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IRONMAN

LONG COURSE WEEKEND

220 POWERED BY
Triathlon
SWIM > BIKE > RUN > FASTER

RACE INFORMATION PACK

Fri 3 - Sun 5 July 2015



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- 3) GRADUATED COMPRESSION INCREASES BLOOD CIRCULATION FOR IMPROVED RECOVERY AND REDUCED MUSCLE STIFFNESS POST EXERCISE.
- 4) DRAWSTRING WAISTBAND FOR AN ADJUSTABLE, SECURE FIT.
- 5) FLATLOCK SEAMS TO REDUCE CHAFE FOR GREATER COMFORT.

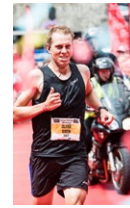
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LONG COURSE NEWS

WELCOME TO THE LONG COURSE WEEKEND UPDATE FOR JULY 2015, INCLUDING ALL THE NEWS! LONGCOURSEWEEKEND.COM

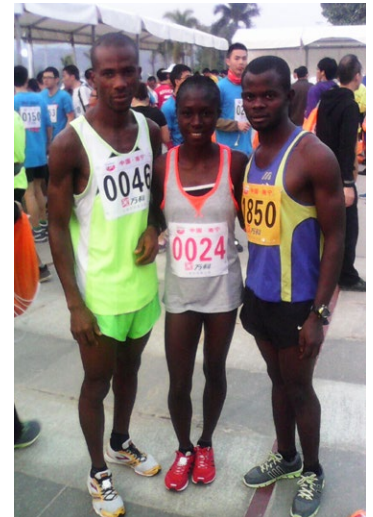


9 AFRICAN PRO ATHLETES TAKE PART IN FULL & HALF MARATHON

A group of professional athletes from Africa are to take part in The Oakwood Wales Marathon this year at the 2XU Long Course Weekend. Five men and four women are taking to the Welsh roads and competing in the Half and Full Marathon on the 5th of July in Tenby.

Gyang Danjuma, who is taking part in the Full Wales Marathon has previously received 1st and 2nd place medals for his performances in the 26.2mile distance. Gyang's best marathon time is a quick 2hr:32min:14sec which was the Accra International Marathon in 2012. Running closely behind will be Alli Oluyemi Labeeb, who holds a best time of 2hr:35min:29sec. The only woman taking on the full Marathon is Njoku Genevive Uchechi who has a personal record of 2hr:55min:57sec.

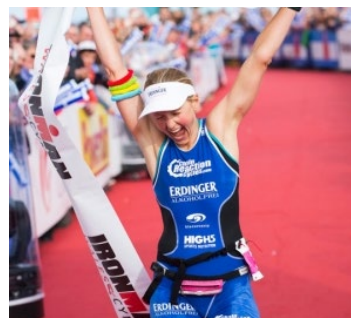
The Oakwood Wales has become a stage for people to achieve not only personal goals, but as a platform to raise money for charity, or as with last year, an opportunity to make some history and try break a world record (dressed as nut and 370 marathons in 365 days). With a red carpet finish, a packed finish line with plenty of support, as well as the chance to see yourself on TV, it's not one to be missed! Enter for 2016 at thewalesmarathon.com.



SHANE WILLIAMS JOINS THE TEAM

Former Wales, British and Irish Lions and Ospreys wing Shane Williams is the latest ambassador to join the Activity Wales Events team, promoting sport & healthy lifestyles in Wales. He is also set to take part in this year's 2XU Long Course Weekend. During his career the Welsh rugby star has broken records, and this will be a new challenge for him.

Shane will start off on the Friday supporting his daughter who is taking part in Taff Kids which will kick off the weekend. So if you're a massive rugby fan, make sure you're there!



4x IRONMAN CHAMP TO RACE

4 time Ironman champion Lucy Gossage is set to take part at the Long Course Weekend this July having also joined the Activity Wales Events team!

Lucy will be racing the individual events, and will be speaking in the expo cafe. She will be helping to encourage women into the sport.



NEW 10K RUN ANNOUNCED

There's a new addition to the weekend this year - the **Coastal Cottages Wales 10K!**

The 10km run will take place on the fully closed roads of the Oakwood Wales Marathon and will start in Manorbier heading to Tenby's red carpet finish! Entry is just **£20!** Visit thewales10k.com for details.

STEPHEN & MARK BAYLISS TO TAKE ON LONG COURSE WEEKEND

4 time Iron distance winner Stephen Bayliss will be racing at the 2XU Long Course Weekend this July, and will be aiming to add another title to his impressive list of victories. Stephen has previously won 2 Ironman events including Ironman UK, and Ironman South Africa to name a few. He will be looking to provide tough competition for defending champion Oliver Simon, and 2013 Long Course Weekend winner Dominic Rohan-Gates.

Also competing will be his brother Mark Bayliss, who himself has some impressive achievements. Mark has previously competed in numerous Ultra distance events, including the Marathon Des Sables. He also swam the English Channel solo, and previously held the World Record for the Enduroman Arch to Arc, in which he became the first person to complete the swim section (from the Dover coast to the French coast) without a wetsuit.

The pair will be hoping to put in good times for the 3 day event which begins on Friday 3 July.



ST FLORENCE & TENBY SCHOOL CHOIR OPEN THE WEEKEND SINGING NATIONAL ANTHEM

We're thrilled to announce that the St Florence and Tenby Junior School Choirs will be getting the weekend underway as they sing on North Beach before The Wales Swim on Friday 3 July.

The choir will sing Calon Lân before getting the crowd going with the Welsh National Anthem.

For those of you who want to watch the weekend action get under way, you can do so by being at North Beach for 4:00pm, where the festival feeling will start with the Folly Farm Taff Kids event. This will see children aged 4 - 11 head around a surf run course before the main swim which will start at 7:00pm.



FREE GUEST SPEAKER SEMINAR IN THE DE VALENCE CAFE ON THURSDAY FROM 4PM

This year we're thrilled to announce that there will be guest speakers in the De Valence Long Course Weekend Cafe! Speaking at the event will be Defending LCW Champion Oliver Simon, 4 time Ironman Champion Lucy Gossage, and Mark from Mike's Bikes. Entry to the seminar is FREE, but there are limited spaces, so make sure you're there early!

