



activity wales events

**PROVISIONAL**  
**RACE INFORMATION PACK**



**LONG COURSE WEEKEND**

**Fri 11 - Sun 13 July 2014**

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 activity over the weekend, climaxing in the after race party in Tenby House on Sunday evening at 7:30pm.

The county of Pembrokeshire look forward to welcoming you also. Last years support was incredible and one of the reasons we have grown so fast! Please remember though 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!

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.

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 got your wristband for the post race party?
- Is your accommodation booked? If not, call **01437 765 777** and see what's available

*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.

**Directions to Tenby - [See AA Route Planner](#)**

## Key Areas:

1. De Valence, Tenby – Location of Expo, Registration, Pasta Party & Post-Race Functions
2. North Beach, Tenby – Swim Location & Taff Kids
3. Crackwell Street – Approach to sportive start line
4. Tudor Square, Tenby – Finish for Sportive, Start & Finish 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 12pm. 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 race pack and 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 only 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 of any of the day 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
- 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.**

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# Long Course Weekend - At A Glance

De Valence Location: SA70 7JD

**\*\*MAP OF TENBY TO BE ADDED IN FINAL RACE PACK\*\***

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Taff Kids - [www.taffkids.com](http://www.taffkids.com)

### **Friday 11<sup>th</sup> 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 multidiscipline 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 10<sup>th</sup> July**

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

#### **Friday 11<sup>th</sup> 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](http://www.thewalesswim.com)

## Itinerary

### Friday 11<sup>th</sup> 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.

6:30pm: Swimmers into start pen

6:35pm: Swim briefing on the swim start - North Beach

6:45pm: Race warm-up

7:00pm: Swim start (beach start)

8:00pm: 1<sup>st</sup> 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, which is the same as Ironman Wales. 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 half way 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 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 12:00pm and 6:00pm on Friday 11<sup>th</sup> 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.

## 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

**\*\*SWIM COURSE MAP TO BE ADDED IN FINAL RACE PACK\*\***

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The Tredz Wales Sportive - [www.thewalessportive.com](http://www.thewalessportive.com)

## Itinerary

### Friday 11<sup>th</sup> July

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

### Saturday 12<sup>th</sup> 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, Upper Frog Street, Tenby, unless they have already registered on the Friday between 12:00-8:00pm.**

**8:00am:** 1st Bike wave - The top 20 LCW athletes from the swim will start in reverse order down a time trial style ramp in Tudor Square, swiftly followed by all 112 mile course riders and Long Course Weekend athletes depart - 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

## Friday - Registration

Registration for the Wales Sportive will open at the De Valence in Tenby on Friday 11<sup>th</sup> July between 12:00pm and 8:00pm. 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.

## Saturday - Start times

**8:00am** - Long Course Athletes

**8:15am** - 112 mile Riders

**10:00am** - 70 mile Riders

**12:00pm** - 42 mile Riders

Cut off for the 2<sup>nd</sup> 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 in the diagram on page 15 [to be added in final Race Pack]. 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.

## Notes

There will be drink stations at the following locations:

Lamphey | Mile 37 & 78 | Energy Station

Tenby | Mile 72 | Energy Station

Energy stations will consist of: Energy drinks, GU Gels, bananas, Mars bars & water.

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

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.

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 MAP TO BE ADDED IN FINAL RACE PACK\*\***

## Fitting A Helmet Tag

The UHF helmet tag used for cycling events is supplied as a self-adhesive label on a protective backing strip. Here's what to expect in your race pack (note: you'll generally only get ONE!)



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 that you have been issued.

The tag is designed to be positioned on the side of the helmet and should be as close to the horizontal as possible when the helmet is on the head. The tag should go on the LEFT HAND SIDE of the helmet as illustrated.

If the event organiser has supplied two helmet tags then apply one to each side of the helmet. Peel off the protective backing and position the tag on a suitable part of the helmet and then press firmly to attach it. The adhesive is not permanent, you will be able to carefully peel the tag off after the event.

**NOTE:** If you have a carbon fibre helmet or the part of the helmet that you are going to attach the tag to is made of carbon fibre (the real stuff, not a printed bit of plastic that looks like carbon fibre!) please see a timing official who will advise you what to do.

