

LLANELLI 10 MILER

**ATHLETES EVENT GUIDE –
RUNNING**

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WELCOME

LLANELLI 10 MILER

WE LOOK FORWARD TO WELCOMING YOU ALL AT THE FIRST EDITION OF THE LLANELLI 10 MILER. PLEASE TAKE A MOMENT TO REVIEW THIS EVENT GUIDE, WHICH PROVIDES DETAILED INFORMATION ABOUT EVERY ASPECT OF THE EVENT.

IF YOU HAVE ANY QUESTIONS THAT AREN'T COVERED IN HERE, FEEL FREE TO REACH OUT VIA [INFO@RUNTHETRAILS.CO.UK](mailto:info@runthetrails.co.uk) OR CONNECT WITH US THROUGH ANY OF OUR RUN THE TRAILS UK SOCIAL MEDIA CHANNELS.

FOR ANY LAST-MINUTE UPDATES, BE SURE TO FOLLOW US ON FACEBOOK AND INSTAGRAM. IN THE MEANTIME, ENJOY THESE FINAL DAYS OF PREPARATION, WE CAN'T WAIT TO SEE YOU AT THE START LINE!

JAY & GARY

RUN THE TRAILS UK & PEAK PERFORMANCE WALES

SCHEDULE

SUNDAY, 3RD AUGUST 2025

7:30 AM	REGISTRATION OPENS
8:45 AM	REGISTRATION CLOSES
8:50 AM	MANDATORY RACE BRIEFING
9:00 AM	LLANELLI 10 MILER START TIME
10:00 AM	EXPECT FIRST ATHLETES BACK
11:00 AM	AWARDS CEREMONY

★ PLEASE NOTE THAT THE AWARD CEREMONY TIME MAY
CHANGE ON THE DAY

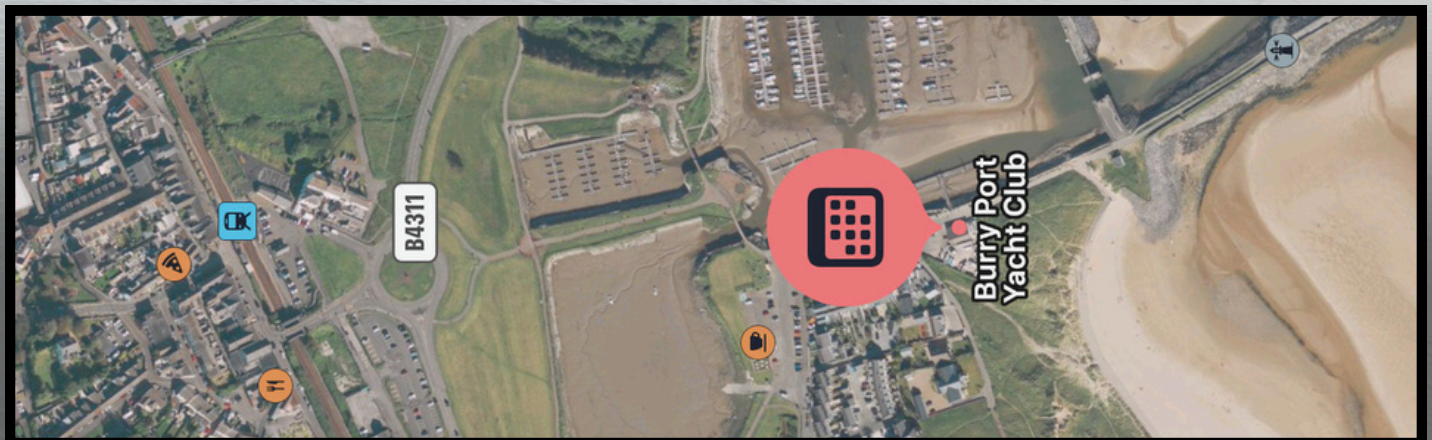
EVENT LOCATION

BURRY PORT YACHT CLUB

USE POSTCODE SA16 0ER TO HEAD TOWARDS THE VENUE

TO REACH THE EVENT LOCATION FROM THE M4, EXIT AT JUNCTION 48 AND FOLLOW THE A4138 TOWARD LLANELLI. CONTINUE ALONG THE A4138 THROUGH LLANGENNECH AND DAFEN, HEADING WEST INTO LLANELLI.