4:30pm - Mark from Mike's Bikes will be going through some vital skills, including puncture changes and how to Prepare your bike for long distance racing

5:30pm - Defending Champion Oliver Simon will be talking about what it takes to win the long distance event

6:30pm - 4 time Ironman Winner Lucy Gossage will be talking about her story and her insider tips for training.





QUEEN OF THE HILL & JUNIOR JERSEY ADDED FOR CLIMB

The CEEPO Hill Climb returns for 2015, and this year will see a Queen of the Hill and Young Rider jersey be added to the mix, while the red polka dot jersey also returns. The jerseys will give more opportunity for athletes to shine on the hill following the popularity of last year's King of the Hill jersey which was predominantly challenged for by the male riders. To be in with a chance of claiming the Young Rider jersey, the athlete must be Under 18 on the day of the event, and the fastest up the hill will claim it.

As well as this, the top 150 fastest athletes up the stage will be in with a chance of winning a CEEPO Mamba frameset, courtesy of the hill's sponsors, which will be drawn at random.

If you would like to watch the action on the day, you can do so by lining side of St bride's Hill in Saundersfoot. For any details on road closures or to enter for next year, please visit thewalesportive.com

REGISTRATION WILL BE OPEN ON THURSDAY 2 JULY

We've seen an incredible rise in numbers yet again this year, and because of this **registration will be open from 2pm on the Thursday** before the event in the De Valence Pavilion.

So if you're a local athlete, we urge you to register on the Thursday, so you can avoid all queues and delays on race day!

When registering you will have to bring **Photo ID and a signed disclaimer**, otherwise you will not be allowed to register or take part.

You can download and print the disclaimer by visiting longcourseweekend.com/race-pack



GET SET FOR LONG COURSE LANZAROTE 2016

Big news! The Long Course Weekend is going International, with Long Course Weekend Lanzarote now open for entries! The event, which will hold the same 3 day format, will take place from **8 - 10 December 2016**, and will incorporate the Lanzarote International Marathon.

If you'd like to find out more about the event, its distances, location and more you can meet the team who will be running the event at the Long Course Weekend expo in the De Valence and sign up!



MANORBIER CASTLE START FOR THE COASTAL COTTAGES WALES 10K

We're happy to announce that the first ever Coastal Cottages Wales 10k will be starting from the famous grounds of Manorbier Castle!

We'd like to say a huge thank you to Emily Naper and her team for allowing our athletes from across the globe to gather there for what will be one of Wales' most iconic 10K events.

For your chance to be in the first ever edition enter before this Sunday by visiting thewales10k.com

MAKE THE MOST OF PEMBROKESHIRE WITH THE NEW LONG COURSE **BLACK BAND SCHEME**



This year, we have started to introduce the new Black Band Scheme to Pembrokeshire, with the aim to give you the ultimate experience during your stay. The black bands, which you will receive at registration, will entitle you to exclusive Long Course Weekend athlete discounts in a number of shops and restaurants as long as you are wearing it - these offers apply all year round, and not just during the Long Course Weekend, so it's well worth hanging onto them. You can pick your band up from registration.

You will be able to identify the places that you can get a discount by looking for the Long Course Weekend stickers in the windows. To find out what offers are available, you can either see our list below, or you can visit longcourseweekend.com/athlete-offers



This is the sticker which will be in shops and restaurants offering discounts and deals

Here's where you can benefit from Black Band Scheme offers!

- * Fecci's Ice Cream Parlour - 10% off all ice cream dishes
- * Fecci's Chip Shop - £1 off every sit down meal ordered
- * Clarice Toy Shop - 10% off when you spend over £20
- * Aero Beach & Scentinelle - 10% off across the shop
- * Cones & Scones - 20% off meals, tea, coffee & ice cream
- * Andrew Price Hair Salon - 10% off in their Tenby salon
- * Blueberry's Cafe / Restaurant - 20% off the bill
- * Get Stuffed Pizzas - FREE side with orders over £20
- * The Mews Surf Bar & Grill - 15% off the total bill / FREE house wine (1 per table)
- * Tenby Rocks Boutique - 15% off across the shop, with FREE Prosecco from 2pm - 6pm on Saturday 4 July
- * The Qube Restaurant - 20% off final bill (main meals only, not specials. Excludes school holidays & bank holidays)
- * TP Hughes - 10% off furniture and linen, 7.5% off soft furnishings and carpet



This is just a selection of the offers available, and we are continuing to add more local places to eat and shop to the list, so for a full list of discounts, please visit longcourseweekend.com/athlete-offers

A Word from the Race Organisers

Dear Competitor,

Welcome to the 2015 2XU Long Course Weekend! This event has grown incredibly over the past 6 years with over 6000 athletes from 42 different countries taking part this year. Indeed the team would like to say a special welcome back to Stephen Rogers and Nicky Rees whom have completed all 5 previous Long Course events and are back for a shot at the 6th.

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!

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 and signed disclaimer?
- Are you bringing your children? Folly Farm Taff Kids is open to children aged 4 - 11!
- 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

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. Salterns Car Park - Start for Sportive
4. Tudor Square, Tenby – Finish for Sportive, Start & Finish for Marathon and Medical Centre
5. Pembroke Castle, Pembroke - Half Marathon Gather Point
5. Manorbier - Start of the Wales 10k



Registration

Registration for 2015 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 Thursday at 2:00pm.

There will be a number of talks in the De Valence Cafe FREE OF CHARGE from 4:30pm on Thursday. Speaking at the seminar will be:

- 4:30pm: Mark from Mike's Bikes will be going through some essential skills including how to change a puncture, and preparing your bike for long distance racing.
- 5:30: Defending Champion Oliver Simon will be talking about what it takes to win long distance events
- 6:30: 4 time Ironman Champion Lucy gossage will be recalling her unique story of how she became a professional triathlete, and giving her favourite training tips

Please note that on Friday between 4pm and 6pm, only LCW and Swim athletes will be able to register.

Photo ID and your signed disclaimer are compulsory. Any athlete without both items 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 £10 per event 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. **Note: You cannot change your entry to another person.**

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.

Reg Times: (All registration is in the De Valence unless stated otherwise)

Thursday: 2pm - 8pm

Friday: 10am - 8pm (From 4pm - 6pm ONLY LCW and Swim athletes can register)

Saturday: 5:30am - 8pm (Priority will be given to cyclists as per start times)

Sunday: 7am - 9am (Marathon), 9am-10:30am (10k), 9am - 11am (Half Marathon in Pembroke Castle ONLY)

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

You will be supplied your chip and number for the weekend at registration. 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 new chips and 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
- 1 x Timing chip to be worn using the strap provided on the outside of your wetsuit. Please see the Wales Swim section for details.

