

Pembrokeshire Half Marathon & 10km Races
Sunday 24th September 2006, 11am
Dale, St. Ann's Head, Marloes & Mullock

Dear Resident,

The Pembrokeshire Half Marathon & 10km races will be taking place on Sunday 24th September 2006, organised by Pembrokeshire Triathlon Club. It is anticipated that 200 competitors will take part in the races, which start at 11am (Half Marathon) and 11:15am (10km) in Dale. The 10km runners should be finished by 12:45, with the Half Marathon runners finishing by 1:30pm. The presentations will take place at 2pm outside the café in Dale.

The Route: starting and finishing at Dale, the Half Marathon route involves a circuit of the village before heading out to St. Ann's Head where competitors will be turned at the lighthouse and then retrace their route back to Dale. They then continue out past the Gann Estuary and on to Marloes, turning left at the Church and on to the National Trust car park, before joining the Martin's Haven road where they will turn right and head back to Marloes. Leaving the village they head down to Mullock, where they will turn right again for the final two miles back to the finish outside the Memorial Hall on the sea front. The 10km race covers the first half of the Half Marathon route, finishing at the same spot after returning from St. Ann's Head.

We hope that you are able to support the race by cheering on the competitors as they pass – the Half Marathon in particular is a tough race but all competitors will appreciate a cheer! We hope that the race does not cause you any inconvenience. This will be the seventh running of the event and the warm welcome shown by you in the past makes this a great venue to run such an event.

If you would like further information on the race, please contact David Astins on (07766) 911069, or e-mail pembstri@sporty.co.uk. Additional race information, including race entry forms, is available on the web at

www.pembrokeshire-tri.org.uk

This is a charity event, with all profits being donated to the Bucketful of Hope Appeal in memory of Triathlon Club member Adam Evans-Thomas, who died in February 2004 of leukaemia, aged 35.

***Thank you from everyone at Pembrokeshire Triathlon Club
& The Bucketful of Hope Appeal***