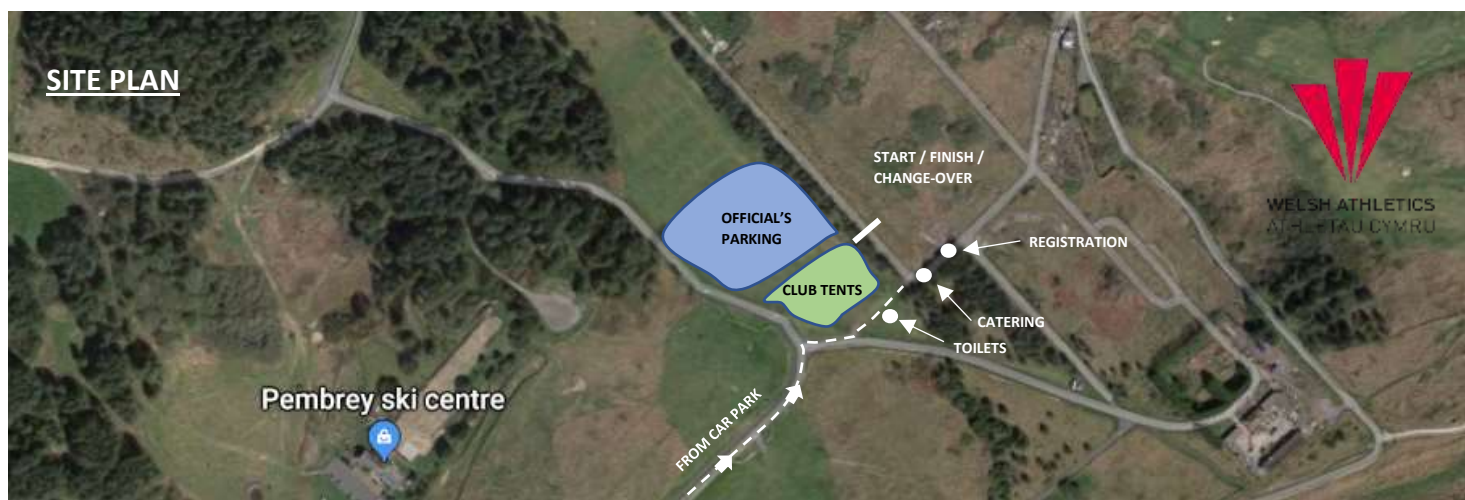


Welsh Road Relay Championships 2019

Pembrey Country Park, Llanelli, Carmarthenshire SA16 0EJ



Sunday 15th September



Venue

Pembrey Country Park is a 520 acre site made up of grassland and woodland adjacent to the 8 mile stretch of Cefn Sidan beach, with a network of roads/cycle paths connecting its facilities.

The Race HQ is based at the new 'National Closed Road Cycling Circuit' where there are toilets available. Limited changing facilities are available at the Pembrey Ski Centre. There is an area for club tents near the start / finish / change-over area. Refreshments are available near the registration marquee as marked on the site plan above.

Car parking charges are as follows; Up to 2hrs £3, All Day £5.50

Course

The relay route is on tarmac traffic free roads and paths around the national closed road cycling circuit and surrounding parkland. 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. **IT IS THE ATHLETES RESPONSIBILITY TO FAMILIARISE THEMSELVES WITH THE COURSE PRIOR TO THEIR RACE.**

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.

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.

Age Groups

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

Registration

Team Managers will make final declarations on race morning at the registration marquee, declaring a running order for their team. These must be received no later than 30 minutes before the start of each race. They will then receive their teams race numbers. Parents / club team managers may collect numbers for competitors in the Primary Challenge Races.

Presentations

Presentations will be made near the race HQ/ registration 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.pembreycounypark.wales/find-us/index.html

Dogs

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