The Wales Sportive Athletes

- 1 x Number for the front of the bike
- 3 x Helmet stickers – each side and front
- 1 x Pin-on number. **Number should be displayed on your BACK.**
- 4 x Safety pins
- 1 x Timing chip which is to go on the LEFT side of your DRY helmet. Please see the Wales Sportive section for more details.

The Wales Full & Half Marathon Athletes

- 1 x Bib number
- 1 x Timing chip which is to be worn on your shoe - Please see the Wales Marathon section for details
- 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 1st August 2015 • 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

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



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Exclusive Offer: Get 20% Off - use code **LOYALTY15 when entering!**

Simply pick your distance and enter at walestriathlon.com



Folly Farm Taff Kids - taffkids.com

Friday 3rd July - North Beach - 5pm 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 - 11 years have their own mini multi-discipline event.

The splash and dash event 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.

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.

Event Distances

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

6-11 year olds: 30m Surf Run, 400m Run

Itinerary

Thursday 2nd July

2:00-8:00pm: Registration opens for all events

Friday 3rd July

10:00am-8:00pm: Registration opens. **You must register before 3pm if you are racing in Taff Kids.**

4:30pm: Be on North Beach

4:50pm: Compulsory Race Briefing

5:00pm: Race Begins

6:00pm: Last wave expected



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OUTPERFORM**

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TRIATHLON OLYMPIC GOLD MEDALIST

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The 2XU Wales Swim - thewaleswim.com

Itinerary

Thursday 2nd July

2:00-8:00pm: Registration & Expo opens for all events

4:30: LCW Seminars begin in the De Valence Cafe

Friday 3rd July

10:00-8:00pm: Expo Registration opens for all athletes - De Valence, Tenby

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

Only Taff Kids and Wales Swim athletes will be able to register from 4:00-6:00pm.

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: Swim acclimatisation

6:45pm: Swim Briefing on the Swim Start - North Beach

6:45pm: Start pen closes - **Any athlete not in pen will not be allowed to swim**

6:50pm: St Florence and Tenby School will sing Calon Lan and the Welsh National Anthem

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. You **MUST** swim with a forward stroke. Anyone swimming any other way will be disqualified.

Registration

Registration for The Wales Swim takes place at De Valence at 2:00-8:00pm on Thursday 2 July, and from 10:00-6:00pm on Friday 3 July. **You MUST bring Photo ID and a signed disclaimer with you, or you will not be allowed to register or race. There will be no entries accepted on the day.**

Race Briefing

Race briefing will take place at 6:45pm 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. the chip **MUST** be fitted on top of your wetsuit and facing outwards. You must return the timing chip at the finish. **A charge of £60 will be charged if you do not return the chip.**



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.

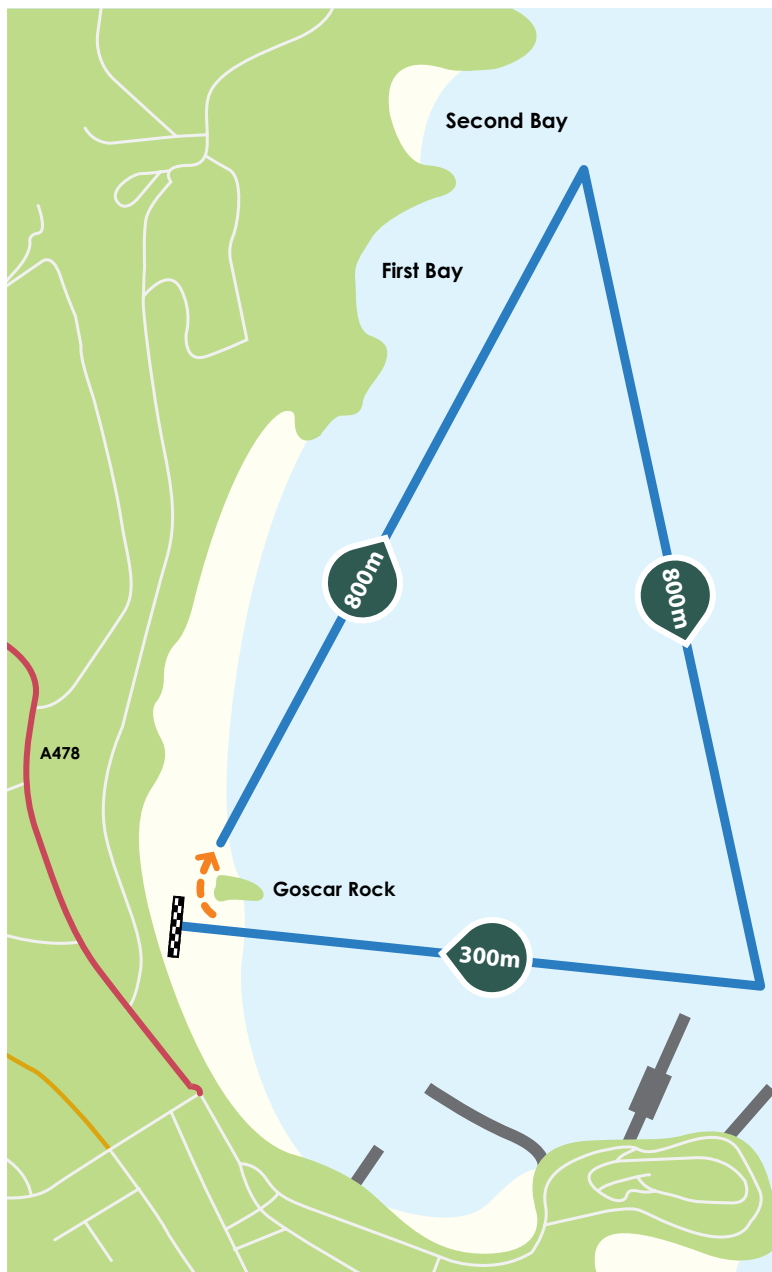
Notes

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 Pedal Cover Wales Sportive - thewalesportive.com

Itinerary

Thursday 2nd July

2:00-8:00pm: Registration & Expo opens for all events

4:30: LCW Seminars begin in the De Valence Cafe

Friday 3rd July

10:00-8:00pm: Registration - De Valence, Tenby

Sportive athletes are welcome to register on Friday, but only Taff Kids and Wales Swim athletes will be allowed to register from 4:00-6:00pm.

