

# TATA STEEL LLANELLI *10K | Half Marathon* RACE DAY GUIDE

**25<sup>TH</sup> FEBRUARY 2024**

[WWW.LLANELLIHAF.CO.UK](http://WWW.LLANELLIHAF.CO.UK)



**FRONTRUNNER**  
EVENTS LTD





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**22 2025**

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# LLANELLI

## 10K | Half Marathon

We're excited to bring back the Llanelli Half Marathon hosted at Festival Fields for 2024 and the new Llanelli 10k! Both races will offer participants a slightly different route to previous years, bringing an alternative dimension to a truly historic event for West Wales.

We'd like to thank ALL runners, partners, sponsors, race makers, suppliers and friends who have continued to show us enormous levels of support. We're a small team, always striving to deliver the best race we possibly can, and this year will be no different as we prepare to help you #BeYourBest as you #RunElli.

The Front Runner Events Team wish you all the very best of luck and whether you're seeking a PB, looking for a qualifying time, or running for charity, we hope you achieve your goal.

See you on the start line! #BeYourBest

The Front Runner Team



#RunElli

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# TATA STEEL

We're excited for a fun and uplifting day  
for all participants, volunteers  
and spectators,

Our Trostre colleagues will be cheering  
loudly as you follow the beautiful  
Llanelli Coastal path.

Good Luck!



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# PREPARE FOR RACE DAY

*Your race pack will be sent out in the post to you two weeks prior to race day. It will include your race number where your timing chip will be attached and safety pins to attach it to your top.*

**YOUR TIMING CHIP WILL ACTIVATE AS YOU CROSS THE START LINE SO, PLEASE DON'T WORRY IF OTHERS START BEFORE YOU!**

*If your race pack has not arrived before race day, or you lose or forget your race number, there will be a limited number of spares available at the Information Point at Festival Fields (SA15 4DP) on Sunday 25th February (pre-race). It'll cost you £10 (cash only) for a replacement.*

*So please don't lose or forget your race number on race day*



# DON'T BE A RISKY RUNNER

You must never wear someone else's race number. By doing this you are putting yourself and others at risk. If you do so, you will be disqualified, reported to Welsh Athletics and will not receive a finishing time or certificate. You must complete the medical details on the reverse of your race number. If you have a medical condition, we need to be aware of please mark the front of your race number with a RED X.

If you need medical assistance during the race please stop, rest, and tell the nearest race maker or ask another runner to tell them on your behalf. St John's medical team will be at the event with medical stations along the course route and at the finish line should you require it.

If you feel you can't or don't want to continue your race, please make your way to the left-hand side of the road and flag down a member of the crew, your race number must be shown to the crew who will make a note of it. The crew will then help with assisting you back to the event village. Please note, you will not receive a finishing time, certificate, medal or goodies.

Please do not take any chances with your health, if you feel unwell do not come to the event. There will always be other race days to participate in.

**#RunElli**

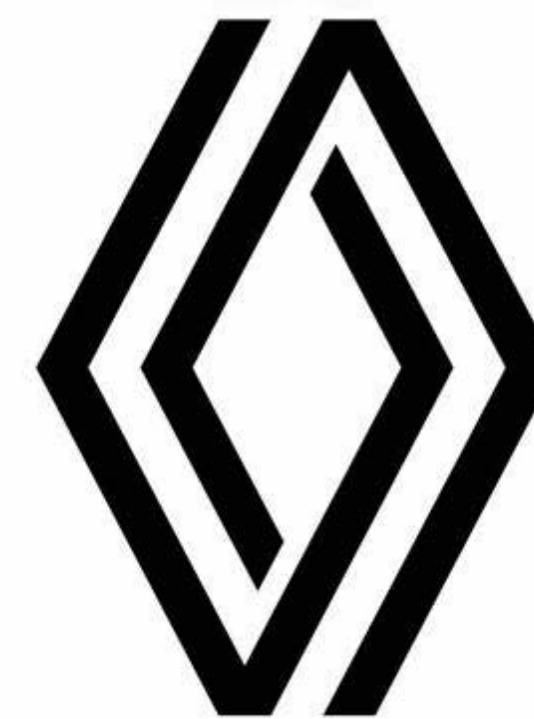
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AR GYFER EICH HOLL ANGHENION MODURO  
FOR ALL YOUR MOTORING NEEDS

