



Pembrokeshire Half Marathon & 10k

Sunday 26th September 2010, Dale



RACE INFORMATION PACK

Pembrokeshire Half Marathon and 10k, based at the beautiful location of Dale, are organised by Pembrokeshire Triathlon Club and sponsored by South Hook LNG. Both courses have been measured and certified by Welsh Athletics. The races cater for serious and fun runners alike. Both races are on country roads and take in some fantastic coastal and rural views.

BEFORE THE RACE

Entry Information

On-line entry is available through the event page on our web-site, <http://www.pembrokeshire-tri.org.uk/dale10.htm> Alternatively, if you would prefer to post a hard copy, please complete the appropriate entry form (separate forms available for the Half Marathon and 10k), and send it, along with a cheque made out to PEMBROKESHIRE TRIATHLON CLUB for the relevant amount to: Pembrokeshire Half Marathon & 10k, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF.

The **closing date** for receipt of postal entries is **Saturday 18th September 2010**. A race information pack will be sent to you via e-mail or post (provided you have enclosed an SAE) within one month of receipt of your entry (usually sooner). After this date, or sooner if the race limit is reached, we will operate a reserve list for postal entries only (separate lists for the Half Marathon and 10k). Entries will **not** be accepted on the day. The **race limit is 300** – for both the 10k & Half Marathon combined, so you are advised to enter early to avoid disappointment (we received 287 entries in 2009 and turned many more away).

Refunds

See: http://www.pembrokeshire-tri.org.uk/documents/Withdrawal_Policy_000.pdf

Accommodation

There is an abundance of accommodation in the area, for details we suggest you contact Milford Haven Tourist Information Centre, tel. 01646 690866, e-mail milford.tic@pembrokeshire.gov.uk or check out one of the following:

- www.visitpembrokeshire.com
- www.stayinwales.co.uk
- www.pembrokeshire.co.uk

The following providers are those that we are aware of either on or very close to the course. Make sure you mention the Pembrokeshire Half Marathon & 10k when booking.

Camping

Dale Hill (Dale)	01646 636359
Foxdale (Marloes)	01646 636243
East Hook (Marloes)	01646 636291

Bed & Breakfast / Self Catering

Walkers Lodge (Hasguard)	07900557385 or 01437 781110
Albion House (Marloes)	01646 636365
Allenbrook (Dale)	01646 636254
Broadside (Dale)	01646 636492
Clock House (Marloes)	01646 636527
Dale Fort (bunkhouse style)	01646 636205

East Hook (Marloes)	01646 636291
Foxdale (Marloes)	01646 636243
Lobster Pot (Marloes)	01646 636233
Richmond House (Dale)	07974 925009
Rath Cottage	www.rathcottage.co.uk
Youth Hostel (Marloes)	01646 636667

RACE DAY

Race day timetable

0900	Race HQ opens for registration
1030	Race HQ & registration closes (NOTE: this is 15 minutes earlier than previously)
1050	Race briefing for Half Marathon competitors at start line (see map on web-site/registration)
1100	Half Marathon event starts *
1105	Race briefing for 10k competitors at start line(see map on web-site/registration)
1115	10k event 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

* please note: we will only be considering those who can prove they are slower than 3 hours to possibly start earlier than 11am, and by arrangement only (telephone 01437 762056).

Parking – VERY IMPORTANT PLEASE READ!

Following concerns from residents about inconsiderate parking in the village, we would appreciate your full co-operation in alleviating pressure on parking. Firstly, try and share cars with friends wherever possible. Secondly, for those that are happy for a short(ish) walk from your car to the Race HQ, start and other facilities, please use the jubilee car park which is on your left adjacent to the lagoon about half a mile before the village. For those using this car park, you are welcome to drive into Dale first to register, and then return to jubilee to park.

