

One

03/02/19

**WORMS HEAD
10K**

EVENT PACK

WWW.WORMSHEAD10K.COM

IMPORTANT EVENT INFORMATION

PLEASE READ CAREFULLY



FIRSTLY, THANK YOU.

Activity Wales Events would like to take this opportunity to thank you for participating in one of our events. We're passionate about the events we run and your support in joining us for one of them really does mean a great deal to us.

We hope you have a great time and enjoy our event enough to return next year or try one of our other events.

Please read all the information in this event pack carefully, we take safety very seriously and informing participants correctly is an important part of making that happen.

See on race day and remember to have fun!



THE ACTIVITY WALES EVENTS TEAM

CONTENTS

EVENT ITINERARY	2
PRE-EVENT INFORMATION	2
EVENT DAY INFORMATION	3
ROUTES	5
RULES	5
AFTER THE EVENT	6

SUNDAY, 3RD FEBRUARY 2019

WHEN	WHAT	WHERE
9:00am - 11:00am	Registration Open	Worms Head Hotel
11:15am	Mandatory Briefing	Start Line
11:30am	EVENT START	
1:00pm	Presentation	Finish Line
1:30pm	Overall Cut-Off	

DIRECTIONS & PARKING

POSTCODE: **SA3 1PR**

PARKING: Leave M4 at Junction 47, At Roundabout take 4th Exit onto A483, At the next roundabout take the 2nd Exit onto A484, At the roundabout take the 1st Exit onto Victoria Road/B4296, Turn Right onto B4295, Turn Right onto Blodwen Terrace/B4295, Turn Left towards B4271, Turn Left onto B4271, Turn Right, Slight Right, Turn Right onto A4118, Turn Right onto B4247, You arrive at Rhossili.

REGISTRATION

LOCATION: **WORMS HEAD HOTEL**



YOU WILL NEED YOUR PHOTO ID TO REGISTER, WITHOUT THIS WE HAVE THE RIGHT TO STOP YOU FROM COMPETING. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF

Entries are now non-transferable. If you have **not** gone through the proper steps to transfer your entry to another person, they will be unable to race. If someone else takes part with your details, you and the person taking part will be disqualified and banned from all events.

At registration you will receive an envelope which will include the following:

- **1 x Bib Number**
- **1 x Timing Chip**

Please make sure you complete the medical information on the back of the bibs.

EVENT MESSAGE

EVENT MESSAGE will be available at registration on the day of the event

You can book a slot now at: <http://www.bwtherapy.co.uk/upcoming-events/>

TIMING & RACE NUMBERS

At registration you will be given your timing chip which will be attached to your bib. Race belts are permitted

EVENT BRIEFING & CUT-OFF

There is a compulsory pre-event briefing held on the start line which must be attended by ALL athletes.

Any athlete not present at the briefing will be disqualified.

 **OVERALL CUT-OFF: 1:30PM FOR ALL ATHLETES.**

FAILURE TO FINISH

If you are unable to finish the race, you **MUST** report to an Official to inform them, and hand back your timing chip.

MP3 PLAYERS & IPODS

Unfortunately due to health and safety reasons, no MP3 players, iPods or any other personal stereos are permitted at any time.

ENVIRONMENTAL IMPACT

We are very lucky to be granted the relevant permissions to stage the race in the Swansea area, so please help us by reducing the environmental impact as much as possible and take all your litter home.

MARSHALS

Please be advised that all the Marshals are giving their time for free and without their assistance we would not be able to organise the race. If possible, please show your gratitude whilst on the course and be aware that any abusive behaviour will result in immediate disqualification. Marshals are not permitted to stop traffic and are only on course for directional and safety reasons. It is your responsibility to ensure that it is safe to exit junctions when on the course.

Darganfod Discover

Rhosili



Ymddiriedolaeth
Genedlaethol
National Trust



Milltiroedd o dywod melyn
Miles of golden sand

Rydyn ni ar agor 365 diwrnod y flwyddyn felly pam aros?

We're open 365 days a year - what are you waiting for?

Mae'n rhaid ymweld â Rhosili, gyda'i golygfeydd a'i harfordir trawiadol a thraeth sydd wedi'i ddewis yn un o draethau gorau Cymru, os nad y byd, droeon.