DACIA



**Gwasanaethu'r  
gymuned ers 1932**

**Serving the community  
since 1932**

Kidwelly 01554 890436

Swansea 01792 621780

Narberth 01834 862600

Bridgend 01656 641000

Abergavenny 01873 856888

Hereford 01432 805073



Kia Sportage



Kia EV6 GT



**New** Renault Scenic E-Tech Electric



**New** Dacia Jogger (7 seater)



# PLAN YOUR JOURNEY



By Car: The main access route to Llanelli is via the M4 using Junction 48. You can also use the A484 and head towards the A484 just off Sandy Water Park, the access to Festival Fields (SA15 4DP) is right next to the Days Garage.

*If you're travelling by car, we'd suggest that you arrive early to secure your parking space.*

Festival Fields car park is managed by Carmarthenshire County Council and you can pre-pay for your parking **here**.

**Location: 715039 - Festival Fields Car Park.**



By Train: If you're arriving by train, Llanelli train station is on Great Western Crescent and is a 10 minute taxi ride to Festival Fields (SA15 4DP).



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# Event Village

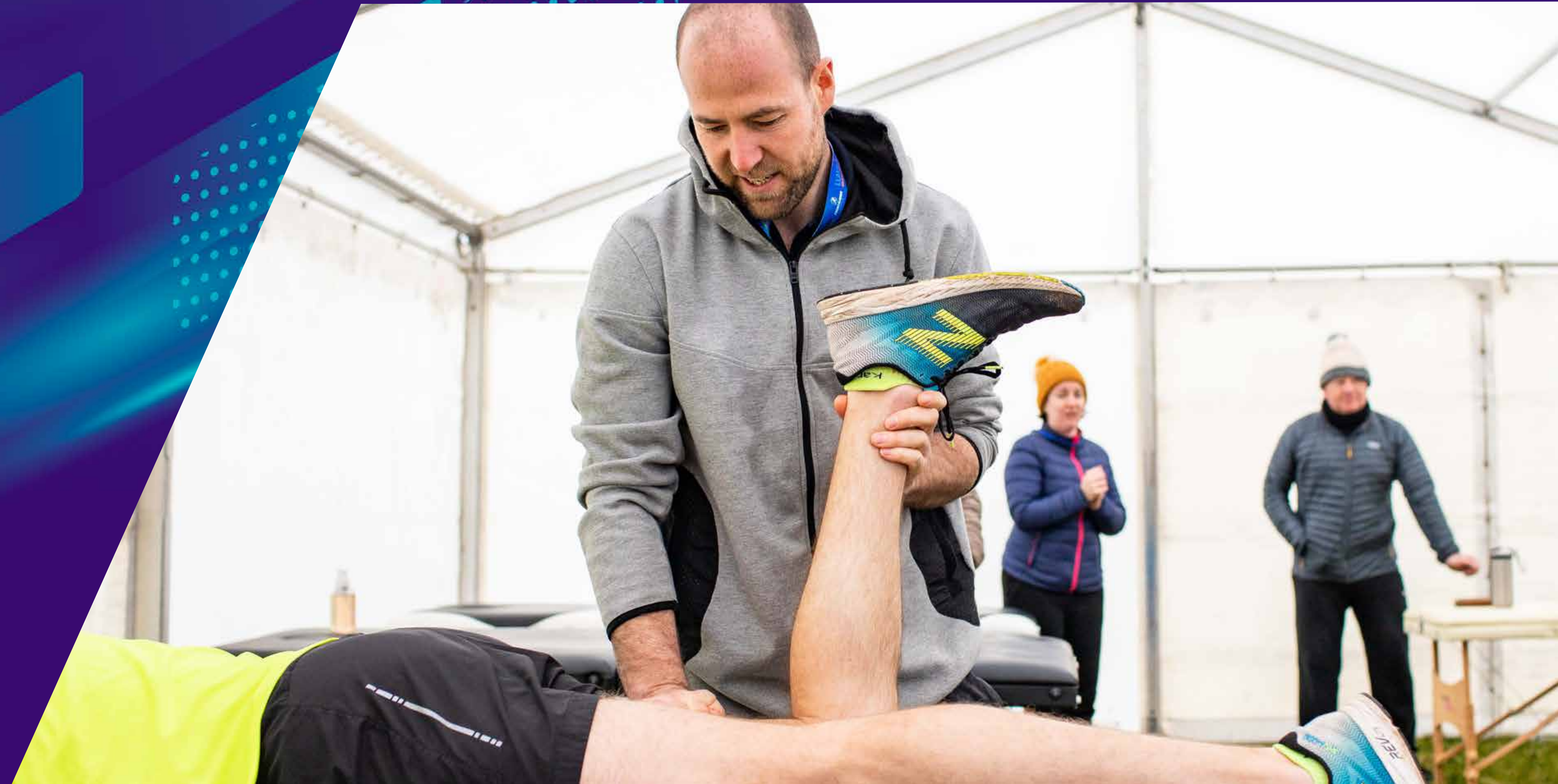
*You'll be able to find everything you need in our Event Village at Festival Fields*

