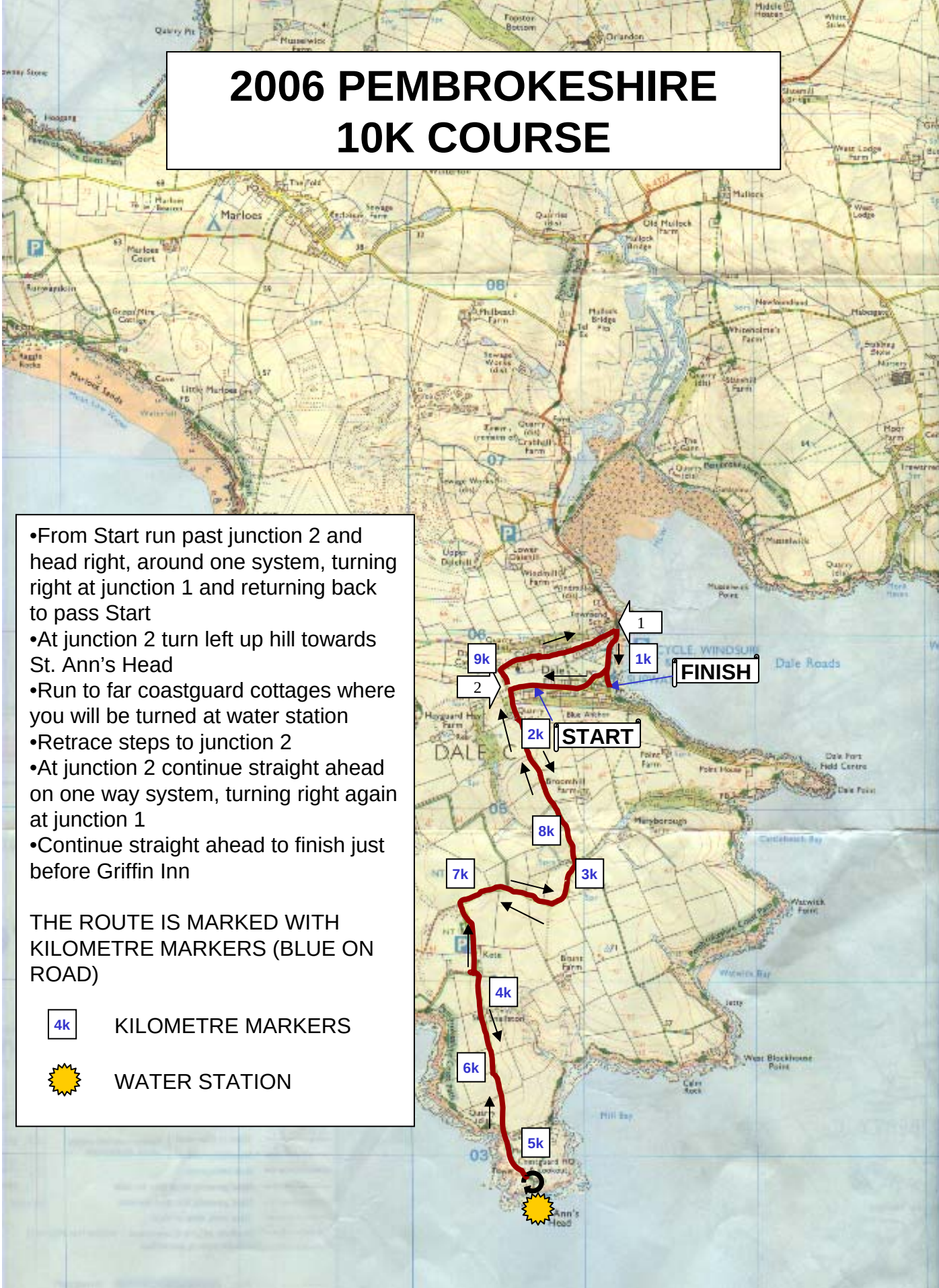
2006 PEMBROKESHIRE 10K COURSE



- From Start run past junction 2 and head right, around one system, turning right at junction 1 and returning back to pass Start
- At junction 2 turn left up hill towards St. Ann's Head
- Run to far coastguard cottages where you will be turned at water station
- Retrace steps to junction 2
- At junction 2 continue straight ahead on one way system, turning right again at junction 1
- Continue straight ahead to finish just before Griffin Inn

THE ROUTE IS MARKED WITH KILOMETRE MARKERS (BLUE ON ROAD)

4k KILOMETRE MARKERS

WATER STATION