

Dear Athlete,

We hope you have had some great training and made the most of the amazing weather we have had lately.

Some information that you will need for the Race.

Number Collection will be on the day between 08:00 – 10:30 please try and remember your number although there will be a list of all starters on the entrance to registration. At registration you will be given your race pack which will include your Race Number, Timing Chip and your Race T-Shirt which you are more than welcome to wear for the race

To be able to collect your number you will need **Photographic Identification** as we need to ensure that the correct person is running the race especially after the incidents this year at other events. Under no circumstances are place transferrable.

NO PHOTOGRAPHIC IDENTIFICATION = NO RACE

PLEASE NOTE NUMBERS ARE NON-TRANSFERRABLE, REFUNDABLE OR DEFERRABLE

By collecting you Race Pack you are confirming that you are fit and well and are ready to take part

You will be called into your Wave Pens from 10:50 with a race brief at 10:55

The race will start at 11:00 with the last wave leaving 11:06

If there are any traffic delays, then we will delay the race to ensure everyone starts.

Wave Start Times

Wave 1 – 1-100 – 11:00 (BLUE)

Wave 2 – 101-200 – 11:01 (RED)

Wave 3 – 201-300 – 11:02 (ORANGE)

Wave 4 – 301-400 – 11:03 (WHITE)

Wave 5 – 401-500 – 11:04 (GREEN)

Wave 6 – 501-600 – 11:05 (YELLOW)

Wave 7 – 601-700 – 11:06 (PINK)

Please ensure you go off in the correct wave as your chip will be activated according to your start time, if you go off in an earlier wave your time will not be recorded. Please ensure that your race number is on the front and is attached to your running vest/t-shirt. We also ask can you all make sure that you fill in your emergency contact details and any medical issues you may have on the back of your number.

We have 4 water stations on the course for you at 2m, 6.5m, 8.8m and 11m. There will be gels available again this year at the half-way point 6.5m, please try and dispose of the empty wrapper into the bins provided as there was a load rubbish that was discarded throughout the course last year. When taking water there will be bins on the course please try and put them near the bins as this makes it easier for the marshals to clear away after the race. We are extremely lucky to have permission to hold the race in the area and we do not want anyone jeopardising the future of the event.



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The Cut offs for the course are as follows: - All runners are to be through the 6.5m marker (Rhyslynn) by 13:00 any runner that is after this time will be removed from the race without appeal. All runners are to finish within 4 hours of the start time. These times are set in accordance to the permission given to us by National Resource Wales.

If at any time during the race should a Safety Marshal feel you are under any form distress they can and if necessary remove you from the race, this will not be done lightly and it will only put in to action should they feel your health it at risk. If you are injured on the course, please go to your nearest marshal point on the course and they will contact Race Control to arrange collection. We have more than enough Marshals on the course and we also have mobile First Aiders who will be positioned around the course.

Whilst out on the course please be mindful of other users as many of you are aware that the Afan Forrest is world renowned with Mountain Bikers, dog walkers and other pedestrians may also be on the course so please be courteous at all times.

The Course itself is mainly run on Tarmac with a 4-mile section on a fire road. Road Shoes are fine for this course. We are hoping to have entertainment on the route which will be hopefully motivate you all to a Personal Best. We also have Pacers from 1:30 through to 2:30 to help you achieve your goals

To help you with your recovery there is also free Massage provide by the team from Beaches Chiropractic. There will be collections buckets at each massage table if you would like to make a small donation to this year's official charity which is Motor Neurone Disease

After the race why not join us for a celebratory drink whilst being entertained by local artist Lewis Bradley put on by the Cwtch who will be performing from 14:15 – 16:00. Refreshments are available from 08:00 for those pre-race coffees and of course for the supporters who can enjoy a hot and cold snack whilst you enjoy the views whilst running through the Beautiful Afan Valley.

Getting to the venue, we do encourage you to car share or even organise a minibus or coach amongst your clubmates or group of friends to minimise the disruption within the village. By sharing a Minibus or Coach you can earn your club free places for next year's race. We have secured every possible parking area in the village and you will be directed to the places after each area is full. The furthest point away is approximately 1K. If you are traveling on an organised coach, then you will be dropped off at the entrance and the coach will be directed to parking area. Car Parking at the race car parks will be £3.00 per car.

Please Note there is **NO** official Bag Drop due to the restricted room but there is a room which you can store your bag at your own risk.

For those who are travelling from further afield why not camp on the start/finish line. There are places available call the Glyncorrwg Ponds on 01639 851900 to reserve your pitch. There is also other accommodation nearby at Willow Springs, Afan Lodge or use Blanco's Hotel in the centre of Port Talbot.

The all-important post code for the event is SA13 3EA

We look forward to seeing you all on Race Day

Port Talbot Harriers Events Team



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