**NOTE:** NEVER stick the tag directly onto your bike frame or components such as the handlebars, fork or seatpost. It will almost certainly not work as these parts are either made of metal or carbon fibre.





powered by



The Newton Wales Marathon - [www.thewalesmarathon.com](http://www.thewalesmarathon.com)

## Itinerary

Sunday 13<sup>th</sup> July

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

**7:00am - 5:00pm:** Massages in De Valence [TBC]

**9:00am:** Registration for the Wales Half Marathon opens at Pembroke Castle

**9:30am:** Coaches leave for Pembroke with Half Marathon athletes and support. Coaches must be pre-booked by The AWE Team on **01437 765 777** **Bookings for coaches close on Wednesday 2<sup>nd</sup> July 2014**

**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

Due to the numbers in the race, the Award Ceremony will take place **30 mins after each category winners finish**. 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.

**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.**

## 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 20 (will be available in final race pack). 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 [time TBC]. 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.

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# The Newton Wales Marathon

10:00am Race Start - Tudor Square, Tenby

**\*\*MAP OF TENBY TO BE ADDED IN FINAL RACE PACK\*\***

## Full Course Map

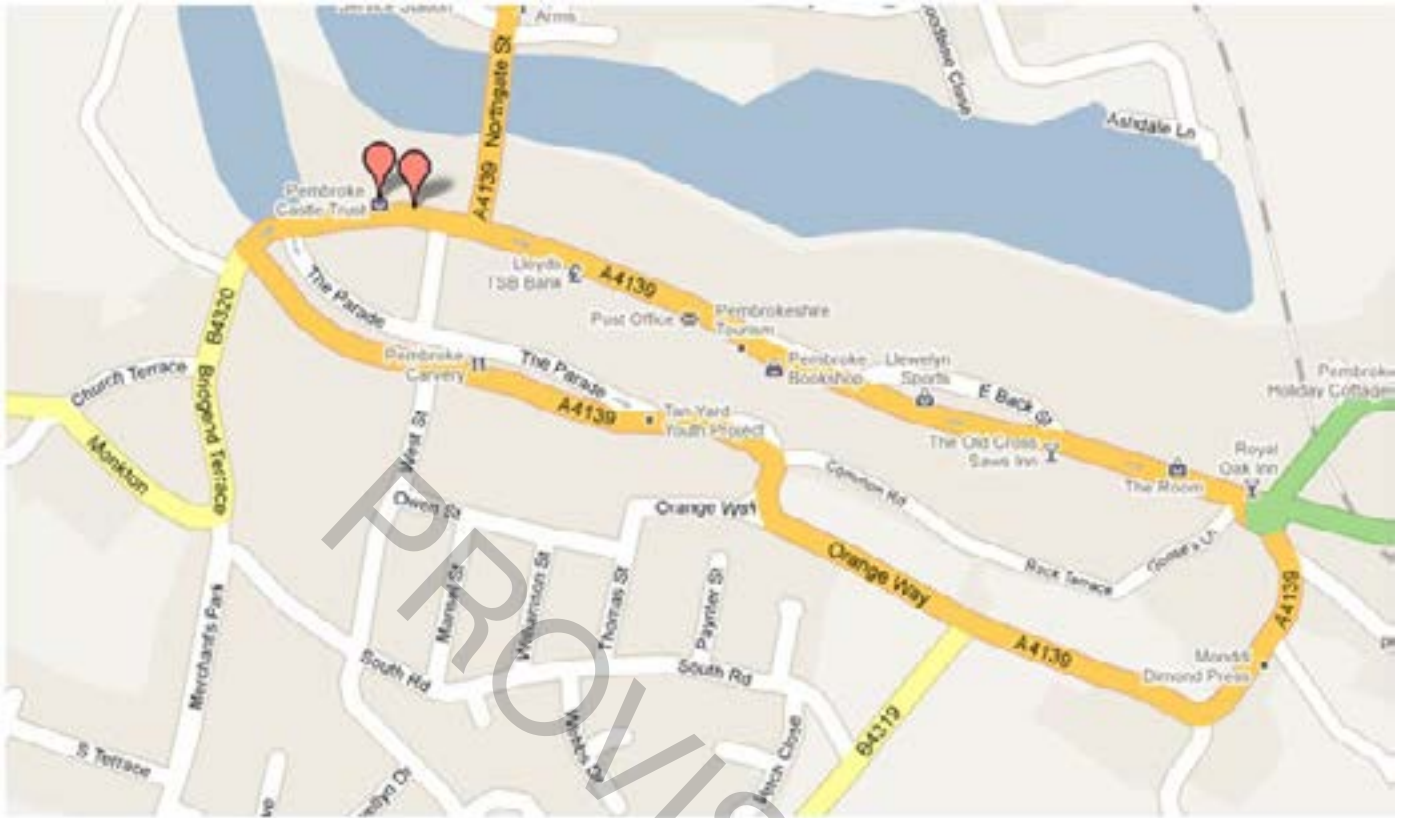
Please see page 21, or for an online version of the full course map, please visit:

