

# Pembrokeshire Half Marathon & 10k Runs

## Sunday 24<sup>th</sup> September 2006, Dale

### COMPETITORS INFORMATION PACK

Thank you for entering either the Pembrokeshire Half Marathon or 10k runs, which are brought to you by Pembrokeshire Triathlon Club. We hope you have a safe and enjoyable run, whether you are racing for a high position, particular time, or just aiming to get around. If after reading this information you have any queries, do not hesitate to telephone 07766 911069 / 01437 779919, or e-mail [pembstri@sporty.co.uk](mailto:pembstri@sporty.co.uk).

#### Race day timetable

0930	Race HQ opens for registration (Boathouse Café)
1045	Race HQ & registration closes
1055	Race briefing for Half Marathon competitors at start (see map on web-site/registration)
1100	Half Marathon race starts
1110	Race briefing for 10k competitors at start (see map on web-site/registration)
1115	10Km race starts
1150+	First 10k runners finish
1215+	First Half Marathon runners finish
1230	Last 10k runners finish (approximate)
1345	Last Half Marathon runners finish (approximate)
1400	Presentation outside Café (inside if wet) & results available

#### Parking

Please park in the main car park in Dale, which is signposted to your right. Toilets, Race HQ and the start of both races are just a short walk away. Please park sensibly to allow for the maximum number of cars to use the space available – if full, please follow the direction of car park attendants to alternative parking. DO NOT park on double yellow lines in the village and respect the needs of residents.

#### Registration / Race HQ

You must register at the race HQ on the day, which is situated in the Boathouse Café, on the sea front adjacent to the Griffin Inn/Dale Sailing. Registration is open between 0930 and 1045. Also in race HQ will be details of the course, AAW certificate, and any other notices relevant to the event. AAW members MUST produce their licence to claim the £1 refund on the entry fee. At registration your goody bag will be issued – if your entry was received by 1<sup>st</sup> September your goody bag will contain a limited edition race T-shirt.

#### Entries on the day

Entries on the day will be accepted, subject to the race limit of 200 not being reached. However, only those entries received by the advance entry closing date of 1<sup>st</sup> September will receive the race T-shirt.

#### Race numbers

Your race number will be given to you when you register on the day. It must be worn on the FRONT of your running vest/T-shirt, must not be folded and must be pinned in all four corners. It would be helpful if you could write your name, any medical condition(s) you may have, and an emergency contact number on the back of your race number. If you need them, safety pins will be available.

#### Toilets

Public toilets are available adjacent to the Race HQ beside Dale Sailing.

#### Race briefing

A race briefing for the Half Marathon will take place on the Half Marathon start line at 10:55.  
A race briefing for the 10k will take place on the 10k start line at 11:10. All competitors MUST attend.

#### 10k course

The 10k course is the same as that used for past three years; please see the attached map with description. It is your responsibility to know the course – marshals are there to help but cannot be held responsible if you take a wrong turn. The start is on the one-way system in Dale, just before the left turn to St. Ann's Head. You complete one full lap of the village clockwise, before turning left towards St. Ann's Head. Please be aware that the Half Marathon runners are using the same route as you, so will be coming towards you on the same road as you approach St. Ann's Head. Indeed the quicker amongst you may catch the slower Half Marathon runners before you finish. The turn point is just after 5k, where there is also a water station. There are marker posts every kilometre (the mile markers are for the Half Marathon). All main junctions will be

marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to run safely.

### **Half Marathon course**

The Half Marathon course is the same as that used for the past six years; please see the attached map with description. It is your responsibility to know the course – marshals are there to help but cannot be held responsible if you take a wrong turn. The start is on the one-way system in Dale near to the Church – most easily reached by taking the rear exit from the car park and turning left onto the Dale one-way system. From the start you will run clockwise around the one way system in Dale, and turn left towards St. Ann's Head on the 10k route (see above for details). There are marker posts every mile (the kilometre markers are for the 10k). After the turn at St. Ann's Head (3 miles and water station), you come back to Dale – you will pass 10k runners running in the opposite direction on this road so please take care and keep to left of centre of the road. All main junctions will be marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to run safely.

### **Health & safety**

If for any reason you decide to pull out of the race, please report to a timekeeper at the finish so that this can be recorded and we know you are safe.

### **The finish**

Water will be available at the finish. Please hand your race number and safety pins to a marshal at the finish so that they can be reused in future years to help us reduce costs and keep the entry fee down. All race numbers handed in will be entered in a draw for spot prizes – you must be present to claim your prize.

### **Showers**

Limited showering facilities will be available in Dale Yacht Club after the race, which is situated on the right hand side beyond the Griffin Inn as the road heads up to Dale Fort Field Centre.

### **Food & drink**

Food & drink is available for purchase at the Griffin Inn, Yacht Club, or Boathouse Café. The presentation has been timed to allow most of you the chance to have a shower and a bite to eat first.

### **Presentation / prizes**

The presentation will take place outside the Café (inside if wet) at 2pm. Prizes will be awarded in the following categories: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> open male and female, 1<sup>st</sup> veteran male (40+) and female (35+), and 1<sup>st</sup> super veteran male (50+) and female (45+) for both the Half Marathon and 10k. There will be a team/club prize in both races; the first three runners from a single club/team to count, based on lowest combined times.

### **Charity**

Any profits will be split equally between the Bucketful of Hope appeal in memory of Triathlon Club member Adam Evans-Thomas, and the Triathlon Club for promoting local events.

### **Results**

Race results will be available on the Pembrokeshire Triathlon Club web site: [www.pembrokeshire-tri.org.uk](http://www.pembrokeshire-tri.org.uk) on the evening of the race. Hard copies will be available at the presentation for a small fee from Computer Services Agency who are providing the results service. If you provided an additional SAE for results with your entry they will be posted out as soon as possible after the race.

### **Thanks**

We would like to thank the following for their support of the race: the residents of Dale, Marloes and surrounding areas; Trinity House for access to their land at St. Ann's Head; National Trust for access across the Marloes Sands car park; businesses who have helped with spot prizes & items for the goody bags, including Lidl, Higgons Well spring water, Enterprise Cycles in Neyland; Pembrokeshire Leisure for spot prizes and sponsorship of the t-shirts, and last, but by no means least, all the marshals and helpers who are giving up their time to enable the race take place.

### **Feedback**

We would very much appreciate your feedback on all aspects of the event, so that we can make improvements for future years. Please e-mail any views you have to [pembstri@sporty.co.uk](mailto:pembstri@sporty.co.uk) or telephone 07766 911069 or 01437 779919.

Pembrokeshire Triathlon Club  
[www.pembrokeshire-tri.org.uk](http://www.pembrokeshire-tri.org.uk)

Check out our web site for details of training, races, results and much more!