



2016 Welcome Party

Welcome to the 2016 Salomon Trail Marathon Wales '**Welcome Party**'!

This is our third opening night party event at Trail Marathon Wales, so we hope that you enjoy the format once again this year.

The aim is to simply offer the opportunity for runners and their partners, sponsors and some of the TMW team, the opportunity to meet and greet, enjoy some food, share stories, give you some insight into the event via athletes and organisation staff through a Q and A session, inspire you via some inspirational films and wish you the very best for the race – kick-starting your weekend at Coed y Brenin!

Please see the schedule below, and print this document off for presentation at the Trail Marathon Wales registration point. You will then be given a TMW wristband to present at the cafe for your meal (pasta, salad and drink).

6.30pm – STMW Welcome party doors open

6.45pm – STMW Welcome Party food is served

7.30pm - Q and A session – Athletes and Organisation

8.00pm – Films start in New Centre

8.20pm – Recap and thank you from Matt Ward

8.30pm – TMW Welcome Party ends

Thanks and good luck in the race!

Diolch a phob lwc yn y ras!

Matt

Matt Ward, Race Organiser