The main event car park is in the public car park in Dale, which is signposted to your right as you cross the sea front. Pembrokeshire County Council have kindly signed the car park over to our control for the event, which means that you do NOT need to pay and display. We would, however, appreciate a donation to our nominated charity in the collecting tin available in the car park. Please follow the marshal's instructions and park sensibly to allow for the maximum number of cars to use the space available. If this car park and the one at jubilee both fill, then we will be operating an overflow car park on the Meadow field behind the carpark. Please follow directions from marshals. DO NOT park anywhere else in the village or you will be jeopardising the chances of us holding the event in the future.

Registration / Race HQ

You must register at the Race HQ on the day, which is situated in the Coronation Hall, on the sea front adjacent to the Griffin Inn/Dale Sailing. Registration is open between 09:00 and 10:00. Also in Race HQ will be details of the course, relevant event certificates, and any other notices relevant to the event. If you have entered a valid membership number for Welsh Athletics or equivalent National association, we will expect you to produce your membership card at registration. At registration your goody bag will be issued, containing your limited edition event T-shirt and other goodies

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. Please 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 at registration.

Toilets

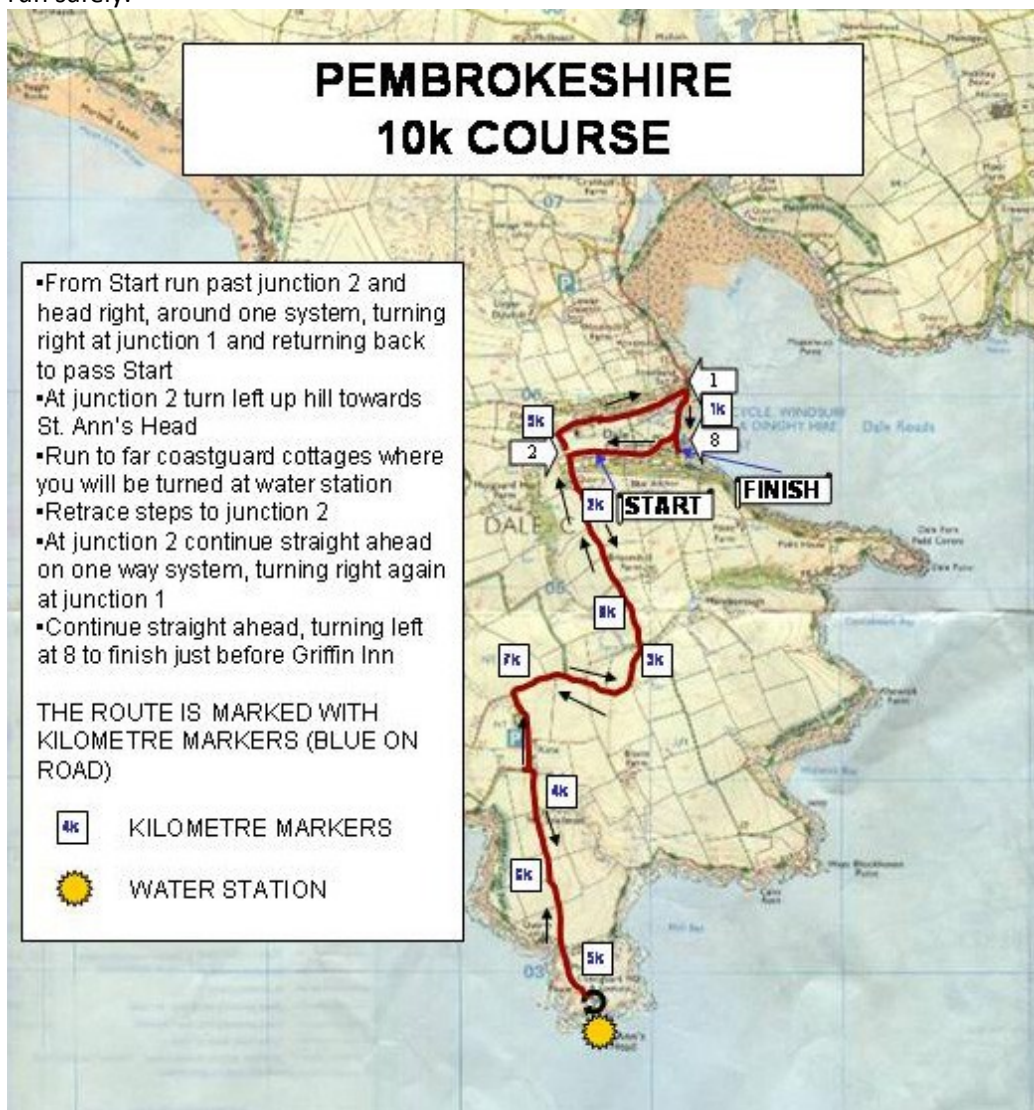
Public toilets are available adjacent to the Race HQ.