Saturday 4th July

5:30-6:30am: Registration for 112 mile bike riders.

5:30-9:00am: Registration for 70 mile riders.

5:30-11:30am: Registration for 42 mile riders.

Priority will be given as per start time.

All Sportive athletes MUST register in the De Valence on Saturday unless they have already registered on the Friday between 10:00-8:00pm. All athletes will start from the Salterns Car Park this year.

7:00am: First bike waves will depart every 15 minutes from the Salterns Car Park

8:00am: The **TOP 20 LONG COURSE WEEKEND ATHLETES** from the swim will start in reverse order down a time trial style ramp in the Salterns Car Park, swiftly followed by the rest of the **112 MILE BIKE RIDERS** and the remaining **LCW ATHLETES** in 15 minute waves

12:00pm - 8:00pm: Massages are available in the De Valence

10:00am: 70 MILE BIKE RIDERS DEPART - Athletes will depart in 15 minute waves

12:30pm: 42 MILE BIKE RIDERS DEPART - Athletes will depart in 15 minute waves

1:00pm: 1st Bikes expected into Tenby

1:30pm: First lap cut off for the 112 miles riders

5:00pm: Wales Sportive cut off

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 or at the info desk in the De Valence.**



Registration

Registration for the Wales Sportive will open at the De Valence in Tenby on Thursday 2-8pm, Friday 10:00-8:00pm, and on Saturday from 5:30am until 1 hour before your start time - Please note that priority will be given as per start time. 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.

There will be no entries accepted on the day.

You MUST bring Photo ID and a signed disclaimer with you to registration, or you will not be allowed to register or race.

Please note **all cyclists will start from Salterns Car Park**. Athletes who are expecting to be close to the cut-off times must come to the start line as early as possible to depart in the earlier time slots. If you miss your start time, you will be placed in a later wave.

Start times

Riders will start leaving from 7:00am in the Salterns Car Park in waves dependant on estimated finish times provided by athletes.

Cut off for the 2nd lap of the 112 mile course will be implemented at 1:30pm 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 a medal.

Please note that you are NOT permitted to start in a different time slot than the one allocated to your category unless informed otherwise. If you do start at a different time you will be DQ. Chips will only activate 10 minutes before your start time, and will deactivate 10 minutes after if you do not cross the line.



WHAT MATTERS IS INSIDE

466 WATTS



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INPOWER



ROTOR introduces its new axle-based single sided power meter.

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Congratulations to **Gina Crawford** for winning Metaman Bintan Iron-distance Triathlon on the **VIPER!**

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*30mm axle



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. We will also have Police on the course for your safety and to ensure athletes do not break the highway code.

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

We have some important rules which MUST be followed and will be enforced.

- Those found to have crossed the white line in the centre of the road will be disqualified
- You MUST NOT cycle any more than 2 abreast
- You MUST put one foot down at roundabouts - a marshal will instruct you. This is for the safety of you as well as other road users.
- Those who show aggressive behaviour towards other road users will be disqualified
- Helmets MUST be worn and fastened before you get start, and must be worn until you cross the finish line and have moved to a safe location
- All athletes must have 2 full bottles of water
- Essential you have a fully charged mobile phone at all times on the course
- Marshals are there for reference points, and not safety, and they are not responsible for signalling when the road is clear. Please stop at all junctions and check for yourself before proceeding

Timing

Your Helmet Tag will be in the envelope you receive at registration. Please stick your timing chip to the LEFT HAND side of your DRY helmet. Do not stick your chip to the FOAM section. Do not stick the chip on reflective strips or transfers as the chip will not work if you do. You can find a guide to putting your timing chip on, on the next page.

Fitting the UHF Helmet Tag

The UHF helmet tag used to time your cycle time 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.



- 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 helmet tag should be attached to the **LEFT HAND SIDE** of the helmet only as illustrated.
- The tag should be positioned to be as close to horizontal as possible when the helmet is on the head.
- Peel off the protective backing and position the tag on the suitable part of the helmet. Press firmly to attach it. The adhesive is not permanent and you will be able to carefully peel the tag off after your event.

Important Notes

- 1) 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, please see a member of the timing team for advice. Your tag **will not work** if placed on carbon fibre.
- 2) Never stick the tag directly onto your bike frame, handlebars, forks, seatpost or components. Your tag **will not work** as these parts are made of metal or carbon fibre.

Toilets, Water & Feeds

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.

As we are in the UK's only Coastal National Park, we **will not be supplying gels** at feed stations, so please bring your own. Athletes **MUST** have their name and number written on their gels, and there will be random checks at the start of the race. Anyone found to have littered will be fined and disqualified from the event. **You can find a list of what will be at the feed stations on Page 44.**

Burger Van



There will be a burger van on the route at Prince's Gate, so please remember to bring money with you. **Prices - £6 Gourmet Burger. £8 Burger and Chips. £3 Bacon Bap. £2 Drinks. £1.50 Tea & Coffee**

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 Mikel!) 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.

Bag Drop

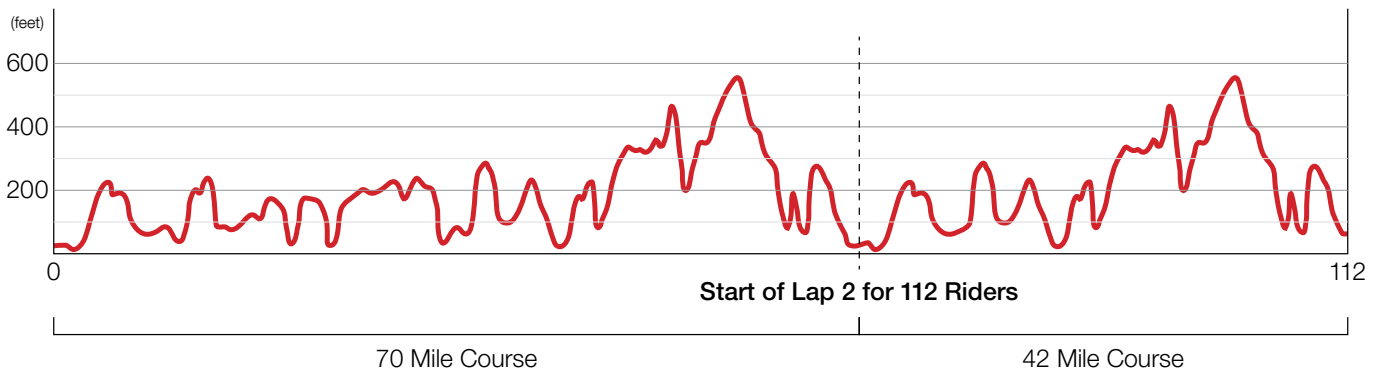
There will be no bag drop available on the day for cyclists, so please either leave possessions hidden away safely in your cars and vehicles, or keep them on you during the event.



