



## 360 Marina 5k

Saturday 18<sup>th</sup> March 2017 12:00

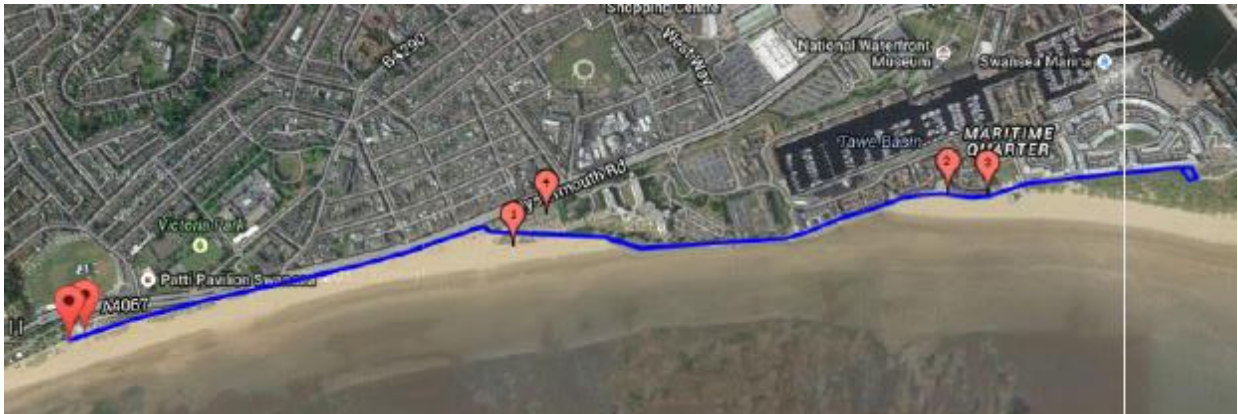
### Race Information

**Dear Competitors,** thank you for entering the 360 Marina 5k 2017. The Swansea Trotters, the Swansea University Athletics, Cross Country & Triathlon Alumni Association, wish you all the best and hope you have an enjoyable race.

**Numbers** – Please collect your numbers from the 360 Watersports Centre, Mumbles Road, Swansea, SA2 0AY, on Saturday 18<sup>th</sup> of March from 10:45am. Please ensure your race number is secured on the front of your vest/t-shirt so it is clearly visible to the officials during the race and at the finish.

**Start and Finish** – The race starts and finishes just outside the 360 Watersports Centre.

**Course** – The course is an out and back route heading east from the 360 Watersports Centre heading towards Swansea Marina and back. See course map below. Please take care and respect other members of the public as the race does not have right of way. Also please keep to right hand side of the path during the race to avoid collisions with oncoming athletes.



**First Aid** – St. John's Ambulance will be on duty during the race to offer medical assistance if required. If you are feeling unwell or sustain an injury please notify the nearest marshal or first aider. If you see someone in trouble en route, please inform the next marshal you see so that help can be arranged.

**Headphones** – The wearing of headphones and similar devices are not permitted during the race and risk being disqualified by the officials.

**Car Parking & Travel** – There is limited car parking space available at the 360 Watersports Centre, therefore we advise parking in the surrounding areas of Uplands. Please use public transport, cycle or walk if possible.

**Changing & Toilets** – There are changing and toilet facilities available at the 360 Watersports Centre.

**Clothing and Valuables** – Clothes and valuables are to be left at the 360 Watersports Centre at your own risk.

**Refreshments** – The 360 Watersports Centre will be offering a selection of refreshments during the day.



**Prize** – The prize presentation will be held shortly after the conclusion of the race at the 360 Watersports Centre. We will be also presenting Swansea Trotters vests to members of the Athletics, Cross Country and Triathlon teams who are graduating this year.

**Results** – Results will be available at [www.swanseatrotters.co.uk](http://www.swanseatrotters.co.uk) the following week.