

RACE PACK



LONG COURSE WEEKEND
WALES • CYMRU

— POWERED BY —

HUGHJAMES

2024

EVERYTHING YOU NEED TO KNOW FOR
LONG COURSE WEEKEND

WELCOME,

On behalf of all the team here at LCW, we extend a very warm welcome to all our athletes at this year's Long Course Weekend.

Over 11,000 athletes from 56 nations have travelled to this very special corner of Wales to compete and experience what is now the largest multisport festival in Europe.



We also extend a huge thank you to our army of volunteers and team leaders that will exceed 600 this year, keeping all our athletes safe and on course, day after day.

The local community has been a critical part of the success of this event and their buy-in and support has made this the event it is today.

As an athlete and supporter, you will make lifelong friends here this weekend; it is special in so many ways. We thank you as athletes and families for coming here and choosing LCW as part of your race schedule.

2024 sees the first edition of LCW Yorkshire (6-8th Sept), which is next up after Wales, followed by LCW Belgium (20-22nd Sept). We now have four fantastic locations, including LCW Mallorca, all with very different cultures and experiences on offer. Plus, keep reading for a surprise announcement about the launch of our LCW World Championships.

See you on the course, compete with a smile, and enjoy this fantastic weekend.

Regards

Matthew Evans and Scott Powell

Founders of LCW Global



RACE BRIEFING VIDEOS



THE WALES SWIM

Watch the video briefing by clicking on the thumbnail to the left.



THE WALES SPORTIVE

Watch the video briefing by clicking on the thumbnail to the left.



THE WALES MARATHON, HALF MARATHON, 10K & 5K

Watch the video briefing by clicking on the thumbnail to the left.



FULL LCW ATHLETES

Watch the video briefing by clicking on the thumbnail to the left.

HOW TO USE THIS RACE PACK

PLEASE READ PAGES 3-21 FOR IMPORTANT EVENT OVERVIEW INFORMATION. THEN HEAD TO:



LCKINDER

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WALES SWIM

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WALES SPORTIVE

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WALES MARATHON

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WALES HALF MARATHON

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WALES 10K

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WALES 5K

54



FULL LONG COURSE

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NEW

LCW WORLD CHAMPIONSHIPS

LONG COURSE WEEKEND WORLD CHAMPIONSHIP... HERE IT IS!

LCW Belgium 2025: Your First LCW World Championship

Twenty athletes from the Full LCW will qualify for the 2025 LCW World Championship in Belgium; 10 Male and 10 Female. The twenty will consist of the top 3 male athletes and the top 3 female athletes, with the remaining 14 athletes being chosen completely at random!

We've asked our sponsors, officials and VIP's to choose a finish time at random. We will announce to the crowd the next Long Course Weekend athlete to cross the finish line will qualify. Then you are on your way to Belgium for the World Champs – congratulations!

How to know you've qualified? Yellow flags (male) and orange flags (female) will fly high as you run down the red carpet, announcing to you and the crowd that you have qualified!

We'll then bring you up on the main stage at 6:30pm on Sunday to introduce you to the LCW Belgium team ahead of the World Championship.

Need to know

Entry is completely FREE* for qualifiers.

Qualifying Events:

If you're not one of the lucky ones to qualify for the 2025 LCW World Championship in Belgium, all is not lost! There are several more chances to qualify, just head to one of our LCW global events for another opportunity.

LCW Yorkshire 2024

LCW Belgium 2024

LCW Mallorca 2025

Good luck!

*Travel, accommodation etc. is not provided.



what3words

**Getting you exactly where you
need to be at**

LONG COURSE WEEKEND

We'll be using **what3words** throughout this race pack and the event to give you precise locations wherever we can. You just need to download the app and enter the location codes.
Easy.

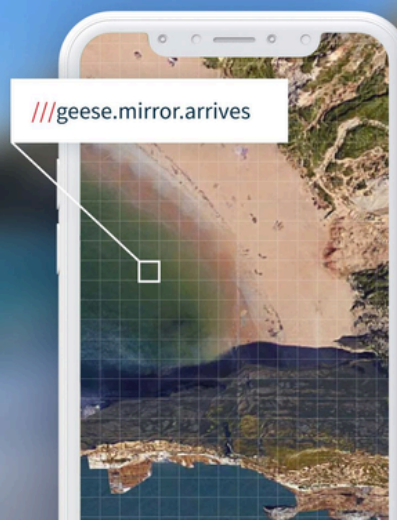
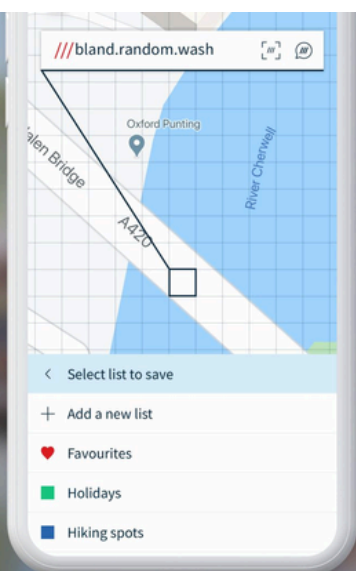
Locations will look like this:

///races.marathons.fulfilled

DOWNLOAD THE APP



<https://what3words.com/products/what3words-app>



KEY LOCATIONS

VIEW MAP



📍 SALTERNS CAR PARK, TENBY

What3words [///races.marathons.fulfilled](#)

Location of Athlete Village (Expo & Registration)

The Wales Sportive start and finish

The Wales Marathon start and finish

The Wales 5k start and finish

The Wales Half Marathon finish

The Wales 10k finish

📍 NORTH BEACH, TENBY

What3words [///look.milkman.submitted](#)

Location of The Wales Swim and LCKinder

📍 SOUTH QUAY CAR PARK, PEMBROKE

What3words [///surfacing.cookers.commands](#)

The Wales Half Marathon gathering point and registration (Sunday only)

📍 MANORBIER BEACH CAR PARK, MANORBIER

What3words [///warned.total.monopoly](#)

The Wales 10K start

📍 LOWER PARK ROAD, TENBY

What3words [///joke.jogging.pedicure](#)

The Wales Half Marathon and Wales 10k bus departure point

📍 GREENHILL SCHOOL

What3words [///coasted.finishes.rebounder](#)

OFFICIAL EVENT PARKING

Parking available from 4pm on Friday & 5.30am Saturday and Sunday

All funds from parking here goes back to Greenhill School

VIEW ONLINE



PARKING



OFFICIAL EVENT PARKING GREENHILL SCHOOL, TENBY

///coasted.finishes.rebounder

Open from 4pm, Friday 21st June
5.30am Saturday 22nd & Sunday 23rd June

£5 A DAY
Card payments only

ALL FUNDS GO TO GREENHILL SCHOOL

TENBY

Tenby is where the majority of the action happens over the course of the weekend. Please plan ahead so that you can enjoy the weekend to it's fullest!

- North Beach Car Park	///deploying.fingernails.responses	PAY AND DISPLAY
- Greenhill School	///coasted.finishes.rebounder	CARD PAYMENT ONLY
- Multi-Storey Car Park	///repaying.tactical.reception	PAY AND DISPLAY
- Five Arches	///projects.suits.juniors	PAY AND DISPLAY
- The Rectory Car Park	///doses.sedative.roofed	PAY AND DISPLAY
- South Beach Car Park	///endlessly.lizard.shrub	PAY AND DISPLAY
- Tenby Train Station	///acid.ownership.outdoor	PAY AND DISPLAY

Parking at The Green & The Salterns WILL NOT be available

SAUNDERSFOOT

Saundersfoot boasts an awesome atmosphere on race weekend with plenty of fantastic places to eat and drink, and lots of shops. It has the **best** view point on the course for bike day.

