

FINISH

TATA STEEL LLANELLI

10K | Half Marathon

RACE DAY GUIDE

8TH FEBRUARY 2026

WWW.LLANELLIHALF.CO.UK



FRONTRUNNER
EVENTS LTD



TATA STEEL LLANELLI 10K | Half Marathon

We're so excited to welcome you back for another brilliant year of running in West Wales. Whatever your distance, you'll enjoy a fantastic race with lots of improvements that will add a fresh twist to this much-loved event.

A huge thank you to you, our runners, as well as our amazing partners, sponsors, volunteers, suppliers, and supporters who help bring this event to life!

We're a small, passionate team and everything we do is about giving you the best possible race day experience. As always, we're here to support you every step of the way, so, no matter why you're on the start line we're here to help you #BeYourBest!

Good luck, enjoy every mile, and we hope this event helps you achieve your goal and leaves you with a big smile at the finish!

We'll see you on the start line!



LLANELLIHALF.CO.UK

#RunElli

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!



PREPARE FOR RACE DAY

If you chose to have your race pack delivered to you, these will be posted out 1-2 weeks before race day. Your pack includes your race number with timing chip attached to the back, and essential information.

If you chose to collect your race pack, you can do so between **9-5pm on the 6th February** and between **9-4pm on the 7th February** at **Pentre Awel Leisure Centre** (SA15 2EZ).

PLEASE NOTE: There will be NO collections on race day, so please remember to bring it with you and look after your race number on the day!

If you lose or forget your race bib, a limited number of replacements will be available by request ONLY. Please notify a member of the team upon arrival and we will do our best to help you. Replacement numbers cost £10 (cash only).

Your timing chip activates when you cross the start line, so there's no need to worry if others start ahead of you.

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.

Please complete the medical details on the back of your race number. If you have a medical condition we should know about, mark the front of your number with a red X. If you need medical help during the race, stop and alert the nearest race maker or ask another runner to do so. St John Ambulance will be on site, with medical support along the course and at the finish.

If you cannot or choose not to continue, move to the left-hand side of the road and show your race number to a crew member, who will assist you back to the event village. In this case, you will not receive a time, certificate, medal or finish goodies.

Please don't take risks with your health — if you feel unwell, do not attend. There will always be another race day.



ALL-NEW
DACIA
BIGSTER



KIA
PICANTO



NEW KIA
EV4



NEW
RENAULT
5



PLAN YOUR JOURNEY



By Car: Llanelli is easily accessed via the M4 (Junction 48) or the A484 (via Sandy Water Park). The **START** of the **HALF MARATHON** will be held at the [Tata Steel Trostre Site \(SA14 9SD\)](#). The **START** of the **10K** will be held at [Festival Fields \(SA15 4DP\)](#).

Parking: Parking is available at the locations below. Please arrive early to secure a space, car share where possible and follow event staff instructions upon arrival:

10K runners and spectators:

Festival Fields (what3words: [veal.sang.island](#)) This car park is managed by Carmarthenshire County Council and can be pre-paid via the [MiPermit app](#) (Location: 715039).

Half Marathon runners and spectators:

There are **three preferred parking sites** that the closest to the start area as listed in order below. To book your spot in the preferred site [CLICK HERE](#) - this will take you to you race registration where you'll be able to add parking to you booking.

