

# 2023 WELSH ROAD RELAY CHAMPIONSHIPS



WELSH ATHLETICS  
ATHLETAU CYMRU

The **Welsh Road Relay Championships** will return to **Pembrey Country Park** near Llanelli (SA16 0EJ) on **Saturday 9<sup>th</sup> September**.

The event will use the National Closed Road Cycle Circuit, set within the park and additional paths around the Country Park. All competitors are advised to familiarise themselves with the course in the map attached and at the venue on event morning.

## Arrival

Parking for all attendees will be available on Monks Field, near the Closed Road Circuit. Parking will be charged by the venue at £4.00 per car for up to 2 hours and £8.00 thereafter. **You will need to pay for your ticket before leaving the venue. It is very important that this is done to prevent delays leaving the park.** Parking can also be paid for in advance using the link that follows; [Parking & Annual Parking Permits - Pembrey Country Park and Beach](#)

A final timetable with approximate distances follows below;

Race	Time	Age Group	Legs / Distance
1	11:30	Primary School Boys	1,540m
2	11:40	Primary School Girls	1,540m
3	12:00	Under 13 Boys & Girls	4 legs of 1,900m
4	12:40	Under 15 Boys & Girls Under 17 Boys & Girls	3 legs of 3,200m 3 legs of 3,200m
5	13:30	Senior Men Senior Women Master Men 35, 45, 55, 65+ Master Women 35, 45, 55, 65+	4 legs of 5,400m 4 legs of 5,400m 3 legs of 5,400m 3 legs of 5,400m

Age Groups are as follows;

**Primary Boys (Children in year's 5 or 6 of Primary School):** Run as Individuals, not relays and with teams of 3

**Primary Girls (Children in year's 5 or 6 of Primary School):** Run as Individuals, not relays and with teams of 3

**U13 Boys / Girls (Competition is confined to competitors who are aged 11 or 12 on August 31st, prior to the commencement of the Competition Year):** 4 in a team

**U15 Boys / Girls (Competition is confined to competitors who are aged 13 or 14 on August 31st, prior to the commencement of the Competition Year):** 3 in a team

**U17 Men / Women (Competition is confined to competitors who are aged 15 or 16 on August 31st, prior to the commencement of the Competition Year):** 3 in a team

**Senior Men / Women:** 4 in a team

**Master Men / Women 35 / 45 / 55 / 65+ (Age on day is used for Masters Age-groups):** 3 in a team

**Please note:** Master athletes can move to a lower master age-group in order to make scoring teams. Athletes may move to any lower age-group. U17 Athletes may not move up to senior teams.

## **Registration**

Team Managers will be able to collect race numbers from the red Welsh Athletics Registration Marquee. Please ensure this is done at least one hour prior to the race start time. Please also ensure that the correct race numbers are issued to the correct athletes (matching the running order that you have declared).

Parents / Guardians / Team Managers will be able to collect numbers for competitors in the Primary School Races.

## **The Event**

Competition takes place for individuals and teams in the Primary Races over a 1,540m loop of the circuit.

Competition for Relay Teams uses the same start and finish area and with the exception of the U13 age-groups, also uses a wider loop of the surrounding Country Park. Runners are not required to tag hands. An outgoing runner waits in the relay change-over box until called to the start line by a race official. The outgoing runner then begins their leg, when the incoming runner crosses the finish line.

## **Event Presentations**

We will look to present awards to the top three clubs and the fastest individual overall for each Relay Race. The first three athletes and first three teams of three in the Primary School Races will also be awarded.

Presentations will be made as soon as possible following the conclusion of each race.

## **Further Information**

Toilets and catering will be provided at the venue, alongside the entrance to the closed road circuit. The park offers miles of paths / routes for athletes to warm up. We ask competitors not to warm up on the closed road cycling circuit. Please note that dogs are not allowed on the circuit.

## **Warm Weather Conditions**

The weather is expected to be very warm now on event day with temperatures ranging between 23oc and 25oc during the event.

Water will be provided for all competitors at the finish line.

Competitors are advised to prepare appropriately both through their use of fluids before and after competition and to wear appropriate clothing for the conditions. The park does offer some shaded areas away from direct sunlight so please also factor taking shelter into your plans.

We look forward to seeing you all on event day.

Regards,

The Welsh Athletics Team