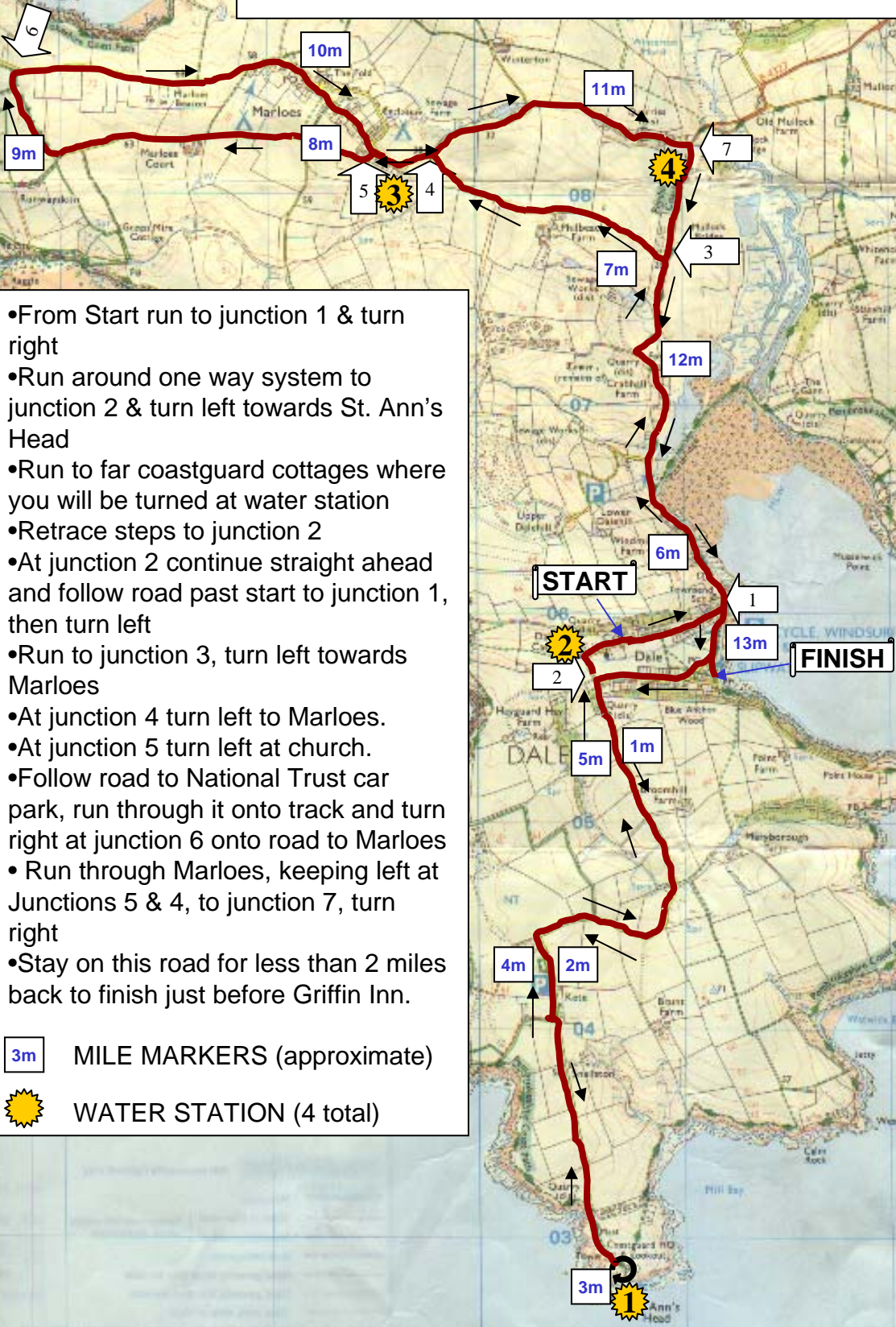


2006 PEMBROKESHIRE HALF MARATHON COURSE



- From Start run to junction 1 & turn right
- Run around one way system to junction 2 & turn left 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 and follow road past start to junction 1, then turn left
- Run to junction 3, turn left towards Marloes
- At junction 4 turn left to Marloes.
- At junction 5 turn left at church.
- Follow road to National Trust car park, run through it onto track and turn right at junction 6 onto road to Marloes
- Run through Marloes, keeping left at Junctions 5 & 4, to junction 7, turn right
- Stay on this road for less than 2 miles back to finish just before Griffin Inn.

3m MILE MARKERS (approximate)
★ WATER STATION (4 total)