Race briefing

A race briefing for the Half Marathon will take place on the start line at 10:50. A race briefing for the 10k will take place on the start line at 11:05. All competitors **MUST** attend.

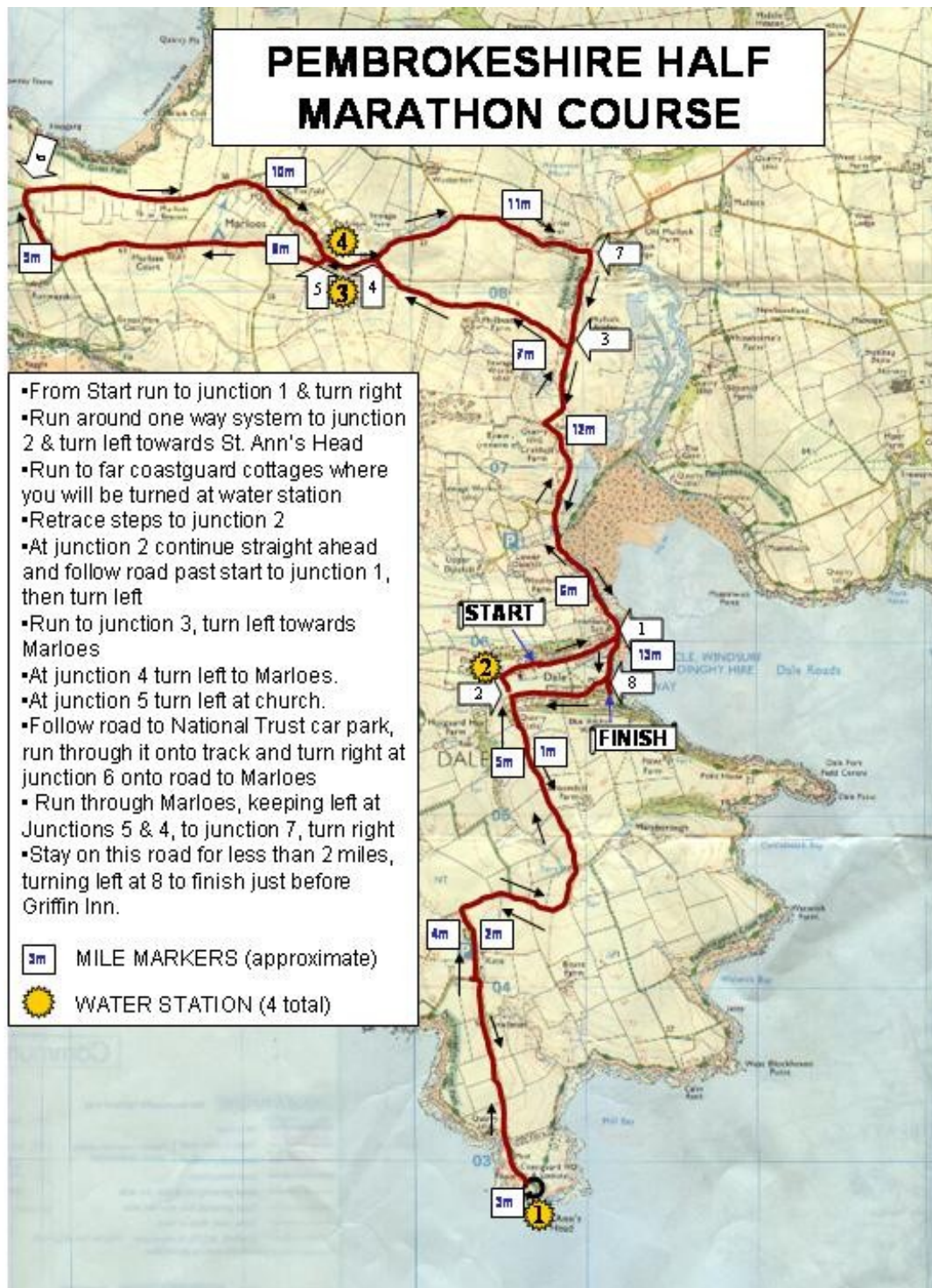
10k course

The 10k course is the same as that used for past six years; please see map below. 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 junctions will be marshalled but please be aware that they 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 eight 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

Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert a race official who will act accordingly. If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report to a timekeeper at the finish so that this can be recorded and we know that you are safe. Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

AFTER THE RACE

Showers

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

Food & drink

Food & drink is available for a number of outlets. The presentation has been timed to allow most of you the chance to have a shower and a bite to eat first. We are hoping, weather permitting, that a barbecue will be available as in 2009. **There is a Iso a small newsagent just behind the Griffin Inn in Dale. The shop sells drinks, homebaked bread and cakes, sweets, icecreams and newspapers. It is well worth a visit for pre or post race supplies!**

Presentation / prizes

The presentation will take place outside the Café (inside Coronation Hall if wet) at 2pm. In previous years the prize categories have been as follows for both the Half Marathon and 10k (age on race day):

1st, 2nd & 3rd male and female (open to all)

1st, 2nd & 3rd veteran male (40+) and female (35+)

1st & 2nd super veteran male (50+) and female (45+)

This year we hope to expand the prize categories, this will be entry dependant but will be to the benefit of older and younger competitors! Details will be confirmed after the closing date.

