



FAQS

WHERE DOES THE EVENT TAKE PLACE? Pembrey Country Park, Pembrey, Llanelli, Carmarthenshire SA16 0EJ Located just off the A484 Llanelli to Carmarthen coast road, approximately half an hour drive from Junction 48 (M4), Pembrey Country Park is firmly established as one of Wales' top attractions. The race will be on the award winning golden sandy beach.

WHAT ARE THE OBSTACLES LIKE? The Beach warriors is a 5 mile obstacle course on the beach where participants have to test their all round fitness and mental determination by climbing, crawling, swinging, jumping and hauling themselves through, up or over 20+ obstacles that includes various tunnels, cargo nets and walls.

IS THERE A DISCOUNT FOR A GROUP ENTRY? Yes. We have group booking of 5 or 10 with discounted entry per group. One team member will have to process all the entries for this discount to apply.

WHEN DO ONLINE ENTRIES CLOSE? Online entries will close either 7 days before the event or when the event is full.

IS THERE A MINIMUM AGE TO ENTER? All participants must be 16 years old on the day of the event. There is no maximum age.

IS IT POSSIBLE TO ENTER ON THE DAY? No.

CAN I REGISTER BY POST? Sorry we can only accept online entries.

IS FUNDRAISING COMPULSORY? Not at all, but any monies that you are able to raise will be going towards a worthy cause and will be very much appreciated!

ELECTRONIC TIMING CHIPS All competitors will receive an electronic timing chip so that you get an accurate race time, even though the race features wave starts.

HOW DO I GET MY RACE NUMBER & TIMING CHIP? Race numbers & timing chips will be delivered to your address that you have given on the registration online entry forms. (The timing chip will be on your race number) Your race number should be pinned to the front of your running vest / t-shirt.

CAN I SKIP AN OBSTACLE? Yes.

DO I NEED TO BE FIT? The course is 5 miles long and there's over 20 obstacles that are intended to provide you with a challenge, but it is not mandatory that you complete all of the obstacles. The fitter you are the quicker you'll finish!

IS THERE A TIME LIMIT? No time limit, but the course will close at 6pm!

WILL THERE BE EVENT MEDICAL COVER AT THE EVENT? First Aid will be provided by trained paramedics and first aiders. There will be a first aid post situated at the start/finish and there will be staff and response vehicles out on course.

IS THE EVENT A RACE? No. The event provides a personal fitness challenge to you and we want you to have a great day. We provide electronic chip timing so that you can record your finish time and we hope that you will return year after year to try to set a PB!

WHAT SHOULD I WEAR? Wear your normal running gear. Quick drying fabrics are a better option such as synthetic tech t shirts. Don't wear too many layers as you will quickly warm up, Bring some warm clothes/change of clothes for before & after the event as well as a towel.

ARE THERE SHOWERS AT THE FINISH? There are no showers at the finish, but there is an area where you can wash off the whole of the sand etc.

IS THERE A PLACE I CAN STORE MY BAG? There will be a bag storage facility next to registration were you can leave a small bag. This will be staffed throughout the event, but please note that you leave your bag at your own risk, so keep valuables and cash to a minimum. Bags should be tagged with your run number and you can retrieve your bag after you have finished by showing your run number. If you do not have a bag but wish to deposit valuables such as car keys or a mobile phone, then please use the envelope provided.

WILL THERE BE FOOD & DRINKS AVAILABLE? We've lined up a great selection of food and drink that will be available at the finish.