



Welcome to the 2023 Salomon Trail Marathon Wales '**Welcome Party**' on Friday 16th June.

This is our 10th party event at the Salomon 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 STMW team, the opportunity to meet and greet, enjoy some food and give you some insight into the event, inspire you and wish you the very best for the race.

We will have a guest **Q and A session** with Salomon UK athlete **Chelsea Creak**, the female champion at the 2022 STMW, along with briefing session from race organiser **Matt Ward**, where you will be able to gain insight to the event and gain bespoke insight into your race-day with a Q & A.

There will also be a meal consisting of veg chilli, salad, bread and soft drink / hot beverage, and additional Salomon goodie - so all-in-all not bad for your £10!

You are welcome to pick up your Welcome Party wristband from 5.00pm onwards, with the meal starting to be served at **6.00pm** and the party session starting at 6.45pm through to the **finish at 7.30pm**.

Race partners **Salomon** will also have their expo stand on site at the race this year, and will have some very good offers as ever.

Please print this document off for presentation at the Salomon Trail Marathon Wales registration point. You will then be given a STMW wristband to present at the cafe for your meal.

6.00pm – STMW Welcome Party food

6.45pm – STMW Welcome Party Session

6.50pm – Intro – Matt Ward

6.55pm – Q and A session – Salomon Athlete

7.15pm – Recap and thank you from Matt

7.30pm – STMW Welcome Party ends

We look forward to seeing you on Friday!

Matt Ward, Race Organiser