As always, only one prize will be awarded to an individual, e.g. if a veteran female comes second female overall, she will receive the 2nd open prize and the 1st veteran prize will revert to the next in that category.

There will be a team/club prize in both races: first 3 runners of any sex to count based on the team/club on your entry form – failure to include this information on your entry form will make you ineligible for this category.

This year spot prizes will be open to all competitors who complete a survey form included in your goody bag. Numbers will be drawn from the box at the presentation. Spot prizes are usually worth having, so it's worth sticking around! You must be at the presentation to claim your prize, or we will draw another number. The survey form will give you an opportunity to give us feedback so that we can improve the event. If you have any other comments please email pembstri-events@sporty.co.uk.

Charity

Profits from organising the race will go directly to the Adam's Bucketful of Hope Appeal (www.bucketfulofhope.org.uk), in memory of Pembrokeshire Triathlon Club member Adam Evans-Thomas. Please use the sponsorship form available to raise additional funds for this worthwhile cause.

Results

Race results will be available on the Online Race Results web site: www.onlineraceresults.co.uk on the evening of the race. Hard copies will be available at the presentation for a small fee from the race results service.

Thanks

We would like to thank South Hook LNG (www.southhooklng.co.uk) for sponsoring this event for the third year running, and to Triexercise (www.triexercise.co.uk) for their help with prizes and event t-shirts.

We would also like to thank everyone who has supported us in many different ways: Dale Community Council, Pembrokeshire County Council, Dyfed Powys Police, Trinity House, The National Trust, and St. John's Ambulance, and Hugh Richards of Mullock Farm. Thank you.

www.pembrokeshire-tri.org.uk



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