FOLLOW SIGNS FOR BURRY PORT, STAYING ON THE MAIN COASTAL ROUTE UNTIL YOU REACH THE TOWN. ONCE IN BURRY PORT, FOLLOW SIGNS & YOUR SATNAV TO PROCEED TOWARDS THE HARBOUR AREA.



CAR PARKING

BURRY PORT

WE ADVISE ALL RUNNERS TO PRE PAY FOR PARKING VIA THE MI PERMIT APP, THERE ARE 2 RECOMMENDED PAYING POINTS IN THIS AREA:

BURRY PORT HARBOUR EAST – MI PERMIT REF 715037

BURRY PORT WOODLANDS – MI PERMIT REF 715038

VIA THE LINK BELOW

MIPERMIT DIGITAL PERMITS AND CASHLESS PARKING

THERE IS ADDITIONAL CAR PARKS IN THE SURROUNDING AREA TO PARK IN BUT PLEASE KEEP IN MIND THAT THE CAR PARK IS ALSO OPEN TO THE GENERAL PUBLIC.

REGISTRATION

OPEN FROM 7:30 AM TO 8:45 AM

FOLLOW THE EVENT SIGNS TO COLLECT YOUR RACE NUMBERS

REGISTRATION IS AT BURRY PORT YACHT CLUB, PLEASE ENSURE THAT YOU BRING SOME ID WITH YOU IN CASE YOU ARE ASKED FOR IT.

THE TEAM WILL THEN HAND YOU YOUR RACE NUMBER, NOTE THAT YOUR TIMING CHIP IS ALREADY ATTACHED. PLEASE DON'T FORGET TO PICK UP SOME PINS TO FIX THE NUMBER BIB.

PLEASE ARRIVE AS EARLY AS POSSIBLE TO AVOID ANY REGISTRATION OR TRAFFIC DELAYS & YOU CANNOT REGISTER ON SOMEONE ELSE'S BEHALF.

RACE CHECKLIST

ESSENTIALS

- **RUNNING SHOES**
- **RACE BIB (GIVEN AT REGISTRATION)**
- **SUITABLE RUNNING CLOTHES**
- **RUNNING VEST OR BACKPACK (IF NEEDED)**
- **SUNGLASSES & HAT**
- **SUNSCREEN**
- **TOWEL**
- **SPARE CLOTHES**

IT'S IMPORTANT THAT YOU PREPARE YOURSELF WELL BEFORE THE EVENT! MAKE SURE TO GO THROUGH EVERYTHING YOU MIGHT NEED FOR EVENT DAY.

RACE INFORMATION

SAFETY & MARSHALS

THERE WILL BE A MANDATORY RACE BRIEFING BEFORE THE START OF THE EVENT TO ENSURE ALL PARTICIPANTS ARE AWARE OF THE SAFETY GUIDELINES AND SPECIFIC COURSE DETAILS.

DUE TO SAFETY REASONS, HEADPHONES ARE NOT PERMITTED FOR THE EVENT. YOU MUST BE ABLE TO LISTEN OUT FOR INSTRUCTIONS GIVEN BY OUR MARSHALS.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL TO INFORM THEM AND PROVIDE YOUR RACE NUMBER.

PLEASE RESPECT ALL OF OUR MARSHALS, WITHOUT THEM WE SIMPLY CAN NOT HOLD THESE EVENTS. ANY ABUSIVE BEHAVIOUR OR LANGUAGE WILL RESULT IN IMMEDIATE DISQUALIFICATION.

RACE INFORMATION

ENVIRONMENT

ENVIRONMENT TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE AREA AND TAKE YOUR LITTER HOME WITH YOU!

LOST PROPERTY

ALL LOST PROPERTY SHOULD BE HANDED TO A MARSHALS WEARING HIGH-VIS IN REGISTRATION, IT WILL BE KEPT SAFE UNTIL COLLECTED. ALL LOST PROPERTY WILL BE KEPT FOR 7 DAYS.

FINISH LINE

AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL, BOTTLE OF WATER & EXTRA GOODIES.

