



SOUTH HOOK
LNG TERMINAL COMPANY LTD

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

RACE INFORMATION PACK

Thank you for entering either the Pembrokeshire Half Marathon or 10k runs, which are brought to you by Pembrokeshire Triathlon Club and sponsored by South Hook LNG. 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, or e-mail pembstri@sporty.co.uk.

Race day timetable

0930	Race HQ opens for registration
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 marshals 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 Coronation Hall, 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, containing your limited edition race T-shirt, bottle of water and other goodies.

Entries on the day

There will be NO entries after the closing date of 31st August, or if the 250 race limit has been reached.

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.

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 five years; please see map on the web-site. 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 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

If for any reason you decide to pull out of the race, you MUST 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

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 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: 1st, 2nd & 3rd open male and female, 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; 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 continuing to promote local events.

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.

Photographs

Photographs will be taken at this event by Julia Hill ARPS. Some images will be available to view immediately after the event at the Race HQ in the Coronation Hall. All images will be available to view and order on her website www.yourphoto.org.uk. Julia can be contacted on 07768 414068.

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 or telephone 07766 911069.

Pembrokeshire Triathlon Club

www.pembrokeshire-tri.org.uk

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