



**FINAL INSTRUCTIONS**  
**Race Date: 9th February 2025**



# WELCOME

To the 2025 Nick Beer Llandudno 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 St George's Hotel, on the Llandudno Promenade, LL30 2LG. Please use the side entrance on St George's Place (look out for our registration flags).

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

If you are collecting your bib, please check the race [START LIST](#) to find your number before collecting your bib.

### SUNDAY 9TH FEBRUARY:

**09:30 - 11:30** - Registration will be open between 9:30am and 11:30am. [FIND YOUR NUMBER HERE.](#)

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 within the St George's Hotel.

**11:00** - 1km Fun Run for St David's Hospice (register on the day at St George's Hotel 10:00 - 10:45)

**11:45** - 10km Safety Brief

**12:00** - 10km Start

Race Start is 300m from Registration, opposite the Imperial Hotel on the Promenade.

**13:30** - Prize Giving in St George's Hotel (approximate time, subject to change on the day). Please listen out for announcements detailing any changes.

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



# GENERAL EVENT INFORMATION

## BAG DROP

We suggest that you arrive dressed ready to run. There will be an unstaffed bag store on the Prom near to the Start/Finish Line. In case of wet & windy weather, the bag drop will be at St George's Hotel.

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 St George's Hotel where Registration takes place and there will be limited portaloos 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 registration. 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 RESULTS

The Nick Beer Llandudno 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/324530/live>

## 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, especially at road junctions with open roads. You **MUST** run on the side of the road if 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 45minutes. 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 Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the event store, located near Registration in the St Geroges Hotel.

## PRIZES

Awarded for both Male and Female

Top 3 Overall

Top 1 for U20, SEN and VET categories (in 5 year age groups)

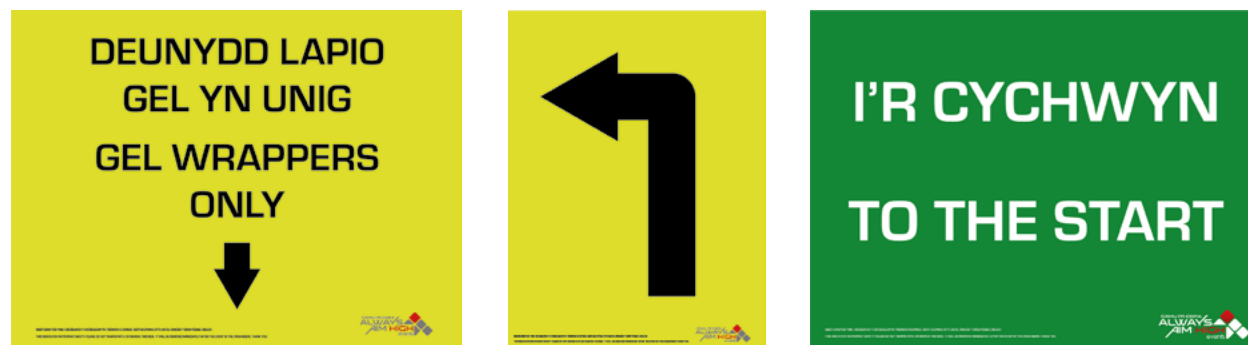
# GENERAL EVENT INFORMATION

## 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. This number will only be active during the period of the race. Please use the same number if there is a medical emergency.
- 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.

## VOLUNTEERING

If any of your supporters would like to assist with marshalling, please contact [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) to get involved. It is a 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.

## 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, returning 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.

## MASSAGE

Free pre and post race massage will be available at both St George's Hotel and at the Finish Line. Level 3 students from Coleg Llandrillo will be at both locations between 10:00 and 14:30.

## 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.

### COURSE RECORD

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

Female - Sara Willhoit - Shrewsbury AC 35:37 - 2022

### SLATE MEMENTO

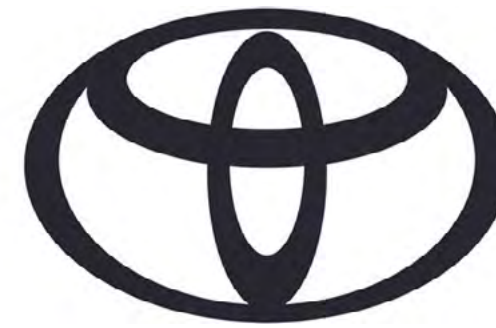
It is hugely important to us to be a responsible event organiser, not only in terms of safety and experience but also in our role in protecting the environment. We like to think that we are trailblazers in the events industry; inspiring activity in the outdoors, with an appreciation of the natural world and action to protect it.

We are proud to present our finishers with a locally-bought slate coaster to mark their achievement and provide a lasting, unique, and usable memento of the event.

**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. Please click on the logos below to find out more about each Partner.



TOM OWEN AND SON



ST GEORGE'S HOTEL





[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

