



RTT

MARGAM

10K & 5K

**ATHLETES EVENT GUIDE –
TRAIL RUNNING**

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WELCOME

RTT MARGAM 10K & 5K

WE LOOK FORWARD TO WELCOMING YOU ALL AT MARGAM COUNTRY PARK FOR RTT MARGAM 10K & 5K. 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 RUN THE TRAILS UK

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SCHEDULE

SUNDAY, 28TH SEPTEMBER 2025

9:00 AM	REGISTRATION OPENS
10:45 AM	REGISTRATION CLOSES
10:50 AM	RACE BRIEFING
11:00 AM	10K & 5K START TIME
11:20 AM	FIRST 5K RUNNERS BACK
11:40 AM	FIRST 10K RUNNERS BACK
12:00 AM	AWARDS CEREMONY

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

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EVENT LOCATION

MARGAM COUNTRY PARK

USE POSTCODE SA13 2TJ TO HEAD TOWARDS THE VENUE

FROM PORT TALBOT / SWANSEA: TAKE THE A48 OR M4 MOTORWAY. EXIT AT JUNCTION 38 FOR PORT TALBOT. FOLLOWS SIGNS TO MARGAM COUNTRY PARK.

FROM NEATH / BRIDGEND: USE THE A48(M) / M4. EXIT AT JUNCTION 38 AND JOIN THE A4241, THEN FOLLOW LOCAL SIGNAGE TO MARGAM PARK.

ACCESS TO THE EVENT SITE IS NOT THROUGH THE MAIN GATE. PLEASE FOLLOW EVENT SIGNAGE FOR CORRECT DIRECTIONS.



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CAR PARKING

EAST LODGE CAR PARK

THE DESIGNATED CAR PARK FOR PARTICIPANTS IS THE EAST LODGE CAR PARK WITHIN MARGAM PARK.

WHAT3WORDS: ///SCATTERS.ENTIRE.SHUTTling

COST FOR PARKING IS INCLUDED IN THE TICKET.

THE CAR PARK IS IN A LARGE HARDSTANDING AREA. PLEASE FOLLOW ANY INSTRUCTIONS GIVEN BY MARSHALS OR SIGNAGE, & ENSURE YOU PARK CONSIDERATELY, ALIGNING WITH OTHER VEHICLES TO ALLOW SMOOTH DEPARTURES FOR OTHER ATHLETES THAT FINISH THEIR EVENT.

PLEASE KEEP IN MIND THAT THE CAR PARK IS ALSO OPEN TO THE GENERAL PUBLIC.

REGISTRATION

OPEN FROM 9:00 AM TO 10:45 AM

FOLLOW THE EVENT SIGNS TO COLLECT YOUR RACE NUMBERS

PLEASE QUEUE AT THE REGISTRATION GAZEBO TO REGISTER, ENSURE 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.

IF YOU HAVE PURCHASED AN EVENT T-SHIRT VIA THE BOOKING FORM, YOU CAN PICK IT UP AT REGISTRATION.

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RACE CHECKLIST

TRAIL RUNNING ESSENTIALS

- **RUNNING SHOES (TRAIL RUNNING SHOES)**
- **RACE BIB (GIVEN AT REGISTRATION)**
- **SUITABLE RUNNING CLOTHES**
- **RUNNING VEST OR BACKPACK**
- **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.

IF YOU DO NOT OWN TRAIL RUNNING SHOES, DON'T WORRY THE COURSE IS MANAGEABLE WITH REGULAR RUNNING SHOES. HOWEVER, PLEASE TAKE EXTRA PRECAUTION ON THE UNEVEN TERRAIN AND ON ANY DESCENTS.

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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.

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RACE INFORMATION

ENVIRONMENT

ENVIRONMENT TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE PARK 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.