[www.thewalesmarathon.com/event-info/course-info.php](http://www.thewalesmarathon.com/event-info/course-info.php)

# The Newton Wales Half Marathon

11:40am Leave Pembroke Castle

12:00am Race Start - Main Street, Pembroke



## Supporter Voucher

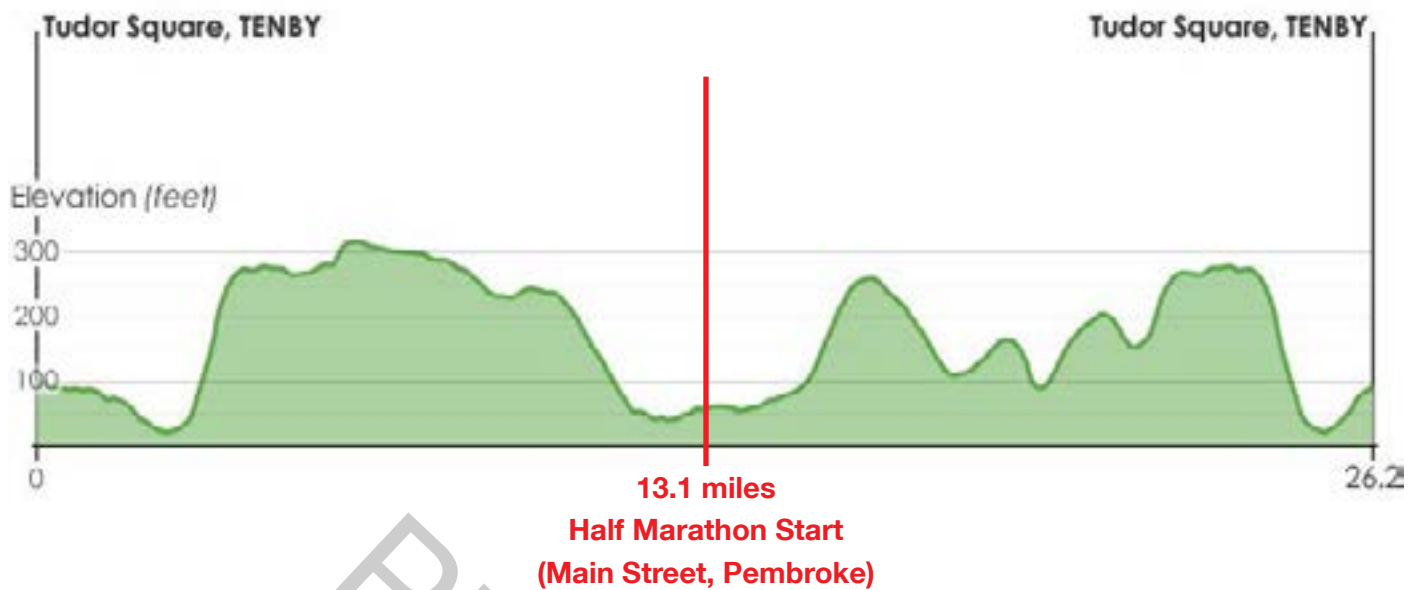
Remember to print off and cut out your Supporters Voucher below:

**\*\*VOUCHER TO BE ADDED IN FINAL RACE PACK\*\***

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



## Elevation



## 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](http://www.longcourseweekend.com)

# 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!**



## Nutrition

SWIM - There will be a water station at the finish line.

SPORTIVE - There will be a nutritional station at every 35 miles approximately.

MARATHON - There will be a feed station approximately every 3 miles. The stations will alternate water station and a full feed station.

**GELS ARE KINDLY SPONSORED BY GU & ACCELERADE. THEY WILL BE AVAILABLE FOR QUESTIONS IN THE EXPO.**

## 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 12<sup>th</sup> July**

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

### **Sunday 13<sup>th</sup> July**

7:30pm (til late!): Post Race Party with live music 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.

## Event Photography

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

[www.dirtygreentrainers.com](http://www.dirtygreentrainers.com)

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.

## 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.

## 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.

## 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 by reducing the environmental impact as much as possible and take all your litter home.

**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](http://www.activitywalesevents.com) and remember to enter early as most of our events sell out early.