

ALTRA
ANGLESEY TRAIL
1/2 MARATHON
& 10K YNYS MÔN

FINAL INSTRUCTIONS
Race Date: 10th November 2024

CROESO / WELCOME

To the 2024 Anglesey Half Marathon and 10k.
This document contains all the information you'll need to
have a great day and a safe race.



EVENT TIMETABLE

VENUE

Newborough Forest, Anglesey LL61 6SG

EVENT DAY TIMINGS

08:00 - 08:45: Half Marathon number collection

08:00 - 09:30: Canicross 10km number collection

08:00 - 09:45: 10km number collection

*If you opted to receive your bib in the post, there is no need to visit number collection, you can proceed straight to the start line. The entry checker link has details of postal choices.

Your bib number can be found by searching your name on our [online entry checker](#). Mobile signal is poor in Newborough so please make sure you have found your bib number before you arrive.

09:00: Half Marathon race start

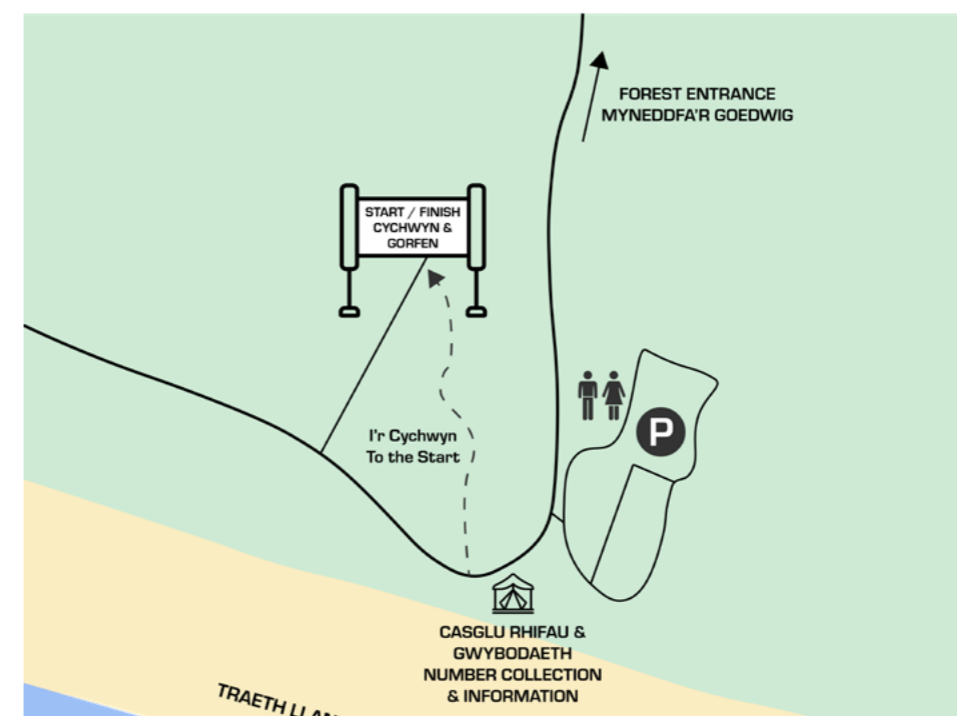
09:45: Canicross 10km race start

10:00: 10km race start

You must be at the startline 10 minutes before the race start for your safety briefing.

PRIZE GIVING

Prize giving will take place at approx. 12:00, close to the finish area. Timings are subject to change, please listen out for announcements.



GENERAL EVENT INFORMATION

BAG STORAGE

Please leave all your belongings in your vehicle. If you're arriving on foot or by bike, bags may be left at an un-manned bag drop next to registration. Belongings left are at your own risk.

TOILETS

There are public toilets and portaloos in the main Newborough Beach car park.

RACE TIMING

Your number contains your timing chip. Please wear your number prominently on the front of your torso and ensure it is not covered by clothing.

LIVE RESULTS

The Altra Anglesey Trail Half Marathon and 10km feature live results by TDL Event Services. You can follow individual participants on the [live results page here](#).

ALWAYS AIM HIGH SHOP

Our pop up shop is the place to go to treat yourself to some fantastic discounted gear and to replace any forgotten essentials. **If you have pre-ordered an event t-shirt or hoodie please visit the store to collect it.** There will be a limited numbers of event tees & hoodies available to purchase on the day.

EVENT PHOTOGRAPHY

Photos will be available on our [photography partner's website](#). You can search with a selfie image so you'll find every shot, even if your bib isn't visible. If you have pre-ordered a photography package, a code will be emailed to you from our photographer. Please check your junk mail if you have not received it.

GENERAL EVENT INFORMATION

CAR PARKING

Event parking is in the Beach Car Park. Please follow the instructions of the marshals and park where requested.

The NRW fee that you paid on entry, covers the cost of your parking. If you are able to car share and reduce unnecessary journeys, please do.

