it will be deserved, avoid drinking alcohol until you have started to pass water again. Be very careful if you are competing the following day, and I would advise avoiding all together. If the weather is hot, take great care with water based rehydration prior to alcohol.

Good luck, enjoy, and hope to see you all walking happily past at the finish area!

Feed Stations Information

The Huub Wales Swim

Bottled water will be available at the finish only. Please ensure you are well hydrated prior to race start.

The Tredz Wales Sportive - powered by Ceepo

All feed stations are self service. Athletes must use their own bottles. We advise that athletes should carry a minimum of two bottles from the start. Gels will be handed out 1 per athlete, please only take what you will consume to ensure that all athletes have sufficient feed. All athletes should ride well stocked prior to event start and advised that at busy times there may be delays at feed stations.

There will be the following:

Mile 37 - Energy Station (CWS1)

Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Bananas - Sweets

Mile 56 - Water Station (CWS2)

Water only

Mile 72 - Energy Station (CWS3)

Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Twiglets - Sweets

Mile 78 - Energy Station (CWS1)

Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Bananas - Sweets

Mile 98 - Water Station (CWS2)

Water only



The Newton Wales Full / Half Marathon - powered by GU Energy

For environmental reasons all drinks will be supplied in small plastic cups - all cups must be deposited in the bins supplied prior to the end of the eco zone which will be indicated by a line on the road approximately 20m after the supply of drinks. Gels will be handed out 1 per athlete, so please only take what you will consume to ensure that all athletes have sufficient feed. Anyone dropping litter outside of the eco zone will be disqualified without appeal.

The Newton Wales Marathon

Mile 4 & 24 (RWS1/8)

Water Station

Mile 6 & 22 (RWS2/7)

Energy Station - Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Sweets

Mile 8 (RWS3)

Water Station

Mile 12 (RWS4)

Energy Station - Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Sweets

Marathon - Mile 16 (RWS5)

Water Station

Mile 19 (RWS6)

Energy Station - Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Sweets

Finish Line

Bottle water - Twiglets - Sweets

The Newton Wales Half Marathon

Mile 3 (RWS5)

Water Station

Mile 6 (RWS6)

Energy Station - Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Sweets

Mile 9 (RWS2/7)

Energy Station - Water & Accelerade - GU Gels (Vanilla, Chocolate and Lemon Flavours) - Sweets

Mile 11 (RWS1/8)

Water Station

Finish Line

Bottle water - Twiglets - Sweets

**Please note that all distances are approximate and all contents are subject to change.*

Supporter Information

Friday 11th July - Swim

For the first event of the Long Course Weekend, the athletes take on the 1.2 or 2.4 miles of The Huub Wales Swim. The swimmers will gather in the water at 6:30pm, but by then we suggest you are already in your place to watch the action unfold! Ideal locations would be along the Croft and the Norton - here you'll be perfectly placed for the start at 7:00pm.

Saturday 12th July - Sportive

Early on Saturday morning, the riders will depart Tudor Square on either a 112, 70 or 42 mile route for The Tredz Wales Sportive. The 112 mile riders and Long Course Athletes will be departing Tudor Square from 8:00am, so make sure to get down there early to show your support and cheer all the cyclists on.

*Crackwell Street will be the access route for all the riders, so we kindly ask all supporters to avoid Crackwell Street at the following times: **7:15-8:30am, 9:15-10:15am, and 11:30am-12:15pm.***

Once the 112 mile riders and LCW Athletes have left Tenby, why not pop down to Saundersfoot to show your support for one of the highlights of the weekend... the brand new Ceepo King of the Hill. Cheer on the riders as they take on one of the toughest climbs of the route - St Brides Hill. Watch the riders battle against the clock in an attempt to win the exclusive polkadot jersey and be crowned the 2014 Ceepo King of the Hill. First riders are expected at around 10:30am, so make sure to get down there quite a bit before then in order to get your perfect viewing point!

The riders finish their course back where they started in Tudor Square, Tenby, so head back to see the athletes finish on the award-winning red carpet finish line, with the first riders expected at around 12:30pm.

Sunday 13th July - Marathon

The finale of the weekend sees the athletes take on the 26.2 miles of The Newton Wales Marathon. The runners will leave Tenby at 10:00am - the start of the Marathon is always a popular occasion for supporters, so again, get there early to avoid disappointment! Once the runners have left Tenby, the party doesn't - there will be Live Music and an incredible atmosphere all the way until the first runners come back into Tudor Square at around 12:30pm. A fantastic weekend and a great way to finish!

Supporter Information... The Perfect Weekend!

There are some that come each and every year and have perfected the art of watching here in Pembs... and that is what makes Long Course! Remember: this is about supporters more than athletes, and while they are out racing, we are here playing in Britain's most spectacular National Park!

Along with the information on the previous page, use this sample itinerary as a quick guide to the perfect weekend... get out and explore for yourself!

Thursday

Afternoon - Arrive in Pembrokeshire and settle in. Walk around the coast of Tenby and simply chill!

4:00pm - Register for Taff Kids @ De Valence, Upper Frog Street

Evening - Head to The Qube / The Baytree Restaurant / The Blue Ball Restaurant or Mews Surf Bar & Grill for an evening meal... preparing yourself for the weekend!