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

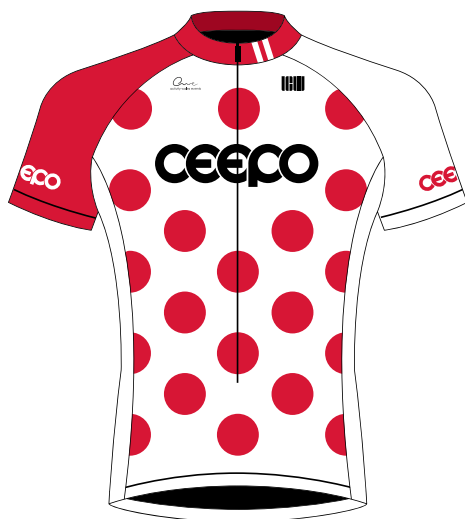
The CEEPO Hill Climb

One of the highlights of the weekend is sure to be the timed hill stage of The Pedal Cover Wales Sportive - the **CEEPO Hill Climb!**

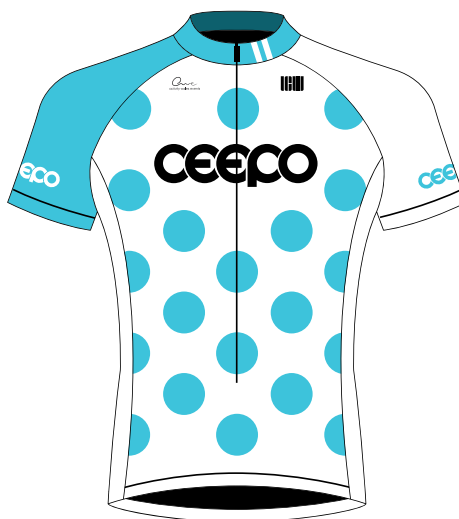
On Saturday, over 2,100 cyclists will be taking on one of the most difficult climbs on the route as they battle to claim the polka dot jersey as a trophy of being the fastest up the timed section.

The fastest male, female and junior riders will receive an exclusive **Polka Dot 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*



KING OF THE HILL



QUEEN OF THE HILL



YOUNG RIDER

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- Bikes covered worldwide
- Commuting, training, racing we have got you covered
- Power meters, shoes, kit...that's all covered too
- Transition area cover

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Morag McDowall, GB Age group triathlete

Pedalcover the choice of Olympians, World Champions, Paris – Roubaix winners, Tour de France stage winners, triathletes, duathletes, GB Age group athletes, time triallists, sportive riders, cyclists and everybody who loves their bikes!

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The Oakwood Wales Marathon, Half & Coastal Cottages Wales 10k
thewalesmarathon.com - thewales10k.com

Itinerary

Thursday 2nd July

2:00-8:00pm: Registration & Expo opens for all events

4:30: LCW Seminars begin in the De Valence Cafe

Friday 3rd July

10:00-8:00pm: Registration - De Valence, Tenby

Marathon, Half Marathon & 10K athletes are welcome to register on Friday, but only Taff Kids and Swim athletes can register from 4:00-6:00pm.

Saturday 4th July

5:30am-8:00pm: Registration - De Valence, Tenby

Marathon, Half Marathon & 10K athletes are welcome to register on Saturday, but priority will be given to Sportive athletes from 5:30-11:00am.

Sunday 5th 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 by 9am.

7:00am-10:30am: Registration for Wales 10k athletes. **All 10k athletes MUST register by 10:30am.**

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. See info desk if you need a place.

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

10:00am: FULL MARATHON START

11:00am: Coaches leave Tenby for Manorbier. See info desk if you need a place.

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

12:45pm: Wales 10k race briefing (approximate)

1:10pm: Wales 10k athletes leaves Manorbier Castle with Samba Band for 10k start line

1:30pm: **WALES 10K START**

4:00pm: Marathon cut-off

4:30pm: Presentation of 4th medal

7:30pm: Join the team in Tenby House for post race celebrations

Run With A Loved One

This year to avoid children and loved ones climbing over the barriers at the finish line, we are introducing a run with a loved one channel at the top of High Street, just after the mini roundabout. If you wish to run with your family, friends etc you will need to stay right into the channel, where they will be able to join you for the final 200 metres to the finish. This area will be clearly sign posted on the day.

Registration

You can register for the Wales Marathon, Half Marathon and 10K at ANY time over the weekend, however on race day, **the Half Marathon registration is in Pembroke Castle ONLY and NOT Tenby.**

There will be no entries accepted on the day.

Entry to the Castle

This year all athletes and supporters will have 1 free entry pass to Pembroke Castle, however you must present the voucher on page 26. Please note, this voucher is only valid for for the day of the Half Marathon.

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 ShoeTag will be in your envelope at registration. Please fit your chip through your shoelaces so that it forms a LOOP and make sure the red face is NOT visible. Please do not flatten or bend the chip. You can find an example of how to attach the tag on the next page, see the video at <http://youtu.be/jDYjo-fb7Js>

FITTING A LOOPED SHOE TAG

Our standard UHF loop tag for running comes pre-attached to a UHF strip. **DO NOT REMOVE THIS!!!** It is an integral part of the tag and you'll destroy the chip if you try. The tag can be worn on either shoe – just follow the instructions below.

This is the loop tag that you'll find in your race pack. Before fitting it, please check that it has your race number on it.



Slip the tag underneath the bottom laces on your shoe. At this point the tag is face down with the red block at the toe end and the brown 3M safety tab is at the top.



Fold the top of the tag towards the toe so that you can detach the 3M safety tab.



Press the adhesive patch that was covered by the 3M safety tab against the back of the tag at the toe end. The glued area should stick immediately forming the completed loop.



At this point the red patch is now showing at the toe end.

Now rotate the loop until the green patch is pointing upwards and you can see the number.