Ewch i weld yr olygfâ o Gefn Rhosili, y man uchaf ar benfryn Gwyr, neu os yw'r llanw ar drai, dringwch ar gefn y ddraig a cherded i Ben Pyrod*.

Mae digonedd i'w gwneud a'i weld yma, felly bachwch eich binoculars a'ch bwced a rhaw, i wneud y gorau o'ch diwrnod yn Rhosili.

*cofwch edrych ar amserau'r llanw.

Ymunwch â'r Ymddiriedolaeth Genedlaethol

Drwy ymuno â'r Ymddiriedolaeth Genedlaethol ceich fynediad a pharcio am ddim i gannoedd o fannau byrthogofiadwy, gan gynnwys Rhosili. Bydd eich cefnogaeth yn helpu i'w gwarchod ar gyfer cenedlaethau'r dyfodol.

Drwy ymaelodi yn Rhosili, mae eich cefnogaeth yn mynd yn syth at gynnal y lle arbennig yma. Gofynnwch am ragor o famylion gan ein tîm croesawu yn y siop neu'r maes parcio.

With spectacular views and coastline, Rhosili is a must-visit, often voted one of the best beaches in Wales, if not the world.

Take in the views from the top of Rhosili Down, the highest point on Gower, or if the tide's out, climb onto a dragon's back and walk to the Worm*.

There's plenty to see and do, so grab the binoculars, bucket and spade, and make the most of your day at Rhosili.

*please check tide times.

Join the National Trust

By joining the National Trust you can enjoy free access and parking at hundreds of unforgettable places, including Rhosili. Your support will also help protect these places for future generations.

If you join at Rhosili, your support goes directly toward the upkeep of this special place. Ask a member of our visitor welcome team in the shop or car park for more information.

Maes parcio Rhosili
Rhosili, Abertawe, SA3 IPR
(Codir tal, am ddim i aelodau'r YG)
01792 390707
rhosili@nationaltrust.org.uk

Lleoedd eraill i ymweld â nhw:
Pennard - SA3 2DH

Rhosili car park
Rhosili, Swansea, SA3 IPR
(Charges apply, free for NT members)
01792 390707
rhosili@nationaltrust.org.uk

Other places to visit:
Pennard - SA3 2DH



Cadwch eich bys ar y pwls

Ymunwch yn y drafodaeth a dysgwch ragor am ein digwyddiadau a'n gweithgareddau.