- **Coppet Hall Car Park** *///surprise.rationing.tagging* **PAY AND DISPLAY**
- **Harbour Car Park** *///relegate.resists.somebody* **PAY AND DISPLAY**
- **Regency Car Park** *///bonnet.bandstand.loosens* **PAY AND DISPLAY**

CAREW

Here lies a chance to catch many of the cyclists in a quieter location with the beautiful backdrop of Carew Castle - it's a great spot to watch on course without the hustle and bustle.

- **Carew Castle Car Park** *///tulip.effort.influence* **PAY AND DISPLAY**

PEMBROKE

The start line of The Wales Half Marathon is in Main Street, Pembroke. Here you can watch the epic parade before athletes head out on course. You can also spot sight of the many marathon runners who run through the town too!

- **The Commons Car Park** *///scornful.sugar.wept* **PAY AND DISPLAY**
- **The Parade Car Park** *///gossiping.promoted.treaties* **PAY AND DISPLAY**

MANORBIER

Supporters can catch the start of The Wales 10k here in Manorbier but be sure to head back to Tenby as you won't want to miss the electric atmosphere of the finish line at the Salterns Car Park.

- **Manorbier Beach Car Park** *///warned.total.monopoly* **PAY AND DISPLAY**



Creu Straeon, Nid Sbwriel

Gadewch i ni amddiffyn ein parciau a'n traethau.

Make Memories, Not Mess

Let's protect our parks and beaches.

ITINERARY

LONG COURSE WEEKEND

VIEW ONLINE



There is so much happening over Long Course Weekend with young talent competing in LCKinder plus professional and amateur athletes challenging for the glory of being Long Course Weekend champion, so we've made things as simple as possible for you. To work out where you need to be and when you can see the best of the action, check out our itinerary of events below.

*Timings are subject to change.

THU

**JUNE
20**

3pm - 8pm	Registration Opens	Salterns Car Park, Tenby
3pm - 8pm	LCW Expo Opens	Salterns Car Park, Tenby
5.30pm - 7.15pm	Llewelin Duo Band & Meet the team	Main Stage, Salterns Car Park

Where possible, we recommend registering on Thursday to help ease queues during peak times

FRI

**June
21**

SWIM

10am - 6pm	Registration Opens (swim closes 4:30pm)	Salterns Car Park, Tenby
10am - 4:30pm	Event Expo Opens	Salterns Car Park, Tenby
12pm - 5:00pm	Sports Massage Available	Salterns Car Park, Tenby
3:30pm	LCKinder Participants Gather	North Beach, Tenby
4:00pm	LCKinder Start	North Beach, Tenby
5.15pm - 5.30pm	Swim Acclimatisation	North Beach, Tenby
5:40pm	Start Pen Closes & Swim Briefing	North Beach, Tenby
6:00pm	The Wales Swim Start	North Beach, Tenby
7:00pm*	First Lap Cut Off Time	North Beach, Tenby
8pm	Swim Presentation	North Beach, Tenby
8.00pm*	Overall Cut Off	North Beach, Tenby

*First Lap Cut Off will be 1 hour after the last athlete enters the sea with the Overall Cut Off an hour later.

SAT**JUNE
22****SPORTIVE**

5:00am - 5:00pm	Registration Open (cyclists prioritised by start time)	Salterns Car Park, Tenby
7am - 7:30am	112 Mile, LCW and 70 Mile Start	Salterns Car Park, Tenby
9:00am - 5:00pm	Event Expo Opens	Salterns Car Park, Tenby
9:30am - 9:45am	42 Mile Sportive Start	Salterns Car Park, Tenby
10.30am	First Bikes Expected Back	Salterns Car Park, Tenby
12:00pm - 5:00pm	Sports Massage Available	Salterns Car Park, Tenby
1pm	Cut Off for Second Lap	The Green, Tenby
1.30pm	Roads will start reopening from Tenby	The Green, Tenby
1pm	Cut Off for King, Queen and Junior of the Hill	St Brides Hill, Saundersfoot
5.00pm	Overall Cut Off	Salterns Car Park, Tenby

SUN**JUNE
23****MARATHON**

7am - 10.30am	Registration Opens (9am close for marathon)	Salterns Car Park, Tenby
7am - 5pm	Event Expo Opens	Salterns Car Park, Tenby
9am - 11am	Registration for Half Marathon	South Quay Car Park, Pembroke
9:30am	Half Marathon Coaches Depart	Lower Park Road, Tenby
10:00am	The Wales Marathon Starts	Salterns Car Park, Tenby
10.30am	The Wales 5K Starts	Salterns Car Park, Tenby
11:15am	Wales 10K Coaches Depart	Lower Park Road, Tenby
11:40am	Half Marathon Parade	South Quay Park to Main Street, Pembroke
12:00pm	The Wales Half Marathon Starts	Main Street, Pembroke
12:00pm - 5:00pm	Sports Massage Available	Salterns Car Park, Tenby
12:30pm	First Marathon Athlete Back	Salterns Car Park, Tenby
1pm	Halfway cut off for Marathon	Main Street, Pembroke
1:30pm	The Wales 10K Starts	Manorbier Castle, Manorbier
4:00pm	Event Cut Off Time for Athletes	Salterns Car Park, Tenby
4:30pm	LCW Trophy Presentation & 4th Medal	Salterns Car Park, Tenby
5.30pm	Funktion 22 start playing	Main Stage, Salterns Car Park
6.30pm	Interview with LCW Belgium	Main Stage, Salterns Car Park
6.45pm	Funktion 22 second set	Main Stage, Salterns Car Park

THE ATHLETE VILLAGE

The Athlete Village is located at **The Salterns**. The Village is just a 3-minute walk from the centre of town and has an outdoor festival feel. Attracting over 70 world-class exhibitors and a diverse food scene, the area also hosts Athlete Registration and the Official LCW Shop, creating a hub of family-friendly activity throughout the whole weekend.

EXPO OPENING TIMES

THURSDAY
3PM - 8PM

FRIDAY
10AM - 4:30PM

SATURDAY
9AM - 5PM

SUNDAY
7AM - 5PM



Pedal Cover



LEAVE THE CAR AT HOME

Our Official Insurance Partners, Pedal Cover, will be operating the Community Bike Park located at the entrance and to the rear of the Athlete Village.

Whether you're competing, supporting or just coming along to soak up the world famous LCW atmosphere, leave the car at home and let Pedal Cover take care of your bike.

Totally free of charge, this secure area is manned by Pedal Cover staff for all 4 days of the event and offers a great option for leaving the car at home.

Their expert team will be on hand with some incredible home, bike and bundle insurance offers throughout the whole weekend so be sure to pay them a visit.



ENTERTAINMENT OVER THE WEEKEND

Don't miss out on entertainment! Make the most out of the weekend and check out below what's happening where.