Ensure that you give yourself enough time to park & walk to the start line. The drive down the Beach Road can take up to 10 minutes.

ALTRA TRAIL SHOE DEMO & DISCOUNT

Get ready for the Altra Anglesey Trail Half Marathon & 10k; explore Altra's awesome range of trail shoes. As an exclusive reward for participants in this year's event, local retailer [Crib Goch Outdoor](#) are offering 15% off any full-price Altra shoes online or in-store, up to 4 weeks after the race. To claim your discount follow the link & use the code AAHE15ALTRA at checkout.

Altra Experts will also be at the event village with the Timp 5 and Experience Wild Trail shoes ready for you to test out. Experience the Altra FootShape and zero to low drop for yourself on 10th November!

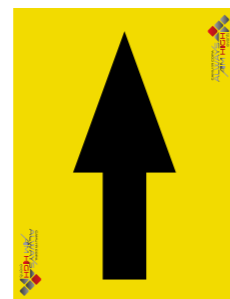
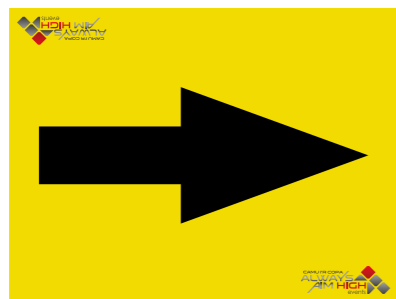


STAY OUT THERE™



ROUTE SIGNAGE

Please pay attention to the route signs which will dictate the course. At points on the course, it's not always possible to mark the way with arrows, in these areas ground stakes and/or ribbon will be used to keep you on route.



ROUTES

The 10k and Half Marathon are both single loop courses. The routes split and merge at a number of points, please look out for signage.

Please be considerate of other runners and communicate clearly if you are passing slower runners.

Full route maps can be viewed on the [individual race pages on our website](#).

LITTERING

Please dispose of your litter responsibly at the feed stations. Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events.

IMPORTANT SAFETY INFORMATION

The run takes place on a mixture of forest tracks, beach and rocky and sandy trails. The ground is uneven; please take care and look out for roots, holes and forest debris to avoid slips, trips and falls. We advise that you wear trail shoes with good grip. The venue will be open to other users so please take care and be considerate.

The use of bone conduction headphones is permitted. Use of any other headphones is prohibited. **If you pull out during the race, please call 07527 034308 quoting your race number.**

CUT OFF TIMES

12:30 - finish line timing will stop

It is the race organisers' discretion to not allow a competitor to continue if at any stage it is deemed unsafe for them to do so.

CUPLESS ENERGY STATIONS

Serving HIGH5 Zero (electrolyte), water and HIGH5 gels, these stations will be available at approximately 4.5km and 7.5km on the 10k and 2.8 miles, 7.1 miles and 10.5 miles on the 1/2 marathon.

This is a cupless event so please make sure you bring your own bottle or pick up a free reusable cup at Number Collection.

Please be aware that food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soy beans, tree nuts, peanuts, fish, shellfish or wheat.

Dog water bowls will be available at the Start/Finish and feed Stations. However, canicross runners are responsible for providing water for their dogs at all times. Please give other dogs space, strictly only one dog at a bowl at any time.

CANICROSS RULES

- Strictly 1 dog per runner.
- Dogs must be visible to other runners.
- All dogs competing must be at least 12 months of age.
- Dogs must wear an appropriate harness and be attached to a waist belt worn by the runner via a line which includes an amount of bungee.
- Lines must not be longer than 2.5m at full stretch.
- The following are not allowed:
 - Studded boots
 - Any collar that constricts or has the ability to constrict your dog's throat
 - Prong collars or electric shock collars
 - Halties
 - Closed muzzles (only muzzles which allow dogs to drink and take treats through will be allowed)
- When overtaking, the advancing canicrosser must shout 'runner behind coming through' to warn the runner in front of their intentions.
- A canicrosser who is being overtaken must assume responsibility to ensure that their dog is to one side of the track and does not interfere with the runner going past.
- If a marshal determines that a canicrosser's conduct is detrimental to the race, that runner shall be disqualified. This includes before and after the event.
- Your dog must not be behind you unless on downhill or technical sections of the route.
- There will be an on-call vet for the event. Details giving emergency phone number, address, postcode and directions from the race to the vet will be displayed at number collection. Please familiarise yourselves with this information on arrival at the event.

DOG FOULING

It is compulsory for canicross runners to carry poo bags. All dog waste must be picked up immediately and disposed of in the appropriate bins, located around the car park area, after the race.

On Call Vet: Bodrwnsiwn Veterinary Group - 01492 338082

JOIN US AGAIN IN 2025!



**FIND YOUR
NEXT RACE**



WWW.ALWAYS AIM HIGH EVENTS.COM