RACE COURSE

10 MILER

[CLICK HERE FOR THE GPS FILE](#)



DISTANCE – APPROX 16.2K

ELEVATION – APPROX 52M

THE ROUTE IS AN OUT AND BACK COURSE THAT FOLLOWS THE MILLENNIUM COASTAL PATH. IT IS A FLAT, FAST AND SCENIC ROUTE WHICH IS PERFECT FOR TESTING YOUR LEGS AND CHASING THAT PERSONAL BEST!

RACE COURSE

MORE INFORMATION

THE COURSE IS MARKED WITH BLACK ARROWS ON A YELLOW FLUORESCENT BACKGROUND ON KEY AREAS. THERE WILL ALSO BE MARSHALS OUT ON COURSE.

HOWEVER, IT'S YOUR RESPONSIBILITY TO KNOW THE COURSE, THE SIGNS AND MARSHALS ARE THERE FOR GUIDANCE. INTERACTIVE COURSE MAPS ARE AVAILABLE ON OUR WEBSITE EVENT PAGE.

THERE WILL BE A WATER STATION ON COURSE, WE'D PREFER YOU BRING YOUR OWN BOTTLE TO SAVE THE USE OF PLASTIC CUPS.

ALSO PLEASE LOOK OUT FOR ANY HAZARD SIGNS AND THE PATH WILL BE OPEN TO THE PUBLIC SO PLEASE RESPECT OTHER PATH USERS.

RUNNING

TIPS & HINTS

- **DON'T BECOME TOO FOCUSED ON YOUR PACE – IT'S BETTER TO RUN BY FEEL OR HEART RATE RATHER THAN YOUR SPEED PER MILE OR KILOMETRE.**
- **WEAR THE RIGHT GEAR – WE'D RECOMMEND INVESTING IN A PAIR OF QUALITY RUNNING SHOES. BUT ALSO CONSIDER A WATERPROOF JACKET (WEATHER PERMITTING) AND A GOOD PAIR OF SOCKS.**
- **RUN YOUR OWN RACE – MANY RUNNERS TEND TO START OFF FAST AND THEN STRUGGLE TO MAINTAIN THIS. IT'S BETTER TO RUN AT A MORE COMFORTABLE PACE WHICH YOU CAN SUSTAIN THROUGHOUT THE EVENT. WHILE YOU MAY SPEED UP AT TIMES TO MAINTAIN YOUR POSITION, IT'S CRUCIAL TO STICK TO A PACING PLAN THAT WORKS FOR YOU.**
- **CONSIDER WEARING A HYDRATION VEST – THESE ARE IDEAL FOR LONGER DISTANCE RUNNING AND CAN BE HANDY FOR OUR ROUTES! THEY ALLOW YOU TO HOLD PLENTY OF FLUIDS, SNACKS AND EVEN ADDITIONAL CLOTHING FOR IF THE WEATHER CHANGES.**
- **ENJOY THE VIEWS – OUR EVENTS HAVE STUNNING ROUTES, AND THERE'S NO PRESSURE TO RUN THE ENTIRE WAY, SOMETIMES WALKING CAN BE JUST AS EFFECTIVE. TAKE A MOMENT TO PAUSE, CATCH YOUR BREATH, AND APPRECIATE THE SCENERY AROUND YOU, IT WILL BE WORTH IT!**

POST RACE / AWARDS

AWARDS & RESULTS

THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD MALE & FEMALE FOR THE 10 MILER.

YOU CAN FIND THE RESULTS ON TRIANDENTER.COM/RESULTS YOU CAN DOWNLOAD THE TE LIVE APP TO ACCESS OUR LIVE TIMING. THE LINKS CAN BE FOUND ON THE WEBSITE OR AT REGISTRATION.

SOCIAL MEDIA



IF YOU OR YOUR SUPPORTERS CAPTURE ANY PHOTOS ON THE DAY, PLEASE SHARE THEM WITH US USING #RUNTHETRAILSUK AND MENTION US AT @RUNTHETRAILSUK OR @TRIANDENTEREVENTS. WE MAY FEATURE THESE ON OUR INSTAGRAM AND FACEBOOK PAGES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION AND WE HOPE YOU HAVE A GREAT EXPERIENCE!