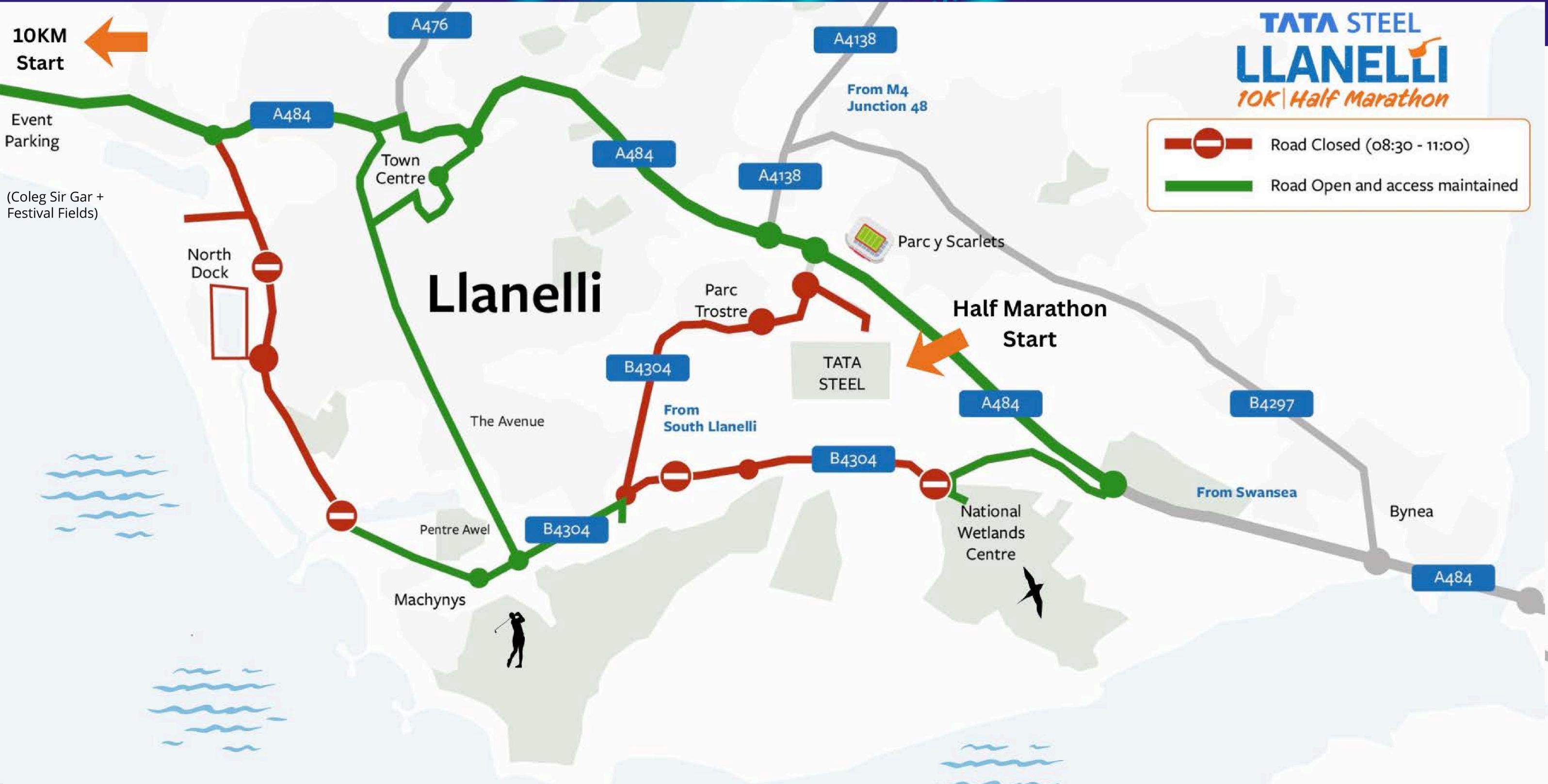
- Trostre Tata Steel Car Park 1 (what3words: [curving.parts.donor](#))
- Trostre Tata Steel Car Park 2 (what3words: [range.leaned.strain](#))
- Scarlets Stadium Car Park (what3words: [sands.venue.seat](#))
- Murray Street Car Park (what3words: [flap.those.fall](#)) - pay on arrival
- Bynea Car Park (what3words: [forehand.rally.calculating](#)) - pre-pay via the [MiPermit app](#) (Location: 715040)



Shuttle bus: We have coaches to shuttle runners from Bynea and Murray St car parks to the HALF MARATHON start at Trostre between 0700-0815. The shuttle service is available for spectators from 0915 travelling from the start of the half marathon to the finish at Festival Fields. The return shuttle service will be available from the finish between 10am to 2pm to take passengers back to their chosen car parks.

By Train: Llanelli train station (Great Western Crescent) is approximately a 10-15 minute taxi ride from Festival Fields and slightly less to Trostre.

