



Pembrokeshire Half Marathon & 10km Runs Sunday 28th September 2008, Dale

Registration from 9:30
Half Marathon start: 11:00
10k start: 11:15

Pembrokeshire Half Marathon and 10k runs, based at the beautiful location of Dale, are brought to you by Pembrokeshire Triathlon Club. Both courses have been measured and certified by the Athletics Association of Wales. The races cater for serious and fun runners alike. Both races are on road with just a short section on grass at St. Ann's Head, and take in some fantastic coastal and rural views. The 10k has one steep hill at the beginning of the race (which is descended near the finish), whilst the Half Marathon has this plus several other hills making for a challenging course.

Both the races start on the one-way system in Dale, and finish on the road in front of the café on the sea front. There is ample parking at the public car park in Dale (if full, please park carefully in the village, observing double yellow lines and respecting the needs of residents).

Please complete the attached entry form, and send it, along with your cheque to: Pembrokeshire Half Marathon & 10k, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF. PLEASE RETAIN THIS PAGE FOR YOUR REFERENCE.

The **closing date** for receipt of postal entries is **Saturday 31st August 2008**. 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). Entries on the day will NOT be accepted. The **race limit is 250** – for both the 10k & Half Marathon combined, so you are advised to enter early to avoid disappointment.

Prize categories will be as follows: 1st, 2nd & 3rd male and female (open to all), 1st, 2nd & 3rd veteran male (40+) and female (35+), and 1st & 2nd super veteran male (50+) and female (45+) for both the Half Marathon and 10k. 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. Spot prizes will be available and open to all finishers – leave your race number in the bucket provided at the finish.

Profits from organising the race will be split evenly between the "Bucketful of Hope" appeal, in memory of Pembrokeshire Triathlon Club member Adam Evans-Thomas, and the Triathlon Club. Please use the sponsorship form available to raise additional funds for this worthwhile cause.

All race information is available on the Pembrokeshire Triathlon Club web-site:

www.pembrokeshire-tri.org.uk

