



1/2 ANGLESEY TRAIL
MARATHON & 10K
YNYS MÔN



13.1 MILES
10 KM

F I N A L I N S T R U C T I O N S
2 0 1 9



RACE TIMINGS

**SUNDAY
02.06.19**

Newborough Forest, Anglesey (The closest postcode is LL61 6SG and then follow signs for the beach).

08:00 - 09:00

Half Marathon;
Number Collection

08:00 - 09:30

10km, Number Collection

09:15

Compulsory Half Marathon Safety Brief at the Start

09.30

Half Marathon Race Start

09.45

Compulsory 10km Safety Brief at the Start

10:00

10km Race Start

**PRIZE GIVING
12.30 (APPROX)**

Award ceremony at the finish area.

GENERAL INFORMATION

BAG DROP

There will be an un-staffed bag store available to leave your belongings before your race. All Items will be left at your own risk.

RACE TIMING

All runners must wear their race number which you will have received in the post or will pick up from the Number Collection on Race day..

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 info desk for the price of £5. Please wear your number prominently on the front of the torso.

LIVE TRACKER

The 2019 Anglesey Trail 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

Race results will be live online at www.chiptimes.biz

HIGH5 RE-FUELLING STATIONS

These stations will be available at approximately 4, 7, 9 and 11 miles. Serving High 5 Zero, Water and High5 Energy Gels

TOILETS

There will be public toilets in the main Newborough Beach car park.

SPORTS MASSAGE

Will be available in the event village for a small donation provided by Vibe Fitness.

ALWAYS AIM HIGH SPORT PURSUIT STORE

Along with supplying all your running needs this is where to pick up your prepaid Hoodies. **Finishers T-shirts will be handed out on the finish line.**

EVENT VILLAGE

Located adjacent to the Finish Line.

- Sportpursuit Always Aim High Store
- Trade Stands
- Post Race Massage

IMPORTANT SAFETY INFORMATION

The run takes place on mix-use rocky and sandy trails. Wear appropriate Trail Shoes. The venue will remain open to all other users so please take care and be considerate.

Headphones are strictly not allowed.

CUT OFF

Please respect these cut off times in the interests of your safety and the safety of our volunteers.

The Finish Line will close at 13:15.

It is at the Race Organisers discretion that a competitor shouldn't be allowed to continue at any stage should it be deemed unsafe to do so.

ROUTE SIGNAGE

Please pay attention to the following signs and tape which will dictate the course.



CAR PARKING

Please ensure plenty of time for parking. **If you arrive after 09:00 you will be charged £5 for parking by the Toll attendant.** If you arrive prior to 09:00 you may not get charged.

EVENT PHOTOGRAPHY

We are excited to be working with Mel Parry Photography at this event. Photos will be available to buy after the race via a link on our Facebook page and on the event website.

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 gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and/or at the feed stations.

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



WWW.ALWAYSAIMHIGHEVENTS.COM



FINAL INSTRUCTIONS