You are now READY TO RACE!

The three tags below are examples of what **NOT** to do!





The Oakwood Wales Marathon

10:00am Race Start - Tudor Square, Tenby



Full Course Map

Please see page 39, or for an online version of the full course map, please visit:
www.thewalesmarathon.com/event-info/course-info.php

Feed Stations

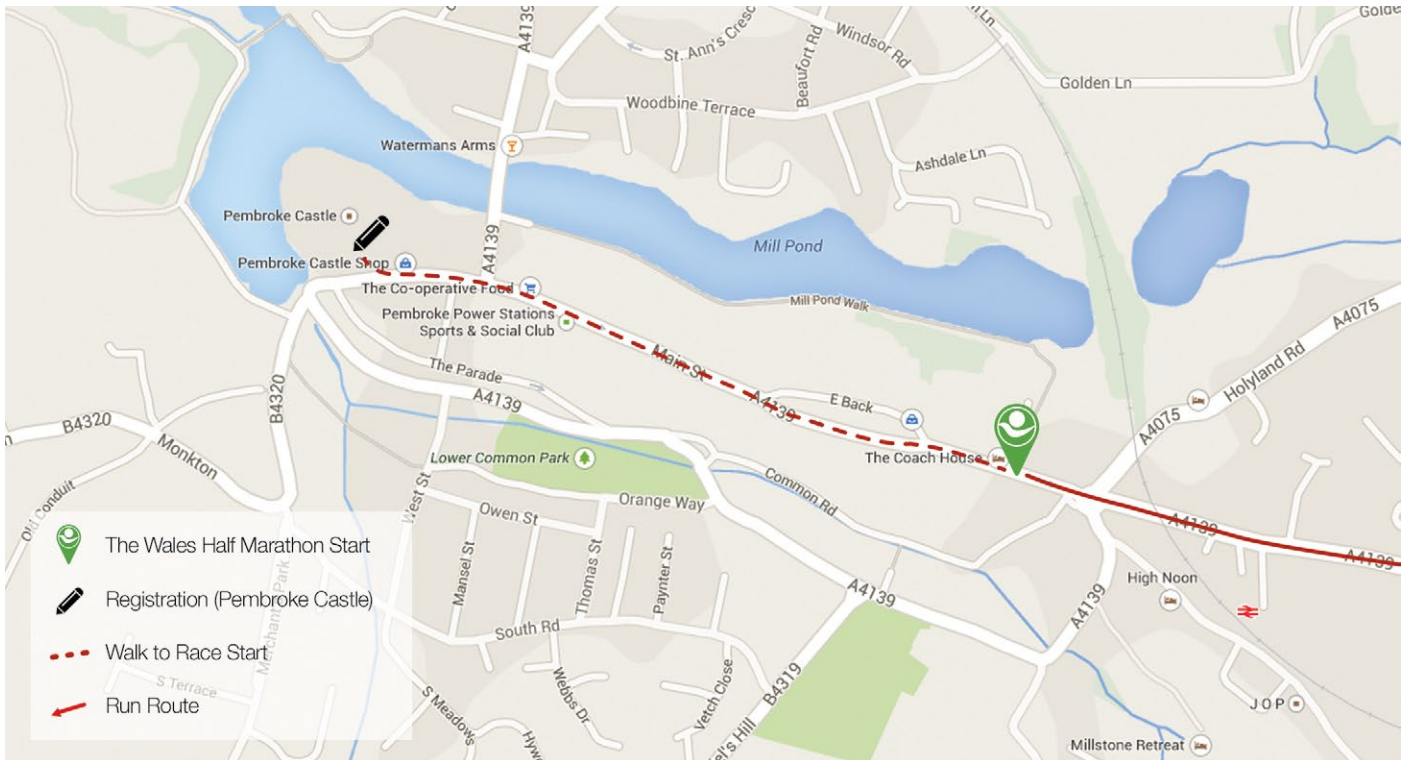
We have a range of different snacks and feeds available at the stations to keep your energy levels up on the day. **You can find a list of what will be at the feed stations on Page 44.**

Please note: Gels must have your name and number written on them. There will be spot checks at the start of the race.