Traffic Plan



Event Village

The main event village is located at Festival Fields this year. However, half marathon runners and spectators will still be able to drop their bags off, buy refreshments, use toilets and have a hot drink to help you stay warm at Trostre, too!

You'll find everything you need including:

Toilets

Conveniently located for pre-race and post-race use.

Massage

Treat your muscles after the race with professional sports massage provided by Gower College Swansea.

Refreshments

Stay fuelled and hydrated with our traders: Cwtch Cafe, Borough Bagels and Squires catering.

Charity Tents

Meet and support the fantastic causes running with us, and find out how your effort is making a difference.

Changing tent & Baggage

Changing room open post-race only.



The Event Village is your hub for all race-day essentials, so take some time to explore, relax, and celebrate with friends!





Drinks that make a splash



hello@sunmagicjuices.co.uk #RunElli

www.sunmagic.co.uk

THE START

Race day is almost here and it's time to get excited but let's make sure you get things right from the start!

IMPORTANT CHANGES:

- Both races start at 9:00.
- The 10K kicks off from Festival Fields (what3words: [veal.sang.island](https://www.what3words.com/veal.sang.island))
- The Half Marathon kicks off from the Tata Steel Trostre site (what3words: [likely.vocab.shins](https://www.what3words.com/likely.vocab.shins))
- **Double-check your start location!**



Plan your journey to beat the road closures, allow plenty of time to park, and get settled at the start area!

Top tip: Aim to arrive before 08:15 as we're unable to let late arrivals start the race!

All runners of each distance will gather in a holding area divided into four colour-coded pens, matched to the estimated finish time on your race bib. This helps everyone get off to a smooth start.

Then it's time to get ready, stay relaxed, and soak up the pre-race buzz — it's almost your time to shine!

LLANELLIHALF.CO.UK

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 50		White
	Blue	Sub 60		Blue
	Pink	Sub 1.15 (60-1.14)		Pink
	Green	Plus 1.15 (1.15 plus)		Green

#RunElli



Bounce®

FUELLING YOUR RUN





TATA STEEL
LLANELLI
Half Marathon
Route Map

-  Mile Markers
-  Brecon Carreg Hydration Points



Llanelli

TATA STEEL LLANELLI 10K Route Map

- 1 KM Markers
-  Brecon Carreg Hydration Points



WORLD'S FIRST ISOTONIC ENERGY GEL

- > 22g Carbohydrates per gel
- > Isotonic formula - no need for additional water
- > Aim to consume 1-3+ gels every hour to reach a 60g-90g target intake.

Available in your finisher bag.



SUSTAINABILITY

We're committed to making our events more sustainable, reducing waste, plastic, and our carbon footprint. Over the years, our trials have led to significant improvements, and this year we're taking it one step further to deliver a fantastic race day that doesn't cost the earth. Find out more [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 at the 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.





TATA STEEL
LLANELLI
10K | Half Marathon



Proud to be hydrating runners at the 2026 Llanelli Half & 10K. Don't forget to pop our bottles in a recycling bin so they can be given a second life!

HALF MARATHON

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

10K

FIND YOUR PACER TIME

45	50
55	60
65	70
80	90

Pacers

Pace yourself with our pacers! We've got pacers on the Half Marathon and 10K courses to help you hit your target time. 10K pacers wear pink t-shirts, and Half Marathon pacers wear yellow. Spot them in your start pen and try to stick close during the race — they'll help you stay on track and reach your goal!

Cut-off

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.

The Finish

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!



Photos

Our official photographers from Marathon Photos will be capturing every step of your race — from the adrenaline at the start to the triumph at the finish line.

These photos are the perfect way to relive your run, share your achievement, and celebrate your hard work. Don't miss the chance to own your moment on the course — grab your race-day memories before they're gone!



Results

Your race results will be online as soon as they're ready. After your race, you can check your time and download your free finisher's certificate to share with friends and family.

Official results may take up to 14 days to be confirmed but there is no need to wait to celebrate your achievement!

RACEMAKERS

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

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 the 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 or [CLICK HERE](#).



CORPORATE CHALLENGE

Proudly Sponsored by Matthews & Co, we're thrilled to welcome the teams from the team below, as they take on this year's Corporate Challenge to #RunElli!