Stay up-to-date

To find out more about our latest events and our work visit our website

nationaltrust.org.uk/gower



NTGower



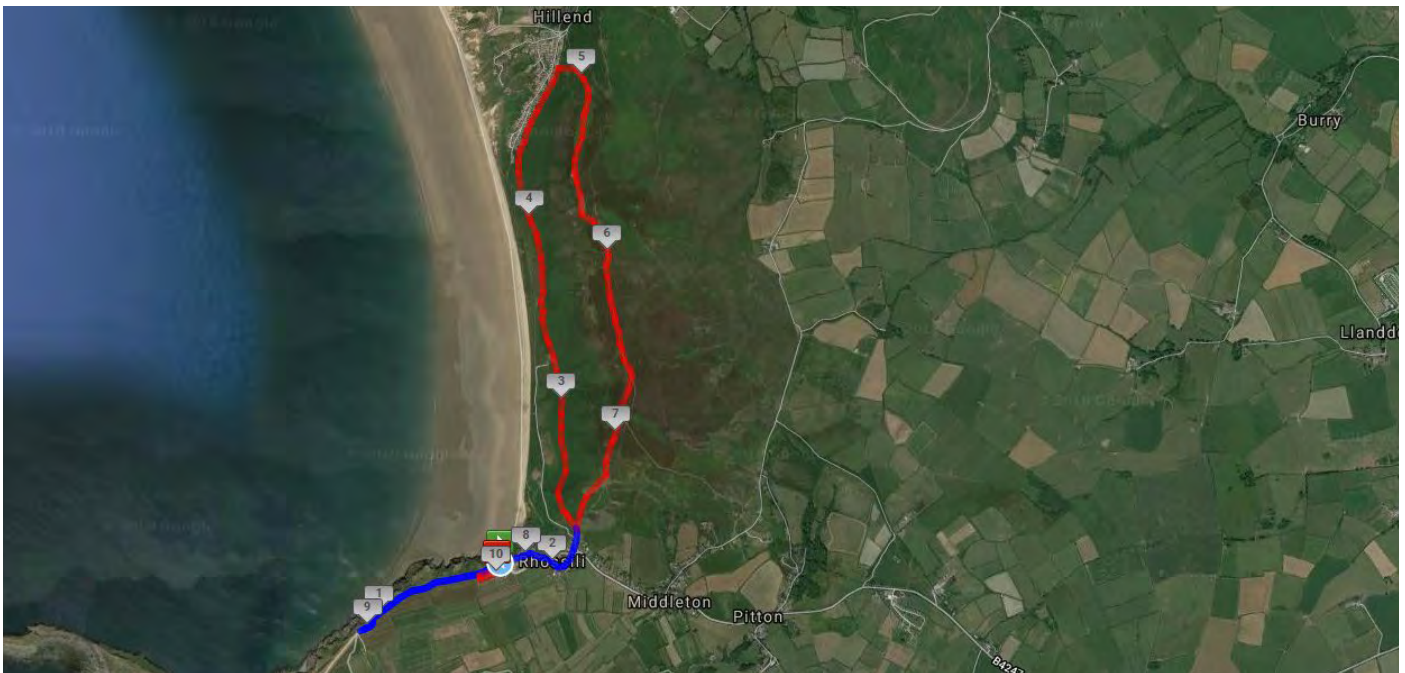
#GowerNT

**I gael fformatau gwahanol
For alternative formats**

01792 390707

wa.customerenquiries@nationaltrust.org.uk

COURSE MAP



GENERAL RULES & EVENT CONDUCT

- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and the failure to obey a marshal, police or referee will lead to disqualification. Marshals are usually volunteers to help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anyway on the course as this will lead to disqualification. When racing you need to be aware of other competitors, and the general public both on foot or car.
- Event numbers must be worn on the front and must be clearly visible at all times. They must not be altered or mutilated in anyway otherwise you will be penalised.

If you read this and follow the advice you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have.

All Activity Wales Events Terms and Conditions also apply – which you can find at:
<http://www.activitywalesevents.com/event-terms-and-conditions/>

TOILET & SHOWER FACILITIES

There are public toilets available onsite.

AWARDS PRESENTATION

We will hold the presentation approximately at **1pm**, after the last athlete has crossed the finish-line. If the weather does not permit this, we will send you out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a **£5 P&P charge**.

WINNING CATEGORIES

1st, 2nd, 3rd Male and Female Overall

1st, 2nd, 3rd Male & Female Vet

1st Junior Male & Female Junior

RESULTS

You can find your results on our website **www.wormshead10k.com**.

We will let you know on our facebook page when they are live.

LOST PROPERTY

Any lost property that has been found will be brought back to our office. Please contact us direct after the event and if it has been found we will be happy to send it back to you with a P&P charge.

YOUR PHOTOS

If you have taken any photos of the event and would like to share them with us so we can use them for Media and Social campaigns, please send them in to us at: **info@activitywalesevents.com**

2020 EVENT DATE

The provisional event will be on **2nd February 2019**

OUR EVENTS

LCW Jervis Bay - 5-7 April 2019

LCW Holland - 17-19 May 2019

Swansea Triathlon - 2 June 2019

The Wales Triathlon - 8 June 2019

The Fishguard Sprint Triathlon - 8 June 2019

Long Course Weekend - 5-7 July 2019

Junior Long Course Weekend - 5-7 July 2019

Taff Kids - 5 July 2019

The Wales Swim - 5 July 2019

The Wales Sportive - 6 July 2019

The Wales Marathon - 7 July 2019

The Wales Half Marathon - 7 July 2019

The Wales 10k - 7 July 2019

The Wales 5k - 7 July 2019



The Wales Swim Run - 27 July 2019



Gower Triathlon - 31 August 2019

Saundersfoot Triathlon - 14 September 2019

Mumbles Triathlon - 28 September 2019

LCW Mallorca - 26-28 October 2019

 facebook.com/activitywalesevents/  twitter.com/aweventsteam/

 instagram.com/activitywalesevents/  [AWEventsLtd](https://www.linkedin.com/company/AWEventsLtd)