The Oakwood Wales Half Marathon

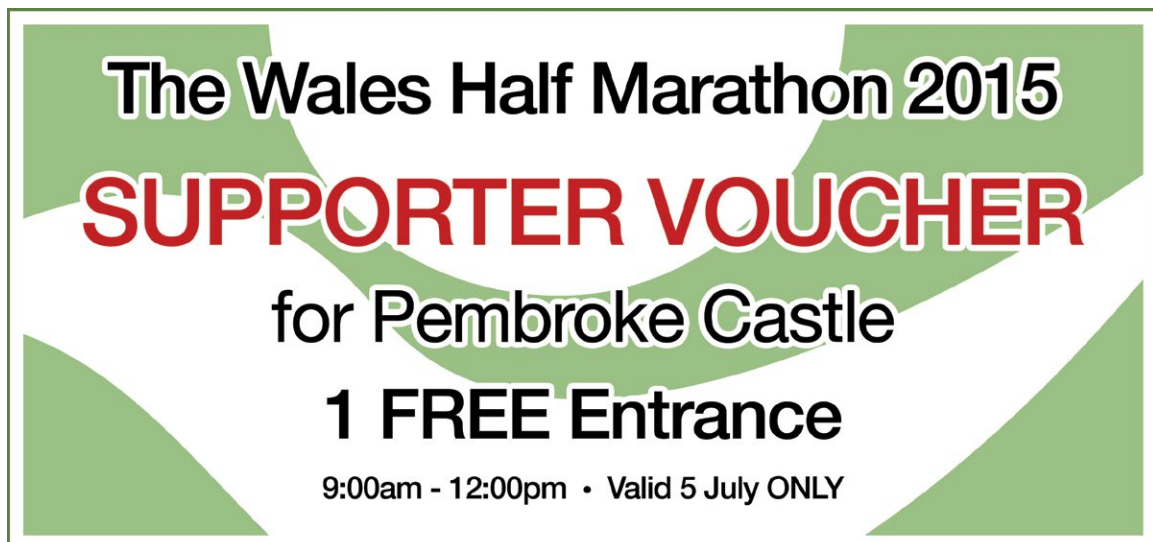
11:40am Leave Pembroke Castle

12:00pm Race Start - Main Street, Pembroke



Supporter Voucher

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

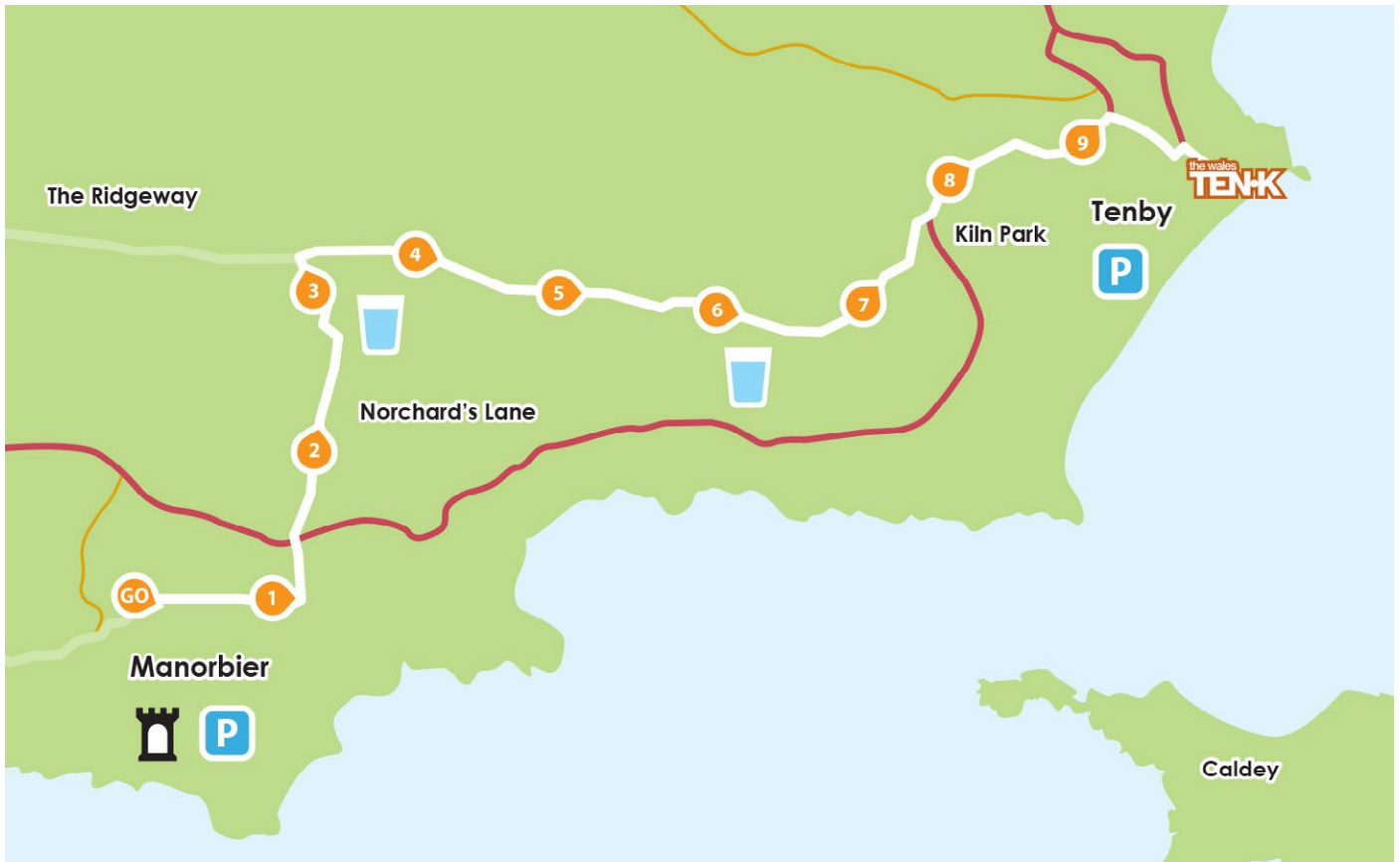


Note: Only one voucher per athlete.

The Coastal Cottages Wales 10k

11:00am Buses Leave Tenby

1:30pm Race Start - Manorbier



Parking

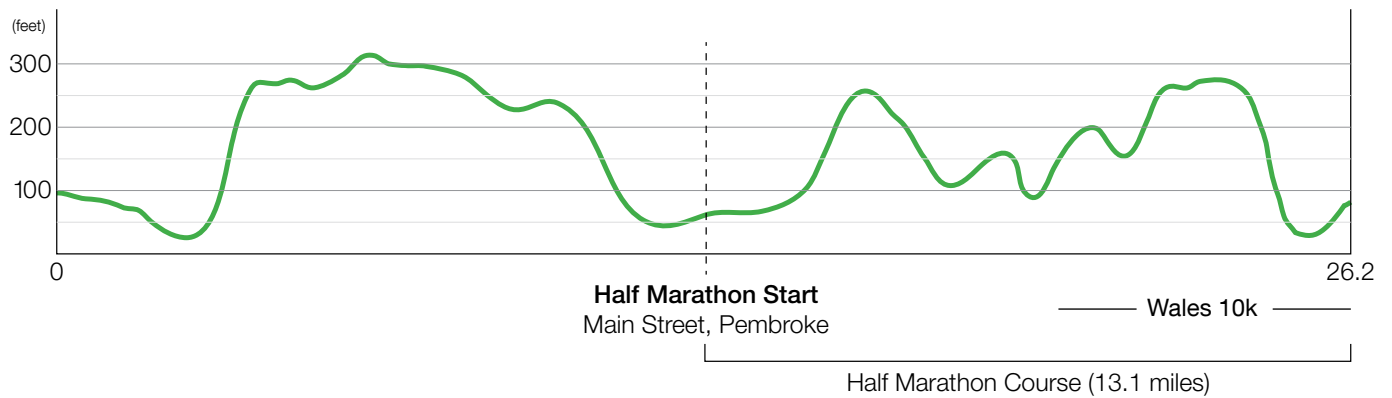
There will be parking available on the Manorbier Football Club pitch. It will cost £1 to park there all day, and all funds raised will go to the Club. **Please note: The roads will be closing at around 11:00am, so ensure you get to Manorbier early if you intend to park here.**



Run Course



Elevation



Presentation Ceremony

Presentations for the winner of the Marathon, Half and 10K will take place at approximately 3:30pm. This may change depending on the number of people crossing the line during that period. The **LONG COURSE WEEKEND** presentation will be at 4:30pm, and will take place on the finish line or in The De Valence if weather restricts. **Please note, this is where you pick up your 4th medal.**

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.



