Admiral Swansea Bay Bae Abertawe 10k 2016

Race Day Guide

Welcome

The Admiral Swansea Bay 10k is one of the UK's premier road races with a flat, fast and scenic route alongside the magnificent views of Swansea Bay.

Thank you for entering this year's race.

Enclosed you will find your race number with timing chip on the back, a tear off baggage label and your T-shirt voucher.

For full details about the event and further race information visit **swanseabay10k.com**

Good luck!

Race Times & Start Locations

1k	7yrs & Under	10.45am	Sketty Lane Car Park
1k	8yrs – 11yrs	11.00am	Sketty Lane Car Park
3k	9yrs – 14yrs	11.15am	Mumbles side of Blackpill Lido
5k	15yrs – 21yrs	12noon	On Promenade near Oystermouth Square
10k Wheelchair	15yrs+	12.55pm	Outside St Helen's Rugby Ground
10k	15yrs+	1.00pm	Outside St Helen's Rugby Ground
Mascot Race (100m)		1.10pm	Outside St Helen's Rugby Ground

Before The Race

Please allow plenty of time to travel, park and get ready for the start.

Toilets

Toilets will be available near the start line and on the route.

Baggage Area

Participants can drop off their bag at the information marquee using the baggage label attached to your race number.

Travelling

By Car:
Please help us by arriving early as the car parks are well used and traffic builds up close to the main event car park. A detailed traffic management system has been put in place and **road closures will come into operation from approximately 12 noon**. Please help us by sharing cars or travelling together wherever possible.
For Satellite Navigation, enter postcode **SA1 4PQ**.

By Bus:
From the city centre the following buses will take you to St Helen's Rugby Ground:
2a 10.00, 10.30, 11.00, 11.30
3a 11.50

Start of the 10k Race

Participants will be assigned to 'timing pens' in accordance with the runner's predicted finish time. Participants should assemble for the race in their assigned timing pen **no less than 10 minutes prior to the race start**.
Race numbers must be secured to the front of your top, please complete the medical form on the back.

During the Race

Please obey the directions of all event officials or course marshals. Water will be available at the 5k point and after the finish line.

After the Race

Firstly, well done! Please move through and out of the funnels once you have collected your water and goody bag. Staff will be on hand to assist you with all your needs. Sports Therapists and Physiotherapists will be on hand to advise and provide complimentary treatment.

Parking

Free parking is available in the Recreation Ground, **SA1 4PQ (arrive no later than 12 noon)**. Overflow Parking - Civic Centre West Car Park, Guildhall and Swansea University.

Buses

Free buses are available to transport competitors to the start lines of the 1k, 3k and 5k races, from the bus layby opposite St Helen's Rugby Ground. They will leave no later than 30 minutes before race start times.

T-shirts

A voucher is included in this pack which can be redeemed at The Guildhall, Swansea SA1 4PE on the following dates and times:-

Friday 16 September
Between 12noon – 8pm

Saturday 17 September
Between 9am – 6pm

On the day, T-shirts can be collected from the Information Marquee.

Sunday 18 September
Between 8.30am – 4pm

No voucher - no T-shirt

Photography

Photos will be taken throughout the course – please give us a big smile!
Race photos will be available to purchase via the event website **swanseabay10k.com** 2-3 days after the race.

A good luck message from Admiral Group

We are delighted to be sponsoring the Admiral Swansea Bay 10k Race and Fun Run again this year.

Supporting events in our local community is very much a part of Admiral and it's great to be involved in an event like this that grows in popularity year on year. Over 200 Admiral staff have entered the 2016 race, which really highlights its importance to our staff and the local area.

I'd like to take this opportunity, on behalf of everyone at Admiral, to wish all the runners the best of luck and hope this is a truly memorable event for you all.

Ceri Assiratti
Admiral Head of People Services
admiralgroup.co.uk/findoutmore

Medical Advice & First Aid

First Aid is provided by St Johns Ambulance. They will be located throughout the course with a base at the finish area.

Please contact the nearest marshal or steward should a problem arise.

All runners **MUST** complete the medical details form on the back of the race number.

Do not run if you feel unwell or have just been unwell. There is always next year!

Lost Children

The Lost Children point is located within the Information Marquee.

Refreshments

There will be a variety of outlets selling food and drink near the finish area.

Race Results

Race results will be available following the race on the event website **swanseabay10k.com**. If you have provided a mobile number you will also receive a text with your result following the race.

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