Thursday 20th June

5pm - 7pm

Duo Llewelin Band

Salterns Car Park, Tenby

5pm - 7pm

Drinks & Meet The Team

Salterns Car Park, Tenby

Friday 21st June

4pm - 8pm

DJ Toby Ellis

North Beach, Tenby

Saturday 22nd June

10am - 5pm

DJ Toby Ellis

Salterns Car Park

8:30am - 3:30pm

DJ FreaQuincy

Boars Head, Templeton

9am - 2pm

DJ Wayno

St Brides, Saundersfoot

Sunday 23rd June

9am - 5:30pm

DJ Toby Ellis

Salterns Car Park

10.15am - 3.45pm

DJ FreaQuincy

Norchard Cross

11.30am - 2.30pm

DJ Dowsey

Manorbier Beach Car Park

Post Event Party

5.30pm

Funktion 22 Party Band

Salterns Car Park

THE OFFICIAL

LONG COURSE WEEKEND STORE



LONG COURSE WEEKEND

WALES • CYMRU



OPENING TIMES

THU: 3PM-8PM

FRI: 10AM-6PM

SAT: 5AM-5PM

SUN: 7AM - 5PM

10% OFF EVERYTHING IN STORE THURSDAY ONLY

AT THE ATHLETE VILLAGE

REGISTRATION

MAIN REGISTRATION: **ATHLETE VILLAGE, SALTERNS CAR PARK, TENBY**
What3words **///races.marathons.fulfilled**



YOU WILL NEED YOUR PHOTO ID TO COLLECT YOUR BIB NUMBER. ONLY YOU CAN REGISTER. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF.

TO REGISTER YOU BRING WITH YOU:

- **PHOTO ID**
- **YOUR ENTRY QR CODE (PRINT OR SCREENSHOT)**

Any athlete **WITHOUT PHOTO ID** will **NOT** be able to **REGISTER** or **RACE**.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (prior to the event), they will be unable to race.

If you do not complete your entered distance, it will result in a DNF. You will still receive a medal but no finishing time will be given.

CHANGING YOUR EVENT DISTANCE

You can change your distances at registration. All we ask is that you **PLEASE ALLOW PLENTY OF TIME** to do so. All changes must be made no later than **4 HOURS PRIOR** to the event start time.

There will be an admin charge of **£10** per event. Athletes cannot change distances during the event.

REGISTRATION TIMES

THURSDAY:	3pm - 8pm	We recommend registering Thursday to ease queues at peak times
FRIDAY:	10am - 6pm	Priority given to Full LCW & Swim Athletes between 12pm - 4:30pm
SATURDAY:	5am - 5pm	Priority given to Athletes as per Start Times 5am - 9am
SUNDAY:	7am-10:30am	Marathon, 5k, 10k Registration
	9am - 11am	Half Marathon Registration in South Quay Car Park, Pembroke ONLY

IN YOUR RACE PACK

You will be supplied with your chip and race number for the weekend at registration. Full LCW athletes will also be issued with number tattoos which need to be applied to both the arms and legs.

Please make sure that you have the following before leaving registration:



THE WALES SWIM ATHLETES:

- 1 x issued swim hat (for safety reasons, the issued swim hat must be worn)
- 1 x back of the hand tattoo (wear on either hand)
- 1 x timing chip to be worn using the strap provided outside of your wetsuit on your ankle (wear on either ankle)



THE WALES SPORTIVE ATHLETES:

- 1 x number for the front of your bike (cable ties will be supplied)
- 3 x helmet stickers, one for each side and the front of your helmet
- 1 x bib number for your back
- 1 x timing chip which is to go on the **LEFT** side of your **DRY** helmet.



THE WALES FULL, HALF MARATHON, 10K & 5K

- 1 x bib number to be displayed on your front
- 1 x timing chip attached to your bib (do not bend)



LONG COURSE WEEKEND ATHLETES

- 1 x All of the above
- 1 x LCW Athlete Jacket
- 1 x LCW Athlete Polo Shirt
- 1 x LCW Beer Can (Not issued to Juniors)

ERDINGER ALKOHOLFREI

RECOVERY ZONE

LOCATION: END OF FINISH LINE CHUTE

You asked, we listened. With athlete safety and wellbeing at the heart of our focus, the **Erdinger Recovery Zone** will house massage, hydration and Erdinger Alkoholfrei products. This area will **only be open to athletes** (wearing medals) and will offer a secluded chill-out zone post-race.



TRAVEL INFORMATION

Tenby will be attracting around 50,000 people this June for the Long Course Weekend and as a result, there may be extremely long delays on the way into the town. If you are planning on registering on the day of your race, **please ensure you plan ahead and leave in plenty of time.**

TENBY BY TRAIN: Tenby is connected by a local rail line to Swansea, Cardiff and Pembroke Dock. During 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 runs from London and Birmingham.

TENBY BY CAR: For our detailed guide to parking during the event please [click here](#).

Note: Please allow extra time on Friday due to extra traffic coming into Pembrokeshire



ROAD CLOSURES

There will be some road restrictions during Long Course Weekend, particularly on Saturday and Sunday. For the most up-to-date road restriction information, please scan the QR code below or visit community.lcwwales.com

Please ensure you plan ahead and leave in plenty of time.



FINISH LINE SHOUT-OUTS AT LCW



@captaincymru



It's **easy** to get a shout-out to your loved ones:

Follow

@captaincymru

on Instagram



Send your shout-out with bib number, name & message.



**LONG COURSE
WEEKEND**

**LONG COURSE
WEEKEND**

FOLLOW US

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 JCP Solicitors

LCKINDER

FRIDAY 21 JUNE 2024



Long Course Kinder is the first event of the weekend, and what a way to start! Our budding athletes get the perfect taster of a multi-discipline event and show the adults how it's done! With children aged from 4 to 11 years old competing in two distances, this is a great opportunity to introduce our youngsters to fun and competitive events.

Registration will be in the Salterns Car Park. Parents can collect the pack and t-shirt for your child on their behalf. Registration times are above.

It takes place on Tenby North Beach, home of The Wales Swim, so Kinder athletes get to experience the electric atmosphere and compete in front of the huge crowds too.

ITINERARY

FRI

**June
21**

3.30pm All participants must be on North Beach, Tenby

3.45pm Compulsory Race Briefing

4pm Race Start

Children race in Year Groups, allocated on the day.

4.30pm Last Wave expected





Today's young
athletes.
Tomorrow's
entrepreneurs
.

Proud sponsors of LC Kinder.



Swansea	01792	773773	Pontypridd	01443	408455
Caerphilly	02920	860628	St Davids	01348	873671
Cardiff	02920	225472			
Carmarthen	01267	234022	law@jcpsolicitors.co.uk		
Cowbridge	01446	771742	www.jcpsolicitors.co.uk		
Fishguard	01348	873671			
Haverfordwest	01437	764723			

Siaredir Cymraeg yma





FRIDAY 21 JUNE 2024

ZONE3 
THE WALES SWIM

WATCH BRIEFING

 2.4 MILE  1.2 MILE

Welcome to one of the biggest open-water swimming events in the world! 2500 swimmers and 1 mass start. Routes of 1.2 or 2.4 miles with 1 or 2 laps plus crowds that will blow your mind. Tenby North Beach will become an atmospheric amphitheatre on Friday evening as the opening event of Long Course Weekend 2024.

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

**JUNE
20**

3pm - 8pm

3pm - 8pm

Registration

EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

Salterns Car Park,

FRI

**JUNE
21**

10am-4.30pm

12pm-4.30pm

Registration

Swim Priority Registration

Salterns Car Park, Tenby

Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 4:30PM ON FRIDAY.

ITINERARY

SWIM ACCLIMATISATION

Please swim out on the right-hand side of Goscar Rock, looking out to sea due to the Kinder race.