- Information Point
- Pacer Collection Point
- Toilets
- Massage
- Refreshments
- Charity Tents

## Massage by Gower College Swansea

*There will be free massage available post-race provided by students at Gower College Swansea.*

*Head over to the marquee in the Event Village to find them!*







Elusennau Iechyd  
**HYWEL DDA**  
Health Charities



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



**Nod ein helusen yw gwneud gwahaniaeth cadarnhaol i iechyd, lles a phrofiad cleifion, defnyddwyr gwasanaeth a staff GIG ar draws Sir Gaerfyrddin, Ceredigion a Sir Benfro.**

**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.**

**#EichElusenGIG**  
**#YourNHSCharity**



 [elusennauiechydhyweldda.org.uk](http://elusennauiechydhyweldda.org.uk)  
[hywelddahealthcharities.org.uk](http://hywelddahealthcharities.org.uk)

 [codiarian.hyweldda@wales.nhs.uk](mailto:codiarian.hyweldda@wales.nhs.uk)  
[fundraising.hyweldda@wales.nhs.uk](mailto:fundraising.hyweldda@wales.nhs.uk)



Rhif elusen gofrestredig: 1147863  
Registered charity number: 1147863

 01267 239815





# THE START

This year's **race half marathon** will start at **09:00** and **10k distance** will start at **09:30** at Festival Fields (SA15 4DP).

*All runners should plan to arrive before 08:30, before the road closures come into place.* Unfortunately, any latecomers will be refused entry and you will not be able to take part in the event.

Each race will have one single holding area, which will be split into 4 different colour pens. Your race bib will have been designated based on your estimated finish time.

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## HALF MARATHON

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 1.45 (up to 1.44)		White
	Blue	Sub 2.00 (1.45-1.59)		Blue
	Pink	Sub 2.15 (2.00-2.14)		Pink
	Green	Plus 2.15 (2.15 plus)		Green

## 10K

RACE NUMBER COLOUR		ESTIMATED FINISH TIME	PEN ASSEMBLY AREA	
	White	Sub 40 (up to 39)		White
	Blue	Sub 55 (40-54)		Blue
	Pink	Sub 1.15 (55-1.14)		Pink
	Green	Plus 1.15 (1.15 plus)		Green