OAKWOOD THEME PARK



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kids go free*



*1 free junior ticket (ages 3-12) when you buy 1 standard ticket (ages 13+). Valid until 01/11/15. Not valid on Wednesdays or Saturdays in August. Photocopies not accepted. Not valid online or with any other promotion – including family tickets. Check opening dates and times prior to arrival as the park is not open everyday. All other normal terms and conditions apply.

Wales' BIGGEST Family Adventure!

Book online & save www.oakwoodthemepark.co.uk

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. **Unfortunately there are jellyfish in the water, and if you do get stung please see the medical team ASAP.**

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. **There will be an emergency bus travelling the course. If you need to be picked up let a marshal know and they will get you sorted.**

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 2XU Wales Swim

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

The Pedal Cover 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.

There will be NO gels supplied at the event. This is due to the event taking place in a National Park, and we want to minimise the impact of the event on the countryside. Any athletes bringing gels will need to have their name and number written on them, and spot checks will take place at the start of the event. Anyone found to have littered on the course will be disqualified. Feed stations will have plenty of variety to replace the gels.

We will have a burger van on the course at Prince's Gate, so bring money out with you if you wish to stop for food. See page 27 for more details and prices.

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 - Sponge cupcakes - Bananas - Twiglets - Sweets

Mile 56 - Water Station (CWS2)

Water only - There will be a burger van, so please bring money if you intend to stop

Mile 72 - Energy Station (CWS3)

Water & Accelerade - Sponge cupcakes - Bananas - Twiglets - Sweets

Mile 78 - Energy Station (CWS1)

Water & Accelerade - Sponge cupcakes - Bananas - Twiglets - Sweets

Mile 98 - Water Station (CWS2)

Water only - There will be a burger van, so please bring money if you intend to stop

Finish Line

Bottle water

The Oakwood 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 and there will be a limited numbers available, 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 Oakwood Wales Marathon

Mile 4 & 24 (RWS1/8)

Water Station

Mile 6 & 22 (RWS2/7)

Energy Station - Water & Accelerade - Bananas - Sweets

Mile 8 (RWS3)

Water Station

Mile 12 (RWS4)

Energy Station - Water & Accelerade - Gels - Bananas - Sweets

Marathon - Mile 16 (RWS5)

Water Station

Mile 19 (RWS6)

Energy Station - Water & Accelerade - Cupcakes - Bananas - Sweets

Mile 20 (RWS9)

Water Station

Finish Line

Bottle water - Twiglets - Sweets

The Oakwood Wales Half Marathon

Mile 3 (RWS5)

Water Station

Mile 6 (RWS6)

Energy Station - Water & Accelerade - Cupcakes - Bananas - Sweets

Mile 9 (RWS2/7) - Also on the Wales 10k route

Energy Station - Water & Accelerade - Bananas - Sweets

Mile 11 (RWS1/8) - Also on the Wales 10k route

Water Station

Finish Line - Also on the Wales 10k route

Bottle water - Twiglets - Sweets

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

Supporter Information

Friday 3rd July - Swim

For the first event of the Long Course Weekend, the athletes take on the 1.2 or 2.4 miles of The 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 4th July - Sportive

Early on Saturday morning, the riders will depart the Salterns Car Park on either a 112, 70 or 42 mile route for The Wales Sportive. The 112 mile riders and Long Course Athletes will be departing Salterns Car Park from 7:00am, so make sure to get down there early to show your support and cheer all the cyclists on.

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 Ceepo Hill Climb. 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 polka dot jerseys which this year include a Queen of the Hill and Young Rider prize. 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 in Tudor Square, Tenby, so head back to see the athletes finish on the award-winning finish line, with the first riders expected at around 1:00pm.

Sunday 5th July - Marathon

The finale of the weekend sees the athletes take on the 26.2 miles of The Wales Marathon, the 13.1 mile Half Marathon or the NEW Wales 10k. Marathon runners will leave Tenby at 10:00am - the start is always a popular occasion for supporters, so again, get there early to avoid disappointment! Once the runners have left Tenby, the party continues with Live Music and an incredible atmosphere all the way until the first runners come back into Tudor Square at around 12:30pm. You will also see the Half Marathon and 10k finishes here. 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!

2:00pm - 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!

10:00am - 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!

6:50pm - St Florence & Tenby schools unite to sing the Welsh national Anthem

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!

7:00am - Salterns Car Park for the first athletes leaving

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

10:00am - 70 mile athletes will start leaving Salterns Car Park in 15 minute waves

10:30am - Head to Saundersfoot! It's the CEEPO Hill Climb 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!

12:30pm - 42 mile riders will start leaving Salterns Car Park in 15 minute waves

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 - Coaches depart for the Wales 10k

2:00pm - 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 4th July

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

Sunday 5th 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

We're thrilled to announce that this year, FinisherPix will be taking shots over the weekend and they will be available to buy from their website.

You can save 50% by pre-ordering your photos using the links below!

Long Course: finisherpix.com/e/1235

Swim: finisherpix.com/e/1232

Bike: finisherpix.com/e/1233

Run (marathon, Half & 10k): finisherpix.com/e/1234

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 or ask at the expo.

Sports Massage

Vicki White Sports Therapy will be attending this year's Long Course Weekend, and athletes can now pre-pay and book their Sports Massage for the event. Visit <http://www.vickisportsmassage.co.uk/long-course-weekend/> and select the treatments you require. 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.



Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement

For participation in: ZXU Long Course Weekend 2015, Tenby (included related programs and/or events) (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

Terms

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of Physical excursion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as St John's Ambulance, Hospital etc) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £50)

Rules

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I understand that the cycle section takes place on open road and that I have to obey the Highway Code at ALL times. Cyclists are also not permitted to ride any more than 2 abreast on the roads at any time.

Please bring this form back signed along with your photo ID with you to Registration. Failure to hand this document in at registration, will mean you cannot race.

PRINT FULL NAME _____

EVENT(S) _____

ADDRESS _____

SIGNED _____

DATE _____

ENTER NEXT YEAR NOW!

8-10 JULY 2016

Register online NOW!

longcourseweekend.com



Active

Activity Wales Events

Coastal House, Narberth Road, Haverfordwest, Pembrokeshire SA61 2XG

t. 01437 765 777

e. info@activitywalesevents.com

www.activitywalesevents.com