



Event Date: 5th March 2023
FINAL INSTRUCTIONS

CROESO / WELCOME

To the 2023 Jones o Gymru Anglesey Half Marathon & 10K.
This document contains all the information you'll need to have a great day and a safe race.



EVENT DAY TIMINGS

08:00 - 08:40: Half Marathon number collection.

08:40 - 09:10: 10km & Dragons Dash number collection.

08:45: Half Marathon compulsory race briefing at the race start.

09:00: Half Marathon race start.

09:05: Dragons Dash compulsory race briefing at the race start.

09:20: Dragons Dash race start.

09:25: 10k compulsory race briefing at the race start.

09:40: 10k race start.

Your race number bib will be posted out to you the week before the event. If you entered within 14 days of the event, you will need to collect your bib from Number Collection.

Number Collection is located in the Waun car park close to the race start where you can also find the Information Desk.

Race starts are on the High Street, Menai Bridge: **LL59 5EE**

DRAGONS DASH RACE

Parents can run the Dragons Dash with their children without an entry, however, this is not mandatory. The route is marshalled by DBS accredited marshals.

Children **MUST** be collected from the finish line and stay in the finish pen until collected.

BAG DROP: 08.15 - 09:30

Located in the event village, close to the start. The bag drop will be manned by marshals. Please label your bag clearly with your number on a prominent part of your bag. Tags will be available but it speeds everything up if you do this before you arrive.



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GENERAL INFORMATION

RACE TIMING

You must wear your race number which you will have either received in the post or be collecting from our number collection.

Remember your number. NO Number, NO RACE!

Should you forget your number a limited number of spares will be available on a first come first served basis at the information desk for the price of £5. Please wear your number prominently on the front of the torso; ensure it is not covered by clothing.

LIVE TRACKER

The 2023 Jones o Gymru Anglesey Half Marathon and 10k features real-time race tracking by TDL Event Services. Get your friends and family to track you by going to **the tracker app**

Race results will be live online at **tdleventservices.co.uk**

HIGH5 RE-FUELLING STATIONS

These stations will be available at approximately 3, 6, 9 and 11 miles serving HIGH5 Zero electrolyte drink, water and HIGH5 Energy Gels. Where possible please carry your own bottle to help us reduce waste.

TOILETS

There will be portaloos and urinals at the race start and finish. Public toilets and portaloos are also available in Beaumaris and Gallows Point.

ALWAYS AIM HIGH STORE

Along with supplying all your running needs this is where you pick up your pre-paid hoodies and t-shirts. If you have not pre-ordered there will be a limited number of t-shirts and Hoodies for sale in the shop.

DYFED PARRY SOFT TISSUE THERAPY

Pre or post event massage is available on the day. This is on a first-come, first-served basis. If you know you'd like a post-race massage, be sure to book with Dyfed beforehand at the Event Village.

GENERAL INFORMATION

PRIZE GIVING: Timings are approximate, please be aware that they may be delayed on the day.

10:15: Dragons Dash

12:00: Half Marathon & 10k

Award ceremonies will take place at the finish area: **LL59 5EF**

EVENT VILLAGE & FINISH LINE

Location: **LL59 5EF**

- Live race commentary
- Food vendors
- Trade stands
- Always Aim High Store
- Marshalled Bag Drop

IMPORTANT SAFETY INFORMATION

The road between Menai Bridge and Gallows Point will be closed to traffic from 08.00 until 13.00.

For the Half Marathon, the section from Mile 4 to Mile 10 is on open roads. You MUST follow the highway run on the side of the road as instructed by event signage or marshals.

Be extra vigilant of vehicles. All roads are open to emergency service vehicles.

The use of bone conduction headphones is permitted. Any other headphones are strictly not allowed.

CUT OFF

Half Marathon runners arriving at Gallows Point (approx. 10 miles) after 11.30am will not be permitted to continue in the race. A vehicle will be available to take you back to the event village.



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ROUTE SIGNAGE

Please follow the Highway Code unless directed by dedicated race signage.



CAR PARKING

All car parks have a fee so please bring sufficient change. To avoid disruption please aim to car share, arrive early and park sensibly within the car parks. Some car parks are a short walk to the start line. Due to the revised start line for the 2023 race, the Normal Site parking on the Bangor side of the Menai Straits is a 30 minute walk, please be aware of this.



EVENT PHOTOGRAPHY

Photos will be available to buy after the race via the link on the event tracker app, the race results or by **following this link**. Anyone who has purchased prepaid digital downloads will be emailed a code by the event photographer. Please keep an eye out for this email, which sometimes goes to junk mail.



EVENT PARTNER

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