**TATA STEEL**  
**LLANELLI**  
*Half Marathon*  
*Route Map*

- 1 Mile Markers
- Brecon Carreg Hydration Points

Llanelli

Parc Trostre

North Dock

Machynys

Pwll

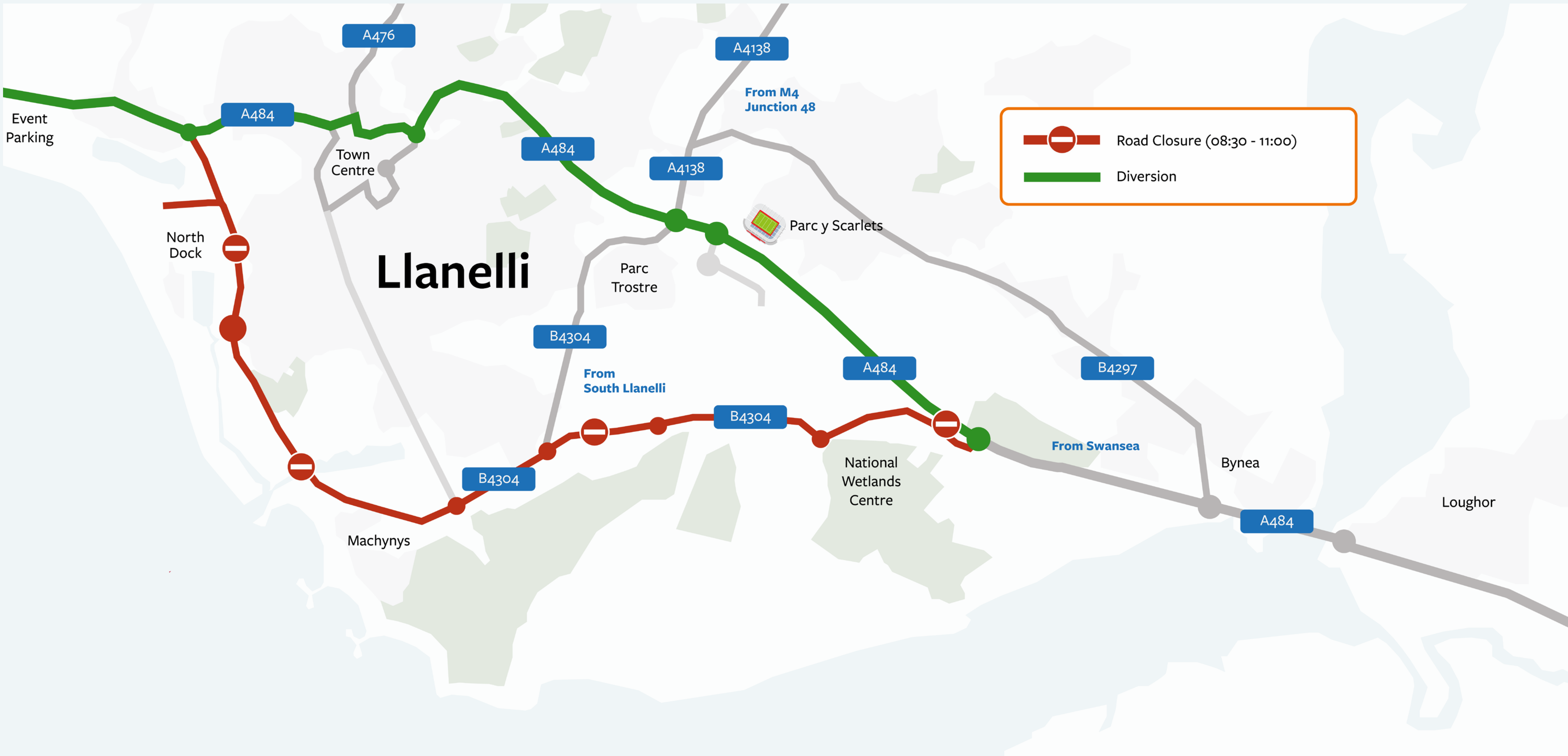
S/F







# Traffic Plan





# SUSTAINABILITY

We always try to put our best foot forward when it comes to sustainability and are proud to continue our commitment to reduce our carbon footprint and minimise the environmental impact across our events. Over a number of years, several trials have been undertaken to remove all unnecessary waste and plastic from our events, which has resulted in considerable reductions and improvements. This year we are going one step further to deliver a great race day experience that doesn't cost the earth, to read more on this [CLICK HERE](#).