5:15PM - 5:30PM

FRI

**June
21**

5.15pm - 5.30pm

5:40pm

6:00pm

7:00pm*

8pm

8.00pm*

Swim Acclimatisation

Start Pen Closes & Swim Briefing

The Wales Swim Start

First Lap Cut Off Time

Swim Presentation

Overall Cut Off

North Beach, Tenby

North Beach, Tenby

North Beach, Tenby

North Beach, Tenby

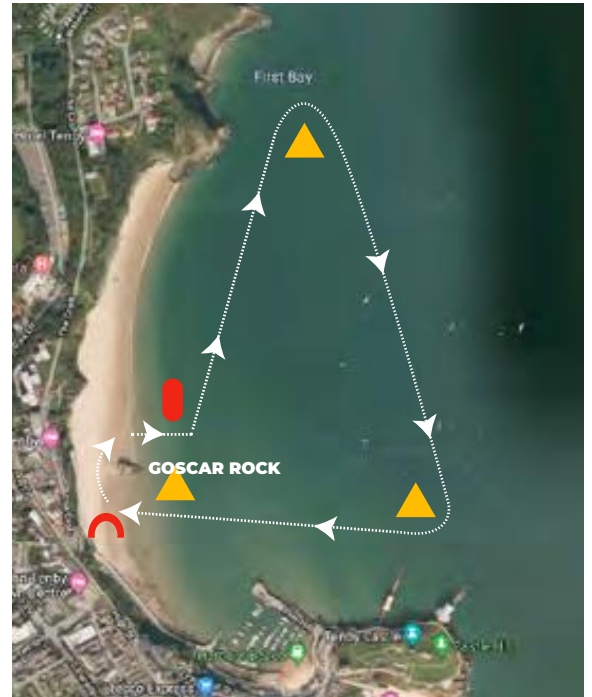
North Beach, Tenby

North Beach, Tenby

*First Lap Cut Off will be 1 hour after the last athlete enters the sea with the Overall Cut Off an hour later.

RACE INSTRUCTIONS

- The swim start is self-ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.
- Both 1.2 & 2.4 mile distances start on the north side of Goscar Rock, you should keep the **first buoy on your left and all other buoys on your right**.
- **1.2 Mile: Complete one lap and keep left** to follow the chute to the finish line.
- **2.4 Mile: After completing one lap, keep right in the chute** to complete lap two. **After the second lap, keep left and follow the chute to the finish line.**



FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water Safety is on hand to help should you need them and you can still complete the course; it will **NOT** result in a DQ.

Should you need assistance during the swim, lie on your back and put your arm in the air (for this reason, forward-facing strokes ONLY are permitted during the swim).

If you fail to start after registering, you **MUST** report to the race office before the start of the race, this is for safety reasons.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after their race. Athletes must wear a wetsuit which covers their chest and thighs and athletes are **NOT** permitted to wear boots or gloves.

IF YOU ARE UNABLE TO FINISH, PLEASE REPORT TO AN OFFICIAL OR YOU WILL BE CLASSED AS A MISSING PERSON

BAG DROP

📍 NORTH BEACH, TENBY

What3words [///magnum.wardrobe.lamenting](#)

Bag Drop opens at 4.30pm and will close at 8.15pm.

Any bags left after this time will be removed and delivered to the Athlete Village where lost property is stored at the Event Information Tent. It will be available for collection during Race Registration Opening Times.

Please make sure you put your race number onto the tag provided and attach it to your bag. You must present your bib upon collection.

Please note: bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg.**

Bag Drop closes at 8.15pm prompt. All bags remaining after this time will be moved to the Athlete Village as noted above.

TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on top of any other hat, a **hand tattoo (on any hand)** and your **timing chip**.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim, you must report to a timing official at the finish line.

FACILITIES

Please bring your own water bottles to fill from the water bowlers provided. There are public toilets available on the beach. Erdinger will be on hand with their products, head to the big inflatable beer glass!!



ZONE3

DEMO SWIM

FRIDAY 21ST JUNE

10AM TO 1PM NORTH BEACH

JOIN US FOR A SWIM IN OUR SUITS!

MEET AND CHAT WITH OUR TEAM





SATURDAY 22 JUNE 2024

**THE WALES
SPORTIVE**

POWERED BY

Pedal Cover

WATCH BRIEFING

 112 MILE  70 MILE  42 MILE

With the majority of the event now on closed roads, The Wales Sportive is the only event of its kind in Wales. Hills? Yes, you will have a few (!) but those breath-taking views, unsurpassed crowds, bouncing feed stations and a finish line that carries you home makes this medal all the more easier to achieve!

COURSE MAPS



COURSE MAPS →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

**JUNE
20**

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

**JUNE
21**

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

**JUNE
22**

5am - 9am

Registration
Priority given to cyclists by start time

Salterns Car Park, Tenby

ITINERARY

SAT

**JUNE
22**

5:00am - 9:00am

Registration Open (cyclists prioritised by start time)

Salterns Car Park, Tenby

7am - 7:30am

112 Mile, LCW and 70 Mile Start

Salterns Car Park, Tenby

9:30am - 9:45am

42 Mile Sportive Start

Salterns Car Park, Tenby

10.30am

First Bikes Expected Back

Salterns Car Park, Tenby

12:00pm - 5:00pm

Recovery Zone / Sports Massage Available

Salterns Car Park, Tenby

1pm

Cut Off for Second Lap

The Green, Tenby

1:30pm

Roads start reopening from Tenby

The Green, Tenby

2pm

Cut Off for King, Queen and Junior of the Hill

St Brides Hill, Saundersfoot

5.00pm

Overall Cut Off

Salterns Car Park, Tenby

RULES & REGULATIONS

FAILURE TO FOLLOW THE FOLLOWING WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be road worthy. They will be checked going into the Start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes' equipment is deemed faulty. A puncture repair kit must be carried by ALL athletes.
- 2) Athletes riding TT bikes must ride alone and not in packs, this is due to athlete safety. Anyone with a TT bike caught riding in a pack will be disqualified instantly. Please respect other athletes' safety.
- 3) Security Pens have been installed on the course this year. Any athletes who have not entered the event will be removed from the road and held until the end of the event.
- 4) Some sections on the course are open. Throughout these sections, please do not ride more than 2 abreast.
- 5) Helmets must be worn and fastened at all times.
- 6) The first feed station is at 42 miles for the 112 and 70-mile athletes. You are expected to fuel yourself for the event and should have 2 full water bottles at the start line.
- 7) Marshals are there for reference points only.
- 8) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free. You will be made aware when the reopening of roads will take place. After 1pm, the roads will start reopening. Please read the following information about the Hybrid Road Closures.
- 9) Crossing points are in place on the course and bikes will be held to allow traffic to pass at certain times on the course.
- 10) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 11) Any littering during the weekend will result in a DQ from all events.
- 12) Event Organisers reserve the right to issue penalties and DQ as they see fit.
- 13) Cut Offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 14) It is advised to carry a mobile phone with you at all times should you need assistance on the course.
- 15) At the finish, any rider who is riding too fast and ignores the marshal's advice to slow down or is riding dangerously will be DQ. Cut Offs will be enforced at advertised times.
- 16) It is your responsibility to know the route. Failure to follow the route will result in a DQ.
- 17) Wisemans Bridge - Saundersfoot will be a one way closure and bike & vehicles will travel together.

TT BIKES / AERO BARS / TRI BARS

TT BIKES ARE ALLOWED BUT ARE NOT ALLOWED TO DRAFT DUE TO ATHLETE SAFETY. ATHLETES DRAFTING WILL RECEIVE AN INSTANT DQ.

HYBRID ROAD CLOSURES

As you know the community is at the heart of everything that we do at LCW, and we are aware that two days of closures will cause an element of disruption to the local communities. Therefore, we need to open the roads as soon as possible to limit this.

In 2023, we trialled a “hybrid” road closures system which we will be putting in place again for 2024. When the course is very busy and athletes are travelling at speed, the roads will be closed. When there are fewer bikes on the course and the speed is reduced to a safe level, the course will be opened to other road users.

Whilst every effort has been made to close the roads, **we cannot guarantee that routes will be totally traffic free and you should ride accordingly.** Any athlete that rides approx. 15mph will enjoy most of the course on closed roads. If you are riding slower than this, you will encounter live traffic on the second lap.