Friday - The Wales Swim

Easy breakfast - we love Dennis Café on Castle Beach! Shop around town and don't forget to treat yourself in Jago's or a little surf treat in Walk on Water!

12:00pm - Expo Opens... grab yourself a bargain!

5:00pm - Taff Kids Race! Even if you don't have children, it's a special experience - come and support!

7:00pm - The Wales Swim start. A little tip: after the start, get forward and get to the lap support! First athlete will be out in about 23 minutes, with the leader coming through the finish line after around 45 minutes! Remember to make lots of noise!

9:00pm - Don't leave - support the last athlete in! Very emotional and in all honesty... what it's all about!

Home - large glass of wine!

Saturday - The Wales Sportive

Up early for breakfast! Pull back the curtains and take a moment... the views are pretty special!

7:30am - Bikes rack and supporters to Tudor Square

8:00am - TV moment for supporters! Top 20 Long Course athletes head down the ramp! Immediately after, the cyclists leave (dependent on distance).

90 minutes after race start, head to Saundersfoot! It's the CEEPO King of the Hill and it's going to be very special! Tour de France style... one not to be missed and the top 150 athletes can win a CEEPO frameset! Head back to Tenby after your athlete passes to watch the finish, with Live music in the Square!

6:00pm - Pasta Party in the Expo - last chance to buy THAT t-shirt or bargain!

Sunday - The Wales Marathon

Here we go... Marathon Day!

9:00am - be in Tudor Square and let's get this party started!

9:30am - Half Marathon buses leave - see you lot in a few hours... Enjoy! Pembroke Castle is incredible and enjoy the Parade - you're in for a real treat!

10:00am - Marathon Start - make some noise!

11:00am - It's John Adams from X-Factor playing LIVE in Tudor Square!

12:00pm - Our John finishes and it's the build towards the first athlete finish

2:00pm - Lead athletes Presentation

4:00pm - LCW Presentation

7:00pm - Join the team in Tenby House for a post-race drink!

Functions

There will be various functions over the weekend which we welcome and encourage all athletes and spectators to attend. It is a great way for all to unwind and enjoy the company of fellow athletes.

Saturday 12th July

6:00pm - 8:00pm: Pasta Party in De Valence

Sunday 13th July

7:30pm (til late!): Post-Race Gathering - Tenby House, Tudor Square

Failure to Finish

If you are unable to finish the race you **MUST** report to an official to inform them and hand in your timing chip.

The Presentation & Prizes

Presentations will take place approximately 15 minutes after each event has officially ended. Information on the location will be provided on the race day. There will be a full prize list displayed in registration. If weather is poor, the prize giving will move to the De Valence.



Event Photography

Ross Grieve is one of the countries leading portrait and sports photographers. He and his team at **Dirty Green Trainers** will be taking shots over the weekend and they will be available to buy from his site.

If you and your family would also like some shots taken, speak to Ross' team at the Expo and they will arrange some fantastic memories of your Long Course Weekend together.

dirtygreentrainers

SPORTS PHOTOGRAPHY

For all 3 days: Your photos from The Long Course Weekend (3 days), will be available the following week. Take advantage of the Early Bird Special for only **£30** (will increase to £59 after the LCW) for all your race photos over the 3 days.

For individual days: Take advantage of the Early Bird Special for only **£18** (normally £35) for all your race photos from a single day.

www.dirtygreentrainers.com

Local Facilities, Toilets & Showers

Toilets are located in De Valence and there are also public toilets located in strategic points around Tenby. Ask a member of staff at registration for more details.

The Activity Wales Events Team run an information and booking service. So if you need any advice on accommodation, child friendly places to eat etc, please call **01437 765 777** and we will be glad to help.

Sports Massage

SW Sport Therapy is pleased to announce that Long Course Athletes can now pre-pay and book their Sports Massage for the event. Visit www.swsporttherapy.co.uk and select the treatments you require. When pre-paying for treatment you can enjoy a 25% discount on prices for a 30 minute treatment. Book now to avoid disappointment!

Finish Times

Finish Times will be displayed at the end of the event and full results on website soon after. The web address is www.longcourseweekend.com

Useful Numbers

- Activity Wales Events Concierge line - **01437 765 777**
- Mikes Bikes (on-course mechanic) - **07796 975692**. May be useful to put this in your phone now!
- Darren at Tri Exercise - **01437 768007** If you need kit or wetsuit hire, call Darren and he will arrange to bring product to registration for you.

Environmental Impact

We are very lucky to be granted the relevant permissions to stage the race in Pembrokeshire so please help us reduce the environmental impact as much as possible and take all your litter home - thank you.

Good luck with your race and remember... RACE SAFELY,



Activity Wales Events Team

*Please note that all details are correct at the time of publishing and may change. All details will be given at registration. It is the athlete's responsibility to follow all instructions of the marshals and race officials.

Activity Wales Events has a growing list of top quality events. Keep an eye on the website www.activitywalesevents.com and remember to enter early as most of our events sell out early.

ENTER NEXT YEAR NOW!
17-19 JULY 2015

Register online from the 9th July 2014
longcourseweekend.com



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