# HYDRATION

Please bring your own prefilled water bottle/hydration pack if possible. Our hydration partners at Brecon Carreg will be providing water at approx miles 3, 6, 9, 12 for the Half Marathon and at approx 5k for the 10k distance. All runners will receive a bottle of water finish line. Brecon Carreg is committed to bringing you 100% recyclable packaging thanks to 100% collection rates and close partnerships in the industry. Remember to DRINK, DRAIN and DROP into our recycling zones, where our racemakers will collect and recycle.

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Good luck to everyone taking on the Llanelli Half this year and please don't forget to pop our bottles in a recycling bin so they can be given a second life!





# PACERS

FIND YOUR PACER TIME	
1.30	1.35
1.40	1.45
1.50	2.00
2.10	2.15
2.20	2.30
2.45	3.00
3.15	3.30

The pacers will be on the course for the half marathon wearing flags with your estimated finish time on them. Look out for them within your start pen & try to stay near to them throughout the race to hit your target time.

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# PHOTOS

Marathon Photos are our official photographers. Photos will be taken during the race so don't forget to bring your smile!



# RESULTS

We'll upload provisional race results online as soon as we have them. Race results can take up to 14 days to be ratified.





# START & FINISH TIMES



**The Llanelli Half Marathon race will start at 9am and the 10k race will start at 9:30am.**

The cut-off time for the half marathon is 4 hours (if you exceed 1 hour 53 minutes at the 10k point, you will not be able to continue with the race).

There will be tail walkers at the back of each distance race.



Once you have finished the race, it is important that you keep moving through the finish area. There will be lots of runners finishing around you and the flow of runners crossing the finish line must keep moving. Listen to instructions provided by the Race Crew and keep walking to collect your goodies!



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# RACEMAKERS

You'll find our Racemakers clearly visible along the route. They're there to support you - our runners, offer direction and help cheer you along the 13.1 miles.

They play an integral part of our event, and we'd like to say a massive THANK YOU to all our Racemakers who've given up their time generously to help make race a success!

If you feel inspired or know someone who'd like to volunteer at this year's race, please get in touch at [volunteers@frontrunnerevents.co.uk](mailto:volunteers@frontrunnerevents.co.uk) or head to **Front Runner Volunteers.**



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# CORPORATE CHALLENGE

We look forward to welcoming the teams at TATA Steel, Carmarthenshire Actif and Castell Howell as they compete in the Corporate Challenge to #RunElli this year!

To get your team involved in 2024 get in touch with us by emailing [info@frontrunnerevents.co.uk](mailto:info@frontrunnerevents.co.uk). To find out more about this brilliant team challenge **CLICK HERE**

**TATA STEEL**



**GRAVELLS**



# RUNNING FOR CHARITY

**A special thanks to the charities involved for 2024!**

Why not bring more meaning to your miles by running for charity? Choose to run or donate to one of our charity partners shown below



**#RunElli**

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**THANK YOU TO YOU & ALL OUR PARTNERS**



**TATA STEEL**

**bdp**  
WALES

**BRECON  
CARREG**

**core**  
highways

**KVA**  
GRAVELLS

**#RunElli**

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# LOOKING FOR YOUR NEXT CHALLENGE?



**2wish**  
**GREATWELSH**  
MARATHON EVENTS  
GREATWELSHMARATHON.CO.UK  
**COME AND JOIN  
US THIS YEAR!**  
**17<sup>TH</sup> MARCH 2024**

**FRONT RUNNER**  
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**BRISCO**  
**Gorseinon 10K  
and 2K Fun Run**  
**COME AND JOIN  
US THIS YEAR!**  
**19<sup>TH</sup> MAY 2024**

**FRONT RUNNER**  
EVENTS LTD



**10<sup>th</sup> Swansea Half Marathon  
ANNIVERSARY**  
**SWANSEA**  
**Half Marathon**  
HANNER MARATHON ABERTAW  
SWANSEAHALFMARATHON.CO.UK  
**COME AND JOIN  
US THIS YEAR!**  
**9<sup>TH</sup> JUNE 2024**

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# TATA STEEL LLANELLI 10K | Half Marathon FEBRUARY 2025



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OPENING  
SOON