Please note, there are also **sections on the course where the roads are NOT closed** so pay attention to the signage!!

The hybrid system will be introduced from 1.30pm in Tenby. After 1.30pm, please expect the roads to be opened at any time, no matter where you are on course. There will be signage on course to inform you of the timings. Please pay attention to those signs.

There is also a section towards the end of the course (just prior to Wisemans Bridge), where cars will be permitted to travel in the direction of bikes. This ends at the entrance to Saundersfoot.



TIMING CHIPS

You will receive your **timing chip** at registration. Please attach your timing chip to the **LEFT-HAND** side of your **DRY** helmet. Do **NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

FITTING THE UHF HELMET TAG

The UHF helmet tag is used to time your cycle ride and 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.

1. 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 you have been issued.
2. The helmet tag should be attached to the **LEFT-HAND SIDE** of the dry helmet only as illustrated
3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.
4. Peel off the protective backing and position the tag on the suitable part of the helmet.

CUT OFFS

Cut-offs are in place for athlete safety and marshal welfare. First Cut Off is 1pm for first lap and 5pm for overall.

If you are advised on course by a moto that you will miss the cut off time, we will advise you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut off, you will not be able to go down the red carpet and will be given your medal before the carpet.

IMPORTANT INFORMATION

Your tag will not work if placed on carbon fibre. 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, you will need to report to registration to obtain a seat label.

NEVER stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

If there are any incidents on the course that enforce a route change, cut offs will be adjusted accordingly.

ALL ATHLETES MUST WRITE YOUR RACE NUMBERS ON YOUR GELS. RANDOM CHECKS WILL BE IN OPERATION AT THE START LINE.

JUNIOR RIDERS

RIDERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT ENTERED INTO THE EVENT OR IT WILL BE ASSUMED THEY ARE FIT AND CAPABLE OF COMPLETING THE DISTANCE

FEED STATIONS

The first feed station is at 42 miles for the 112 and 70-mile athletes. You are expected to fuel yourself for the event and **MUST** have 2 full water bottles at the start line.

You will need to bring your own nutrition on course as only water will be supplied.



NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.

ANY ATHLETES WITH NUT ALLERGIES ARE ADVISED TO CONTACT THE RACE OFFICE TO DISCUSS FEED STATION CONTENTS.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE IN BINS AT FEED STATIONS.

torq



EXCLUSIVE LCW OFFER

Visit the TORQ stand at LCW and for £10, you will receive a 500ml Drinks Bottle and ANY 6 single items



SPEND £10

& receive
1x 500ml Drinks Bottle
SRP £5.95

And Any 6 From



TORQ
Energy Gels
SRP £2.15



TORQ
Energy Drinks
SRP £1.95



TORQ
Hydration Drinks
SRP £1.50

Other offers will be available from the TORQ stand



SUNDAY 23 JUNE 2024

Veloforte[®]

**THE WALES
MARATHON**

WATCH BRIEFING

You will experience a fabulous start at the Athlete Village, where you will return for your red-carpet finish. The run starts at Salterns Car Park, Tenby before climbing up onto the Ridgeway in Penally and on to Pembroke. A stunning last few miles back to Tenby precedes one of the most fabulous and rewarding finish lines around.

COURSE MAP



VIEW ROUTE →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

JUNE
20

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

JUNE
21

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

JULY
22

5am - 5pm

Registration

Salterns Car Park, Tenby

SUN

JULY
23

7am - 9am

Registration

Salterns Car Park, Tenby

ITINERARY

SUN

7am - 9am

Registration Opens

Salterns Car Park, Tenby

JUNE
23

9:45am

The Wales Marathon Race Briefing

Salterns Car Park, Tenby

10:00am

The Wales Marathon Starts

Salterns Car Park, Tenby

12:00pm - 5:00pm

Sports Massage Available

Salterns Car Park, Tenby

12:30pm

First Marathon Athlete Back

Salterns Car Park, Tenby

1pm

Halfway Cut Off for Marathon

Main Street, Pembroke

4:00pm

Event Cut Off Time for Athletes

Salterns Car Park, Tenby

5.30pm

Funktion 22 start playing

Main Stage, Salterns Car Park

BAG DROP

📍 ATHLETE VILLAGE ENTRANCE, TENBY

What3words [///shepherdess.grips.turns](https://www.what3words.com/#!/shepherdess.grips.turns)

Bag Drop will be open for drop offs **8am – 11.30am** and will reopen at **1pm-5pm** for collection. It will be clearly signposted upon arrival at the Athlete Village.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg.**

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. **DO NOT** fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION

CUT OFFS

Cut Offs are in place for athlete safety. There will be 2 cut-offs in place -

- 1pm Cut off will be at the Half Marathon Start at Main Steet, Pembroke
- 4pm there will be an overall cut off at the Salterns in Tenby.

If you are advised on course by a moto that you will miss the cut off time, we will ask you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut-off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

FEED STATIONS



START



MILE 4

Water Station



MILE 6

Energy Station: Water, Energy, Crisps, Sweets



MILE 8

Water Station



MILE 12

Energy Station: Water, Energy, Crisps, Sweets



MILE 16

Water Station



MILE 20

Energy Station: Water, Energy, Crisps, Sweets



MILE 22

Energy Station: Water, Energy, Crisps, Sweets



MILE 24

Water Station



FINISH LINE

Bottled water, Crisps, Sweets, Erdinger Alkoholfrei

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.



LITTER

IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE IN BINS AT FEED STATIONS.

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

IT IS YOUR RESPONSIBILITY AS A COMPETITOR TO KNOW ALL THE RULES. IGNORANCE IS NO DEFENCE.

- 1) As a competitor, you must know and correctly complete the full course.
- 2) Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- 3) No outside assistance is allowed at any time.
- 4) Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- 5) Chests must covered at all times on the run, no matter how hot it is.
- 6) Event numbers must be worn on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- 7) The course is comprehensively marshalled and signed with black arrows on fluorescent backgrounds. Remember, the referee will always be willing to answer any questions you may have however his/her decision is final.
- 8) Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- 9) All decisions are final. The Race Director and Race Referee have the final say on all decisions and outcomes. For safety purposes, the Race Director and Race Referee have the ability to implement and introduce laws and rules on the day.
- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) If you decide last minute not to start the event, please report to an official with your timing chip. Again, this is for safety reasons.



SUNDAY 23 JUNE 2024

THE WALES
HALF
MARATHON

POWERED BY



Elusennau Iechyd
HYWEL DDA
Health Charities

WATCH BRIEFING

If you were going to choose 1 half of the marathon course to run.... we won't say it! An incredible start to the day awaits as you are Samba'd down Pembroke Main Street, as the Marathon runners make their way past you. The start is quick and fast before the first climb into Freshwater East. The run then descends towards Manorbier and you approach arguably one of the most breathtaking feed stations on the race circuit! From here, you pass the 10k start line and make your way over Norchard Hill to start your descent into Tenby where thousands await your arrival.

COURSE MAP



VIEW ROUTE →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

JUNE
20

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

JUNE
21

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

JUNE
22

5am - 5pm

Registration

Salterns Car Park, Tenby

SUN

JUNE
23

9am - 11am

Registration

South Quay Car Park, Pembroke

ITINERARY

SUN

JUNE
23

9am - 11am

Registration for Half Marathon

South Quay Car Park, Pembroke

9:30am

Half Marathon Coaches Depart

Lower Park Road, Tenby

11:40am

Half Marathon Parade

South Quay Park to Main Street, Pembroke

12:00pm

The Wales Half Marathon Starts

Main Street, Pembroke

12:00pm - 5:00pm

Recovery Zone / Sports Massage Available

Salterns Car Park, Tenby

4:00pm

Event Cut Off Time for Athletes

Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation

Salterns Car Park, Tenby

5.30pm

Funktion 22 start playing

Main Stage, Salterns Car Park

BAG DROP

 **DROP-OFF** **SOUTH QUAY CAR PARK, PEMBROKE**
What3words [///surfacing.cookers.commands](https://www.what3words.com/surfacing.cookers.commands)

Bag Drop will be open for drop offs from **9am**. All bags will be then be transported to Bag Drop at the Athlete Village Entrance in Tenby for collection once you have finished the race. Collection will be open from **1pm - 5pm**, and will be clearly signposted.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but you will leave items at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg**.