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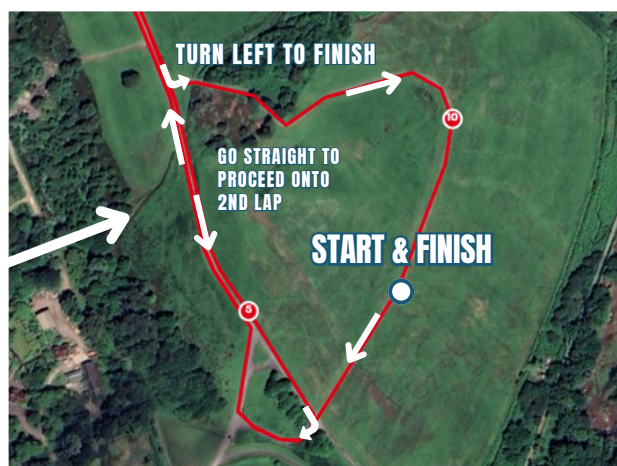
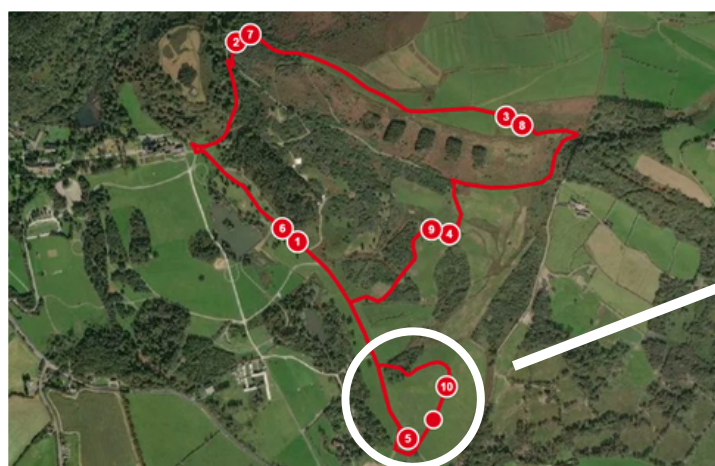
RACE COURSE

10K (2 LAPS)

[CLICK HERE FOR THE GPS FILE](#)

DISTANCE – APPROX 10.1K

ELEVATION – APPROX 204M

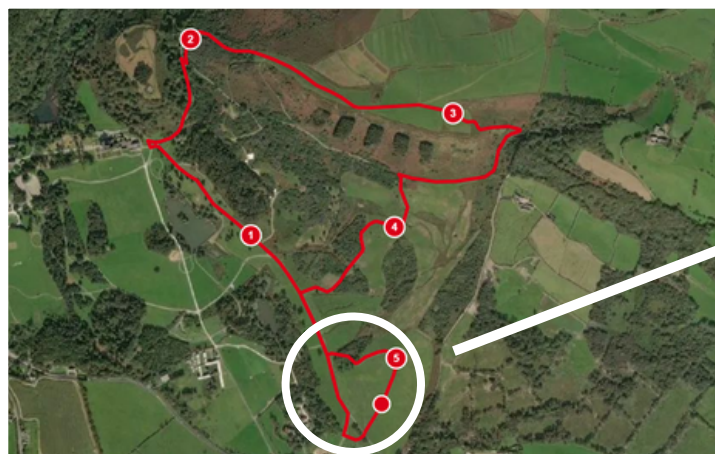


5K (1 LAP)

[CLICK HERE FOR THE GPS FILE](#)

DISTANCE – APPROX 5.2K

ELEVATION – APPROX 104M



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 AID STATION ON COURSE FOR THE 10K PARTICIPANTS, 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.

REMEMBER THIS IS A TRAIL RUN AND AT TIMES THE PATH MAY BE UNEVEN, YOU SHOULD TAKE CARE AND SLOW DOWN WHERE NECESSARY.

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TRAIL 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 TRAIL 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 TRAIL RUNNING AND CAN BE HANDY FOR OUR TRAILS! 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 UP EVERY HILL, 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!**

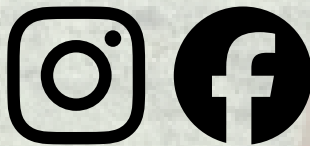
POST RACE / AWARDS

AWARDS & RESULTS

THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD MALE & FEMALE FOR BOTH THE 10K & 5K DISTANCES.

YOU CAN FIND THE RESULTS ON '[TRIANDENTER.COM/RESULTS](https://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 @ASPIREXEVENTS. 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!

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AFAN 10K FOREST 5K

BRYN BETTWS LODGE

SUNDAY, 30TH NOV 2025

CLICK HERE 

USE DISCOUNT CODE 'MARGAM15' FOR 15% OFF



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