



WELSH ATHLETICS  
ATHLETAU CYMRU

# Welsh Road Relay Championships

## Pembrey Park, Llanelli, Carmarthenshire

Saturday 16<sup>th</sup> September 2017 11:30am Start

UKA Licence Number: WEST R.A.C.RR- 0038



### Information Sheet

#### General

Pembrey Country Park is 520 acres of grassland and woodland adjacent to the 8 mile stretch of Cefn Sidan beach, with a network of roads/cycle paths connecting its facilities. There is ample nearby car parking. **Note: there is a daily £5 per car fee on entry.** The Race HQ is based at the Ski Centre Lodge, where there are toilet and changing facilities and ample space around the changeover area for club tents on the grass verges. Refreshments are available in the onsite café in the upstairs room of the building. First Aid for the day will be based from this position, and deployed if required.

#### Course

The relay route is on good tarmac, traffic free roads and paths based on the core 2.5km lap. There are a number of small tarmac speed bumps positioned on the loop. These will be sign posted and chalk will identify them at floor level. There is also a narrowing of the course with a concrete bollard. There is ample space for runners. It will be well marked and marshalled. **IT IS THE ATHLETES RESPONSIBILITY TO FAMILIARISE THEMSELVES WITH THE COURSE PRIOR TO RUNNING.**

Marshalls will be positioned around the course and will make every effort to inform other park users of the event, however please be alert to the public who equally have a right to use the roads/pathways. There are also likely to be other users at the Ski Centre on the day. The basic loop for the Championships Races is 2500 metres approx, with the extra loop increasing the distance to 3000m and 5000m for older age groups. The Primary Schools challenge is 1500 metres and follows a T shaped route.

There is excellent visibility for the finishing straight of runners approaching. Listen to PA announcements for information throughout the day. It is the athlete's responsibility to be in the changeover area in suitable time for competing. Athletes are requested NOT to warm up on the race route. There are ample alternative paths in the park or grass surfaces. Thank you.

#### Age Groups

Age groups will follow UK athletics rules, and club vests **MUST** be worn in Championship races. There is a Primary Schools 1500m Challenge event with separate races for Boys and Girls.

#### Presentations

Presentations will be made near the HQ/changeover area as soon as possible following each event.

#### Transport

The park is well signposted from the East and West if travelling by car on the A484 (*Sat Nav SA16 0EJ*) Full transport information can be found at; [www.pembreycountrypark.wales/find-us/index.html](http://www.pembreycountrypark.wales/find-us/index.html)

#### Entry

Entry forms are available for download from [www.welshathletics.org](http://www.welshathletics.org) and must be returned to the Welsh Athletics Office **NO LATER THAN WEDNESDAY 6<sup>th</sup> SEPTEMBER 2017**. Online entry is also possible from the website.

Primary School entry is available as a team/school or as an individual with entry also available on the day.

#### Dogs

All dogs must be under strict control at all times and are not allowed on the beach area.