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

 **PICKUP** **ATHLETE VILLAGE ENTRANCE**
What3words [///shepherdess.grips.turns](https://www.what3words.com/shepherdess.grips.turns)

BUS INFORMATION

 **DEPART: 9:30AM**  **LOWER PARK ROAD, TENBY**

Supporters returning to Tenby will be picked up at **THE COMMONS CAR PARK, PEMBROKE**

Ticket Sales have now closed online. Places will be available to purchase (subject to availability) at the LCW Official Shop in the Athlete Village.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. DO NOT fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION

FEED STATIONS



START



MILE 3

Water Station



MILE 6

Energy Station: Water, Energy, Crisps, Sweets



MILE 11

Energy Station: Water, Energy, Crisps, Sweets



MILE 9

Water Station



FINISH LINE

Bottled Water, Crisps, Sweets, Erdinger Alkoholfrei

CUT OFFS

Cut Offs are in place for athlete safety. There will be an overall cut off of 4pm.

If you are advised on course by a moto that you will miss the cut off time, we will advise you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

IT IS YOUR RESPONSIBILITY AS A COMPETITOR TO KNOW ALL THE RULES. IGNORANCE IS NO DEFENCE.

- 1) As a competitor, you must know and correctly complete the full course.
- 2) Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- 3) No outside assistance is allowed at any time.
- 4) Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- 5) Chests must covered at all times on the run, no matter how hot it is.
- 6) Event numbers must be worn on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- 7) The course is comprehensively marshalled and signed with black arrows on fluorescent backgrounds. Remember, the referee will always be willing to answer any questions you may have however his/her decision is final.
- 8) Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- 9) All decisions are final. The Race Director and Race Referee have the final say on all decisions and outcomes. For safety purposes, the Race Director and Race Referee have the ability to implement and introduce laws and rules on the day.
- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) If you decide last minute not to start the event, please report to an official with your timing chip. Again, this is for safety reasons.



Partner "Powered By" ar gyfer Hanner Marathon Cymru 2022
"Powered By" partner for the Wales Half Marathon 2022

Elusennau Iechyd Hywel Dda yw elusen swyddogol Bwrdd Iechyd Prifysgol Hywel Dda. Nod ein helusen yw **gwneud gwahaniaeth cadarnhaol** i iechyd, llesiant a phrofiad cleifion, defnyddwyr gwasanaeth a staff y GIG ledled Sir Gaerfyrddin, Ceredigion a Sir Benfro.


Hywel Dda Health Charities is the official charity of Hywel Dda University Health Board. The aim of our charity is to **make a positive difference** to the health, wellbeing and experience of NHS patients, service users and staff across Carmarthenshire, Ceredigion and Pembrokeshire.

Support us today

hywelddahealthcharities.org.uk

01267 239815

Fundraising.HywelDda@wales.nhs.uk

 @HywelDdaHealthCharities

 @HywelDdaCharity

 @hywelddacharities



Rhif elusen gofrestredig /
Registered charity number: 1147863



Registered with/Cofrestrwyd gyda'r





SUNDAY 23 JUNE 2024

coastal cottages
the wales
TEN•K

WATCH BRIEFING

Relax and support the marathon and half marathon athletes as they climb through Manorbier. But at 1.30pm, it's your turn! Start with a climb uphill before a fast couple of miles and then it's on to Norchard Hill! Once you're over this; it's downhill, fast and flat into a crowd-packed Tenby.

COURSE MAP



VIEW ROUTE →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

JUNE
20

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

JUNE
21

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

JUNE
22

5am - 5pm

Registration

Salterns Car Park, Tenby

SUN

JUNE
23

7am - 10:30am

Registration

Salterns Car Park, Tenby

ITINERARY

SUN

JUNE
23

7am - 10:30am

Registration Opens

Salterns Car Park, Tenby

11:15am

Wales 10K Coaches Depart

Lower Park Road, Tenby

12:45am

Wales 10K Briefing

Manorbier Beach, Manorbier

1:30pm

The Wales 10K Starts

Manorbier Castle, Manorbier

4:00pm

Event Cut Off Time for Athletes

Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation

Salterns Car Park, Tenby

5.30pm

Funktion 22 start playing

Main Stage, Salterns Car Park

BAG DROP

DROP-OFF MANORBIER BEACH CAR PARK, MANORBIER

What3words ///stilted.pure.action

Bag Drop will be open for drop offs at **11:30am**. All bags will then be transported to the Bag Drop at the Athlete Village Entrance in Tenby for collection once you have finished the race. Collection will be open from **1pm - 5pm**, and it will be clearly signposted.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but you will leave items at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg**.

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

PICKUP ATHLETE VILLAGE ENTRANCE

What3words ///shepherdess.grips.turns

BUS INFORMATION



DEPART: 11.15AM



LOWER PARK ROAD, TENBY

Supporters returning will be picked up at **MANORBIER** where the driver dropped you off.

Ticket Sales have now closed online. Places will be available to purchase (subject to availability) at the LCW Official Shop in the Athlete Village.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. **DO NOT** fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

**ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS.
RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION**

FEED STATIONS



START



MILE 2

Energy Station: Water, Energy, Crisps, Sweets



MILE 4

Water Station



FINISH LINE

Bottled water, Crisps, Sweets, Erdinger Alkoholfrei

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.

CUT OFFS

Cut Offs are in place for athlete safety. There will be an overall cut off of 4pm.

If you are advised on course by a moto that you will miss the cut off time, we will advise you to take the sweep bus back to Tenby due to roads opening and athlete safety.

If you miss a cut off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

RULES & REGULATIONS

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- 8) Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- 9) All decisions are final. The Race Director and Race Referee have the final say on all decisions and outcomes. For safety purposes, the Race Director and Race Referee have the ability to implement and introduce laws and rules on the day.
- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) If you decide last minute not to start the event, please report to an official with your timing chip. Again, this is for safety reasons.



SUNDAY 23 JUNE 2024



WATCH BRIEFING

This is one of the fastest courses throughout the weekend. The event shares a start line with The Wales Marathon from the Athlete Village and returns to Tenby where you can celebrate in style as one of the first finishers of the day on the red carpet!

COURSE MAP



VIEW ROUTE →

REGISTRATION



DON'T FORGET YOUR PHOTO ID

THU

JUNE
20

3pm - 8pm

Registration
EXPO DISCOUNT DAY!

Salterns Car Park, Tenby

FRI

JUNE
21

10am - 6pm

Registration

Salterns Car Park, Tenby

SAT

JUNE
22

5am - 5pm

Registration

Salterns Car Park, Tenby

SUN

JUNE
23

7am - 9am

Registration

Salterns Car Park, Tenby

ITINERARY

SUN

7am - 9am

Registration Opens

Salterns Car Park, Tenby

JUNE
23

10:30am

Wales 5K Starts

Salterns Car Park, Tenby

11:20am

Wales 5K Presentation

Salterns Car Park, Tenby

BAG DROP

📍 ATHLETE VILLAGE ENTRANCE

What3words ///shepherdess.grips.turns

Bag Drop will be open for drop offs **8am - 11.30am** and will reopen at **1pm - 5pm for collection**. This zone will be clearly signposted at the entrance to the Athlete Village.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg**.

