



FINAL INSTRUCTIONS

12th February 2023

WELCOME

To the 2023 Nick Beer Memorial 10k. This document contains all the information you'll need to have a great day and a safe race.



EVENT TIMETABLE

REGISTRATION

Registration will be at Venue Cymru, on the Llandudno Promenade, LL30 1BB.

You do not need to attend registration if you opted for delivery & have received your number in the post.

SUNDAY 12TH FEBRUARY:

09:30 - 11:30 - Registration will be open between 9:30am and 11:30am.

Nick Beer event merchandise should be collected from registration; there is a limited amount available to purchase on the day too. There is also a café serving light refreshments withing Venue Cymru.

11:30 - 1km fun run (register on the day at Venue Cymru)

11:45 - 10km Safety Brief

12:00 - 10km Start

Race Start is 500m from Registration, opposite the Imperial Hotel on the Promenade.

13:45 - Prize Giving in Venue Cymru (approximate time, subject to change on the day). Please listen out for announcements detailing any changes.

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

GENERAL EVENT INFORMATION

UN-STAFFED BAG STORE

We suggest that you arrive dressed ready to run. There will be an unstaffed bag store in Venue Cymru, by Registration.

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 at home.

All Items will be left at your own risk.

TOILETS

There are toilet facilities at Venue Cymru where Registration takes place and there will be limited portaloo facilities at the race start/finish.

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 registration for the price of £5.00.

Please wear your number prominently on the front of the torso - ensure it is not covered by clothing.

LIVE TRACKER

The 2023 Nick Beer Memorial 10k features race tracking by TDL Event Services. Get your friends and family to track you by going to <https://rtrt.me/ulink/TDLA/TDL-NICKBEER-2023>

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

HIGH5 RE-FUELLING STATIONS

There will be a drink station available at approximately 5km serving HIGH5 Zero, Water and High5 Energy Gels. Where possible please carry your own bottle to help us reduce waste.

IMPORTANT SAFETY INFORMATION

The toll road (Marine Drive) and Church Walks will be closed to traffic from 11:00 – 14:00.

All roads are open to emergency service vehicles, Be extra vigilant of vehicles, especially at road junctions with no closed roads. You MUST run on the side of the road as instructed by event signage or marshals.

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

CUT OFF TIMES

There is a cut off time for the event of 1 hour 30minutes. After this time, you will not be permitted to continue in the race.

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.

ALWAYS AIM HIGH EVENT STORE

Pre-ordered t-shirts and hoodies can be collected at the Always Aim High Event Store located at Registration. There will be a limited number of t-shirts and hoodies for sale on the day. All pre-ordered merchandise must be collected on the day from the event store, it cannot be posted after the event.

GENERAL EVENT INFORMATION

RACE SIGNAGE

Please follow the Highway Code unless directed by dedicated race signage. Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



SAFETY BRIEFING

All competitors must attend the compulsory safety briefing in the start area on race day 15 minutes before your race start time.

- If you pull out of the race you must report to Race HQ or call 07527 034 308 quoting your race number.
- The race is run on public roads, please be aware of, and be considerate to other people enjoying the beautiful Llandudno scenery.
- You must exercise caution when crossing roads.

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

CAR PARKING

There is ample parking in the area with large car parks. Parking meters have been installed along the promenade, however free parking is available beyond Dylan's Restaurant, towards the RNLI building.

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.

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 the event photographer, and be sure to check your junk email if this hasn't arrived.

THE COURSE

After starting on the Promenade opposite the Imperial Hotel, the route takes the full circuit of the Great Orme, along Church Walks, and finishes on the Promenade, in the same position as the start.

Please follow the instructions of marshals at all times. At the finish, please keep moving through the funnel to receive a drink, HIGH5 bar, and our bespoke Slate Coaster.

FURTHER INFORMATION FOR RUNNERS

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@alwaysaimhigh events.com to get involved. It is great opportunity to support a local club as a donation will be made to the North Wales Road Runners Club on behalf of the marshals at the event.

COURSE RECORD

Male - Nick Swinburn - Morpeth Harriers - 30:34 - 2009

Female - Laura Day-Notts AC 35:48 - 2015

RACE DAY EMERGENCY CONTACT

If you 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.

FINALLY, WE HOPE YOU HAVE A GREAT RACE EXPERIENCE AND ENJOY THE DAY!

EVENT PARTNERS

We would like to take the opportunity to thank our event partners, who contribute to support the event and the running community here in North Wales.





WWW.ALWAYS AIM HIGH EVENTS.COM