It's all about teamwork, fun, and a little friendly competition — and who knows, your team could be next!

Want to join in for 2027 or discover our other events in the challenge later this year? Drop us a line at info@frontrunnerevents.co.uk or [CLICK HERE](#) for more information.



matthews&co
chartered accountants

TATA STEEL

beacon

Actif
Chwaraeon a Hamdden
Sport and Leisure

KVA
GRAVELLS



SKECHERS
PERFORMANCE™

VOUCHER CAN ONLY BE REDEEMED
AT THE FOLLOWING SKECHERS STORES

SKECHERS
LLANELLI

SKECHERS
SWANSEA



SCAN QR CODE FOR GOOGLE MAPS STORE LOCATIONS

250%
OFF

PERFORMANCE FOOTWEAR
FOR ALL ENTRANTS TO THE TATA STEEL,
LLANELLI 10K / HALF MARATHON

**PLEASE PRINT OUT
TO REDEEM IN STORE**

DISCOUNT ONLY APPLIES TO FULL PRICED PERFORMANCE RUNNING FOOTWEAR, VOUCHER CANNOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER OR PROMOTION. THE VOUCHER CAN ONLY BE REDEEMED IN THE SKECHERS STORE, PARC TROSTRE, LLANELLI OR AT THE SKECHERS STORE, THE QUADRANT SHOPPING CENTRE, SWANSEA. PLEASE ASK AN ASSOCIATE FOR MORE DETAILS.

VOUCHERS ARE VALID UNTIL - 31ST MARCH 2026

Running For Charity

A special thanks to the charities involved for 2026!

Why not give your miles even more meaning by running for charity? You can run, fundraise, or donate to one of the fantastic causes shown below.



Through our partnership with JustGiving, fundraising couldn't be easier! With our integration it offers a seamless experience to help runners raise more and allow charities to reach more supporters.

If you're a charity interested in getting involved with the event, we'd love to hear from you. Our charity partnerships offer great exposure, enthusiastic fundraisers, and a brilliant race-day atmosphere.

Start fundraising with
JustGiving™

Give your miles **more** meaning

Raise money for a cause you care about with JustGiving, official partner of Front Runner Events.

justgiving.com



Find us on:    **JustGiving**[®]

JustGiving[®]



Thank You To All Our Sponsors & Partners

TATA STEEL

BRECON CARREG

matthews & co
chartered accountants

core
highways

KVA

GRAVELLS



LOOKING FOR YOUR NEXT CHALLENGE?



A promotional poster for the Great Welsh Marathon Events. It features three runners in the foreground: a woman in a blue and yellow vest with 'ROMSEY ROAD RUNNERS' and 'WESTON' on her bib, a man in a blue shirt with '917' on his bib, and another man in a yellow vest with 'ST ALBANS STRIDERS' and '326' on his bib. The background shows a crowd of runners on a road. The text at the bottom includes the event name, date, and website.

GREATWELSH
MARATHON EVENTS
Marathon | Half Marathon | 10K

8TH MARCH
2026

GREATWELSHMARATHON.CO.UK

FRONT RUNNER
EVENTS LTD



A promotional poster for the Swansea Half Marathon. It features a woman in a blue and black vest with her arms raised in celebration. The background shows other runners on a road. The text includes the event name, date, and website.

MIZUNO

SWANSEA
Half Marathon
HANNER MARATHON ABERTAWE

7TH JUNE
2026

SWANSEAHALFMARATHON.CO.UK

FRONT RUNNER
EVENTS LTD



A promotional poster for the Family Fun Run. It features a family of four (a man, a woman, and two children) running together. The man has bib number 15059, the woman 15098, and the children 15060 and 15097. The background shows other runners. The text includes the event name, date, and website.

freedomleisure
where you matter

fAMILY FUN RUN

7TH JUNE
2026

[FRONT RUNNER](http://FRONT RUNNER EVENTS LTD)
EVENTS LTD

TATA STEEL LLANELLI 10K | Half Marathon FEBRUARY 2027



FRONTRUNNER
EVENTS LTD

LLANELLIHALF.CO.UK

**OPENING
SOON**

