



**1/2 MARATHON & 10k**  
**YNYS MÔN**



**Event Date: 6th March 2022**  
**FINAL INSTRUCTIONS**

# CROESO / WELCOME



## EVENT DAY TIMINGS

**08:00 - 08:40:** Half Marathon Number Collection

**08:40 - 09:20:** 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

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

Races start is on the Menai Suspension Bridge: [LL57 2HZ](#)

**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](#)

## BAG DROP - 08.15 - 09:15

Located in a vehicle just before the start, the bag drop will be relocated to the finish line for 10:00. 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.

## 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 2022 Jones O Gymru Anglesey Half Marathon and 10k is featuring the latest in real-time race tracking by TDL Event Services. Get your friends and family to track you by going to [rtrt.me/ahm22](https://rtrt.me/ahm22)

Race results will be live online at [tdleventservices.co.uk](https://tdleventservices.co.uk)

### HIGH5 RE-FUELLING STATIONS

These stations will be available at approximately 3, 6, 9 and 11 miles serving HIGH5 Zero, Water and High5 Energy Gels. Where possible please carry your own bottle to help us reduce waste. **HIGH5 have partnered with TerraCycle® to provide gel wrapper recycling. Please use the dedicated bins, at refuelling stations and the finish line, to recycle any brand of gel wrappers.**

### 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 Kids T-shirts. **Adult finishers T-shirts will be handed out on the finish line.**

## EVENT VILLAGE & FINISH LINE

Location: [LL59 5EF](#)

- Live race commentary
- Food vendors
- Trade stands

### 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** run on the side of the road as instructed by event signage or a marshal.

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

Runners arriving at Gallows Point (approx. 10 miles) after 11.15am will not be permitted to continue in the race. A vehicle will be available to take you back to the event village.

### ROUTE SIGNAGE

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



## CAR PARKING

Please visit the website for a car parking map in Menai Bridge:

[Anglesey Half Marathon Travel & Accommodation](#)

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.

## EVENT PHOTOGRAPHY

Photos will be available to buy after the race via a link on our Facebook page and on our photography partner's website. Prepaid digital downloads will be emailed to you within 7 days.



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

An advertisement for Jones O GYMRU crisps. The background is red and features several bags of crisps in different flavors: 'SWEET & SALTY', 'SEA SALT', and 'SWEET & SALTY'. The text reads: **JONES O GYMRU THE WELSH CHOICE**. Below this, it says: 'The perfect snack to pick up your energy levels post-marathon!' and 'Our crisps are hand cooked in Wales and covered in Halen Môn Sea Salt!'. At the bottom, there is a white button that says 'SHOP NOW'.

[WWW.ALWAYSAIMHIGHEVENTS.COM](http://WWW.ALWAYSAIMHIGHEVENTS.COM)

