



COLOUR RUN
CYMRU



Event Pack

PEMBREY COUNTRY PARK

Sunday 1st March 2026



Official Partner

**COLOUR RUN
CYMRU** 

**Thank you for signing up to Colour Run
Cymru! We hope you love and enjoy the event
as much as we do, and maybe we'll also see
you at the next one!**

Day Schedule

10:30: Registration Opens

11:45 : Registration Closes

11:50 : Warm up & Briefing

12:00: Start Time

**Please aim to arrive as early as possible to
avoid registration & traffic delays**



Pre Event Info

Locations

Registration will be situated next to the start & finish area within Pembrey Country Park.

Start & Finish will be situated at Pembrey Country Park, Pembrey, Burry Port SA16 0EJ

Event Site

What3Word: ///asks.pollution.lifelong

Car Parking

What3Word: ///fleet.answer.extremely



Pre Event Info

Registration

To participate in the event you must sign in at registration. Please remember to register within the allocated time that registration is open.

When registering you will receive your number, a t-shirt, a colour powder bag & any additional purchases.

Without photo id, you'll be unable to register. You cannot register on someone else's behalf.



Pre Event Info

Car Parking

As you enter Pembrey Country Park, take the first left after the ANPR barriers and continue around the bend adjacent to the cycling track and heading towards the Ski Centre. Follow the arrows and park in the allocated field.

For all participants and spectators, you will be required to pay for parking. The charges are: £4.00 up to 2 hours or £5.00 all day. This can be paid either in advance of the day through the link [\(Parking & Annual Parking Permits - Pembrey Country Park and Beach\)](#) or you can pay at any of the pay stations within the park before they get to the barrier. You are unable to pay for parking at the barrier itself.

Please allow extra time when travelling to the event due to the volume of traffic.



Event Checklist

Colour Run Essentials

- **Photo ID**
- **Suitable Running Shoes (grass terrain)**
- **Race number (collect at registration)**
- **White T-shirt (collect at registration)**
- **Colour Powder Bag (collect at registration)**
- **Your best Welsh accessories**
- **Warm clothing that can get messy**
- **Sunglasses (limited availability at registration)**
- **Sun Visors (limited availability at registration)**

It's important that you prepare yourself well! Make sure to go through everything you may need for event day.



Race Routes

5K Colour Run

The route will consist of 4 laps of the field. You can decide how many laps you'd like to complete, we advise that younger participants complete 1 or 2 laps.

We will have colour powder stations on course, this is where colour powder will be thrown up as you run through. There will also be a wash station on route if you want to remove any powder off your face.

This is a fun, non competitive event so you can run, jog or walk. You don't need to worry about your time as long as you have fun!



Colour Powder Information

Our colour pigment is completely safe and non-toxic, created from simple natural ingredients such as corn starch!

We recommend wearing sunglasses to avoid the pigment getting into your eyes, but if it does, we have wash stations along the route.

The colour powder will wash off skin with water and soap, but it may stain white and other light-coloured clothing items. If you'd like to preserve the colour powder on your shirt after the run, we recommend the following steps:

- 1. Do not shake off any excess colour powder from the T-shirt.**
- 2. Carefully remove the T-shirt; the more you move, the more powder will fall off.**
- 3. Put the T-shirt into a bag to keep it safe until you can...**
- 4. Lay your T-shirt flat and soak it with white vinegar. Use a spray bottle to generously spray the T-shirt (note: colours may bleed together as the fabric becomes wet).**
- 5. Dry your T-shirt flat.**
- 6. Iron the T-shirt to set the colour.**
- 7. Put the T-shirt in the tumble dryer for about 10 minutes on high to further set the colours.**



Official Partner

Peak Performance Wales is a leading running coaching organisation that also provides a variety of services, including personal training and sports therapy!

If you enjoy our event and would like to participate in more, such as our Run the Trails events or our Christmas Fun Run, but need additional support or advice on running, Peak Performance Wales is the place to go!

**If you are interested, you can reach out to them by calling the following number:
07974 104562**

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THAT'S ALL

We are so excited to see you all at Pembrey Country Park! Make sure to give us a follow on socials and tag us in your colour run pics!



COLOURRUNUK / ASPIREXEVENTS



COLOURRUNUK / ASPIREXEVENTS



WWW.ASPIREXEVENTS.COM

Special Offer

As a little thank you! Here is a 10% discount to any of our other events. We hope to see you there!

'CYMRU10'

By participating in this event, you are agreeing to our Event Day Terms & Conditions which can be found on our website.