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. **DO NOT** fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

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ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION

RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

IT IS YOUR RESPONSIBILITY AS A COMPETITOR TO KNOW ALL THE RULES. IGNORANCE IS NO DEFENCE.

- 1) As a competitor, you must know and correctly complete the full course.
- 2) Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- 3) No outside assistance is allowed at any time.
- 4) Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- 5) Chests must covered at all times on the run, no matter how hot it is.
- 6) Event numbers must be worn on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- 7) The course is comprehensively marshalled and signed with black arrows on fluorescent backgrounds. Remember, the referee will always be willing to answer any questions you may have however his/her decision is final.
- 8) Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- 9) All decisions are final. The Race Director and Race Referee have the final say on all decisions and outcomes. For safety purposes, the Race Director and Race Referee have the ability to implement and introduce laws and rules on the day.
- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) If you decide last minute not to start the event, please report to an official with your timing chip. Again, this is for safety reasons.



FRIDAY 21 - SUNDAY 23 JUNE 2024



**FULL LCW
ATHLETES**

WATCH BRIEFING

COURSE MAPS



2.4 MILE 112 MILE 26.2 MILES

COURSE MAPS →

Full LCW Athletes have a **dedicated registration channel** at main registration. To save time, please ensure you find the correct channel before queuing and have your **photo ID** and **entry QR code** handy (you can print this or screenshot it on your mobile device).

You will receive everything you need to compete at registration. Nothing will be posted pre-event or available at the race starts.

THU

**JUNE
20**

3pm - 8pm

**Registration
EXPO DISCOUNT DAY!**

Salterns Car Park, Tenby

FRI

**JUNE
21**

10am - 4:30pm Registration

Salterns Car Park, Tenby



FULL LONG COURSE WEEKEND ATHLETES MUST BE REGISTERED BY 4:30PM ON FRIDAY.



THE WALES SWIM



5:15PM - 5:30PM SWIM ACCLIMATISATION

ALL ATHLETES MUST BE OUT OF THE WATER AT 5:40PM PROMPT AFTER ACCLIMATISATION
PLEASE SWIM THE LEFT HAND SIDE OF GOSCAR ROCK.

FRI

**June
21**

5.15pm - 5.30pm	Swim Acclimatisation	North Beach, Tenby
5:40pm	Start Pen Closes & Swim Briefing	North Beach, Tenby
6:00pm	The Wales Swim Start	North Beach, Tenby
7:00pm*	First Lap Cut Off Time	North Beach, Tenby
8pm	Swim Presentation	North Beach, Tenby
8.00pm*	Overall Cut Off	North Beach, Tenby

BAG DROP



NORTH BEACH, TENBY

What3words ///magnum.wardrobe.lamenting

Bag Drop opens at 4.30pm and will close at 8.15pm.

Any bags left after this time will be removed and delivered to the Athlete Village where lost property is stored at the Event Information Tent. It will be available for collection during Race Registration Opening Times.

Please make sure you **put your race number onto the tag provided and attach it to your bag. You must present your bib upon collection.**

Please note: bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg.**

Bag Drop closes at 8.15pm prompt. All bags remaining after this time will be moved to the Athlete Village as noted above.

TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on top of any other hat, a **hand tattoo** (wear on any hand) and your **timing chip**.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim you must report to a timing official at the finish line.

RACE INSTRUCTIONS

- The swim start is self-ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.
- Both 1.2 & 2.4 mile distances start on the north side of Goscar Rock, you should keep the **first buoy on your left and all other buoys on your right**.
- **1.2 Mile: complete one lap and keep left** to follow the chute to the finish line.
- **2.4 Mile: after completing one lap, keep right in the chute to complete lap two. After the second lap, keep left and follow the chute to the finish line.**



FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water Safety is on hand to help should you need them and can still complete the course; it will **NOT** result in a DQ.

Should you need assistance during the swim, lie on your back and put your arm in the air (for this reason forward-facing strokes ONLY are permitted during 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.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after their race. Athletes must wear a wetsuit which covers their chest and thighs, and athletes are **NOT** permitted to wear boots or gloves.

IF YOU ARE UNABLE TO FINISH, PLEASE REPORT TO AN OFFICIAL OR YOU WILL BE CLASSED AS A MISSING PERSON

THE WALES SPORTIVE BIKE ROUTE →



SAT

**JUNE
22**

5:00am - 9:00am	Registration Open	Salterns Car Park, Tenby
7am - 7:30am	112 Mile, LCW and 70 Mile Start	Salterns Car Park, Tenby
9:30am - 9:45am	42 Mile Sportive Start	Salterns Car Park, Tenby
10.30am	First Bikes Expected Back	Salterns Car Park, Tenby
12:00pm - 5:00pm	Recovery Zone / Sports Massage Available	Salterns Car Park, Tenby
1pm	Cut Off for Second Lap	The Green, Tenby
2pm	Cut Off for King, Queen and Junior of the Hill	St Brides Hill, Saundersfoot
5.00pm	Overall Cut Off	Salterns Car Park, Tenby



PLEASE READ THE FOLLOWING CAREFULLY

RULES & REGULATIONS

FAILURE TO FOLLOW THE FOLLOWING WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be road worthy. They will be checked going into the Start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes' equipment is deemed faulty. A puncture repair kit must be carried by ALL athletes.
- 2) Athletes riding TT bikes must ride alone and not in packs, this is due to athlete safety. Anyone with a TT bike caught riding in a pack will be disqualified instantly. Please respect other athletes' safety.
- 3) Security Pens have been installed on the course this year. Any athletes who have not entered the event will be removed from the road and held until the end of the event.
- 4) Some sections on the course are open. Throughout these sections, please do not ride more than 2 abreast.
- 5) Helmets must be worn and fastened at all times.
- 6) The first feed station is at 42 miles for the 112 and 70-mile athletes. You are expected to fuel yourself for the event and should have 2 full water bottles at the start line.
- 7) Marshals are there for reference points only.
- 8) Whilst road restrictions are in place, we cannot guarantee the course will be traffic free. You will be made aware when the reopening of roads will take place. After 1pm, the roads will start reopening. Please read the following information about the Hybrid Road Closures.
- 9) Crossing points are in place on the course and bikes will be held to allow traffic to pass at certain times on the course.
- 10) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 11) Any littering during the weekend will result in a DQ from all events.
- 12) Event Organisers reserve the right to issue penalties and DQ as they see fit.
- 13) Cut Offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 14) It is advised to carry a mobile phone with you at all times should you need assistance on the course.
- 15) At the finish, any rider who is riding too fast and ignores the marshal's advice to slow down or is riding dangerously will be DQ. Cut Offs will be enforced at advertised times.
- 16) It is your responsibility to know the route. Failure to follow the route will result in a DQ.

TT BIKES / AERO BARS / TRI BARS

TT BIKES ARE ALLOWED BUT ARE NOT ALLOWED TO DRAFT DUE TO ATHLETE SAFETY. ATHLETES DRAFTING WILL RECEIVE AN INSTANT DQ.

TIMING CHIPS

You will receive your **timing chip** at registration. Please attach your timing chip to the **LEFT-HAND** side of your **DRY** helmet. Do **NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

FITTING THE UHF HELMET TAG

The UHF helmet tag is used to time your cycle ride and 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.

