



Event Date: 3rd March 2024
FINAL INSTRUCTIONS

CROESO / WELCOME

To the 2024 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 - 09:20: 10km & Dragon's Dash number collection.

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

09:00: Half Marathon race start.

09:15: 10k compulsory race briefing at the race start.

09:30: 10k race start.

09:35: Dragon's Dash compulsory race briefing at the race start.

09:40: Dragon's Dash race start.

Your race number bib will be posted out to you the week before the event. If you entered within 21 days of the event, you will need to collect your bib from Number Collection.

Number & Merchandise Collection is located on the football pitch on Wood Street close to the race start where you can also find the Information Desk. If you are collecting your bib, please check the race **START LIST** to find your number beforehand.

Race starts are on Wood Street, Menai Bridge: **LL59 5AS**

DRAGONS DASH RACE

Parents can run the Dragon's 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: 08:00 - 09:15

Located in the event village, close to the start. The bag drop will be crewed 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 Number Collection for the price of £5. Please wear your number prominently on the front of the torso; ensure it is not covered by clothing.

LIVE RESULTS

The 2024 Jones o Gymru Anglesey Half Marathon and 10k features live results by TDL Event Services. The live results page also shows when participants pass various sections on the course. Race results will be live online on the day of the event at: <https://my.raceresult.com/277812/live>

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. **ALL MERCHANDISE MUST BE COLLECTED ON THE DAY AND CANNOT BE POSTED AFTER THE EVENT.**

GENERAL INFORMATION

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

10:15: Dragon's Dash

12:00: Half Marathon & 10k

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

All prizes must be collected on the day and cannot be posted after the event.

EVENT VILLAGE & FINISH LINE

Location: **LL59 5AS**

- 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 code and 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.



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SAFETY BRIEFING

All competitors must attend the compulsory safety briefing in the start area on race day as detailed in Event Day Timings above.

CUT OFF TIMES

Half Marathon runners arriving at Gallows Point (approx. 10 miles) after 11:30 will not be permitted to continue in the race. A vehicle will be available to take you back to the event village.

LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are running in and dispose of any gel wrappers or other consumables responsibly. You may dispose of your litter at the designated litter points and with event marshals.

MEDICAL ACCIDENT AND EMERGENCY

In the event of a medical emergency please contact our emergency number on 07527 034 308. **When life is at risk dial 999**

RACE DAY EMERGENCY CONTACT

If you pull out of the race having started, or need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

CARA JONES 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 Cara beforehand at the Event Village.

EVENT PHOTOGRAPHY

We are excited to be working with **Mel Parry Photography** at this year's event. Photos will be available after the race on their dedicated online gallery. You can **pre-register** with a selfie to be notified when your photos are online.

If you have pre-purchased photo packages, a code will be sent to you directly by the event photographer. Please expect to receive an email from them, and be sure to check your junk email if this hasn't arrived.



ROUTE SIGNAGE

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

Green = event village signage

Yellow = race course signage



CAR PARKING

There are two event car parks. One at Ysgol David Hughes and the second at Bangor University Normal site (30 minute walk to the start), there is a £5 fee at both so please bring cash or card. To avoid disruption please aim to car share, arrive early and park sensibly within the car parks. There are a number of pay and display car carks in Menai Bridge but due to the race road closures these may not be accessible.



BAD WEATHER CONTINGENCIES

In the interest of competitor safety, as with all events it might be necessary to implement contingencies on the race. We will do all that we can to ensure you have the best experience and will only make changes to the race if it is absolutely necessary. Thank you for your understanding.

VOLUNTEERING

If any of your supporters would like to assist with marshalling, please contact marshals@alwaysaimhighevents.com to get involved. Marshals can take advantage of our fantastic marshal reward scheme and earn free entries, shop vouchers or donations to clubs and charities.

EVENT PARTNER

We would like to take the opportunity to thank our event partner, Jones o Gymru who contribute to support the event and the running community here in North Wales. Please click on the banner below to find out more about them.



EXPLORE OUR OTHER EVENTS



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