- 1. 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 you have been issued.**
- 2. The helmet tag should be attached to the LEFT-HAND SIDE of the dry helmet only as illustrated**
- 3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.**
- 4. Peel off the protective backing and position the tag on the suitable part of the helmet.**

IMPORTANT INFORMATION

Your tag will not work if placed on carbon fibre; 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 **you will need to report to registration to obtain a seat label.**

NEVER stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

If there are any incidents on the course that enforce a route change, cut offs will be adjusted accordingly.

ALL ATHLETES MUST WRITE YOUR RACE NUMBERS ON YOUR GELS. RANDOM CHECKS WILL BE IN OPERATION AT THE START LINE.

FEED STATIONS

The first feed station is at 42 miles for the 112 athletes. You are expected to fuel yourself for the event and **MUST** have 2 full water bottles at the start line.

You will need to bring your own nutrition on course as only water will be supplied.



NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.

ANY ATHLETES WITH NUT ALLERGIES ARE ADVISED TO CONTACT THE RACE OFFICE TO DISCUSS FEED STATION CONTENTS.



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY. LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE IN BINS AT FEED STATIONS.

HYBRID ROAD CLOSURES

As you know the community is at the heart of everything that we do at LCW, and we are aware that two days of closures will cause an element of disruption to the local communities. Therefore, we need to open the roads as soon as possible to limit this.

In 2023, we trialled a “hybrid” road closures system which we will be putting in place again for 2024. When the course is very busy and athletes are travelling at speed, the roads will be closed. When there are fewer bikes on the course and the speed is reduced to a safe level, the course will be opened to other road users.

Whilst every effort has been made to close the roads, **we cannot guarantee that routes will be totally traffic free and you should ride accordingly.** Any athlete that rides approx. 15mph will enjoy most of the course on closed roads. If you are riding slower than this, you will encounter live traffic on the second lap.

Please note, there are also **sections on the course where the roads are NOT closed** so pay attention to the signage!!

The hybrid system will be introduced from 1pm in Tenby. After 1pm, please expect the roads to be opened at any time, no matter where you are on course. There will be signage on course to inform you of the timings. Please pay attention to those signs.

There is also a section towards the end of the course (just prior to Wisemans Bridge), where cars will be permitted to travel in the direction of bikes. This ends at the entrance to Saundersfoot.

THE WALES MARATHON

VIEW ROUTE →



SUN

**JUNE
23**

7am - 9am

Marathon Registration

Salterns Car Park, Tenby

10am

The Wales Marathon Starts

Salterns Car Park, Tenby

12 - 5pm

Recovery Zone / Sports Massage

Salterns Car Park, Tenby

12:30pm

First Athlete Back

Salterns Car Park, Tenby

1pm

Halfway cut off for Marathon

Main Street, Pembroke

4pm

Event Cut Off Time for All Athletes

Salterns Car Park, Tenby

4:30pm

LCW Trophy Presentation

Salterns Car Park, Tenby

BAG DROP 📍 **ATHLETE VILLAGE ENTRANCE** **What3words ///shepherdess.grips.turns**

Bag Drop will be open for drop offs **8am – 11.30am** and will reopen at **1pm-5pm** for collection. It will be clearly signposted at the entrance to the Athlete Village in Tenby.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag.

Please note, bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg.**

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. **DO NOT** fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

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- 6) Event numbers must be worn on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
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- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
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- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
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FEED STATIONS



START



MILE 4

Water Station



MILE 6

Energy Station: Water, Energy, Crisps, Sweets



MILE 8

Water Station



MILE 12

Energy Station: Water, Energy, Crisps, Sweets



MILE 16

Water Station



MILE 20

Energy Station: Water, Energy, Crisps, Sweets



MILE 22

Energy Station: Water, Energy, Crisps, Sweets



MILE 24

Water Station



FINISH LINE

Bottled Water, Crisps, Sweets, Erdinger Alkoholfrei,
Food and Drink Voucher (For Full LCW athletes only)

ONCE YOU HAVE COMPLETED ALL THREE DISTANCES ON SUNDAY, YOU WILL RECEIVE YOUR FOOD AND DRINK VOUCHERS ON THE FINISH LINE

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.



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IMPORTANT

GOLD BAND COLLECTION - FULL LCW ATHLETES

On completing the Full Long Course Weekend, you will need to visit the Registration Tent to retrieve your gold band. Without this, you will **NOT** be permitted access to the red carpet for the 4th medal ceremony. Here we will verify your results on our system and issue you with a gold band which **MUST** be worn before heading to the red carpet with your athlete t-shirt and event medals.

You will be required to show your bib number at the collection point to be issued with a band. We strongly advise that you collect your gold band within 20 minutes of finishing to avoid delays. 20 minutes of finishing to avoid delays.



RECOVERY ZONE

LOCATION: END OF FINISH LINE CHUTE

You asked, we listened. With athlete safety and wellbeing at the heart of our focus, the **Erdinger Recovery Zone** will house massage, hydration and Erdinger Alkoholfrei products. This area will **only be open to athletes** (wearing medals) and will offer a secluded chill-out zone post-race.



MEDAL CEREMONY: FULL & JUNIOR LCW

Long Course Weekend is brought to a close with the very special 4th medal ceremony. This is your chance to walk the red carpet and share success with fellow athletes in a guaranteed spine-tingling atmosphere. The unique ceremony is certainly a moment to cherish and is a great occasion for you as an athlete and for your supporters.

All athletes eligible for the 4th medal must gather at the bottom of the finish area at 4:15pm. The ceremony will start at 4:30pm.

To be part of the ceremony, you **NEED** to be wearing:

- A LCW Athlete Gold Band (to be collected from the Registration Tent).
- Your LCW Athlete Polo Shirt
- All Medals received over the weekend.

It is anticipated that the ceremony will last **approximately 30 minutes**. Be a part of something special...be a part of history.

Athletes who have entered each distance separately will not be eligible, you must have entered the Full LCW event.

For queries about results, please see a member of the timing team at the finish line.

DON'T FORGET YOUR POLO SHIRT

To take part in the 4th medal ceremony on Sunday, you must wear the athlete polo that was issued to you at Registration.



ADDITIONAL INFORMATION

LOST PROPERTY

Please see the Event Information Tent during Registration opening hours to retrieve lost property during the event weekend. Once the event has ended, all lost property will be transported to the LCW Headquarters in Haverfordwest where it will be kept for 7 days. After this time, it will be disposed of accordingly.

PHOTOGRAPHY AND MEDIA

We will have several photographers and videographers out on course during the event. Finisherpix will be taking athlete photos so make sure you smile for the camera.

Please be aware that drones will be flying over and on the course. If a drone is flying on course, be aware that the drone may not be able to see you. Please do not approach the drone and give the drone right of way. If you believe the drone is malfunctioning or has crashed, please don't approach it or touch it and notify a member of staff.

CHANGING YOUR DISTANCE

All distance changes can be done at Registration, this can no longer be done online or over the phone. Please register as normal and then see the Changes Desk in Registration to amend your race entry.

LITTER

Long Course Weekend takes place in the magnificent Pembrokeshire Coast National Park and so we ask that you kindly help us to respect and preserve the beauty of this wonderful landscape throughout the weekend.

Wherever you are in Pembrokeshire this weekend, whether you are on course, in the Athlete Village, on the finish line or at the beach; we ask that you place all litter in the bin and dispose of your waste correctly. No matter where you are or whether it is as part of this event, please respect the county. Leave only footprints.

A photograph of four people (two men and two women) hiking on a grassy path. They are wearing backpacks and casual outdoor clothing. The background shows a body of water and trees under a clear sky. A white heart outline is visible on the right side of the image.

Creu Straeon, Nid Sbwriel

Gadewch i ni amddiffyn ein parciau a'n traethau.

Make Memories, Not Mess

Let's protect our parks and beaches.