

Pembrokeshire Half Marathon & 10k Sunday 24th September 2017, Dale

RACE INFORMATION PACK

Pembrokeshire Half Marathon and 10k, based at the beautiful location of Dale, are organised by Pembrokeshire Triathlon Club. The main sponsor is Howies, with additional sponsorship and support from Feel Good Inc, Cotswold Outdoor Carmarthen, Dale Sailing and The Wildlife Trust South & West Wales. 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.

Thanks

We would like to thank our sponsors without whom the event wouldn't be what it is:

- Howies (www.howies.co.uk) 0333 259 0405
- Cotswold Outdoor Carmarthen (www.cotswoldoutdoor.com) 01267 222039
- Feel Good Inc 01437 775678
- Dale Sailing (www.dale-sailing.co.uk) 01646 603115
- Wildlife Trust South & West Wales (www.welshwildlife.org) 01239 621600

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, St. John's Ambulance, Dale Yacht Club, and Hugh Richards of Mullock Farm. Thank you.

Entry Information

Entry to the event is via our on-line entry system only, available through the event page on our web-site, <http://www.pembstri.org.uk/events/pembrokeshire-half-marathon-10km/>. The **closing date is Saturday 9th September**. The final version of this Race Information Pack will be on the web-site at this time. The **race limit is 250** – for both the 10k & Half Marathon combined.

Entries on race day

We normally DO NOT take entries after the closing date. However, we MAY accept entries on race day if the race limit of 250 has not been reached. If you have not entered by the closing date, check the web-site for further information on late entries. If we do accept entries on race day, you DO NOT get the limited edition race t-shirt (an incentive to enter in advance).

Withdrawing from the race - refunds

See instructions on the web-page: <http://www.pembstri.org.uk/events/pembrokeshire-half-marathon-10km/>

Accommodation

There is an abundance of accommodation in the area, for details we suggest you check out one of the following:

- www.visitpembrokeshire.com
- www.visitwales.com/explore/west-wales/pembrokeshire

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.

| | |
|-----------------------------|------------------------------|
| Albion House (Marloes) | 01646 636365 |
| Allenbrook (Dale) | 01646 636254 |
| Broadside (Dale) | 01646 636492 |
| Clock House (Marloes) | 01646 636527 |
| Dale Fort (bunkhouse style) | 01646 636205 |
| Dale Hill (Dale) | 01646 636359 |
| East Hook (Marloes) | 01646 636291 |
| Foxdale (Marloes) | 01646 636243 |
| Lobster Pot (Marloes) | 01646 636233 |
| Richmond House (Dale) | 07974 925009 |
| Walkers Lodge (Hasguard) | 07900 557385 or 01437 781110 |

Race day timetable

- 0700 Race HQ (Dale Coronation Hall) opens for registration
- 0830 Race HQ & registration closes – no registration after this time!
- 0855 Race briefing for Half Marathon competitors at start line (see map on web-site/registration)
- 0900 Half Marathon event starts**
- 0910 Race briefing for 10k competitors at start line (see map on web-site/registration)
- 0915 10k event starts**
- 0950+ First 10k runners finish
- 1015+ First Half Marathon runners finish
- 1030 Last 10k runners finish (approximate)
- 1145 Last Half Marathon runners finish (approximate)
- 1200 Presentation outside Dale Coronation Hall & results available**

Parking – VERY IMPORTANT PLEASE READ!

We would appreciate your full co-operation in alleviating pressure on parking in Dale. 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 handed 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 car park. 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. **PLEASE NOTE: if you park in the overspill car park, the gate will close shortly after the presentation around 12.30pm. Please make sure you remove your car before this time.**

Registration / Race HQ

You must register at the Race HQ on the day, which is in the Coronation Hall, on the sea front adjacent to the Griffin Inn/Dale Sailing. **Registration is open between 7am and 8.30am.** 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. If you are not a member of Welsh Athletics or equivalent National association, or you do not produce your membership card, **you will have to pay a £2 levy – please bring the correct change with you.**

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

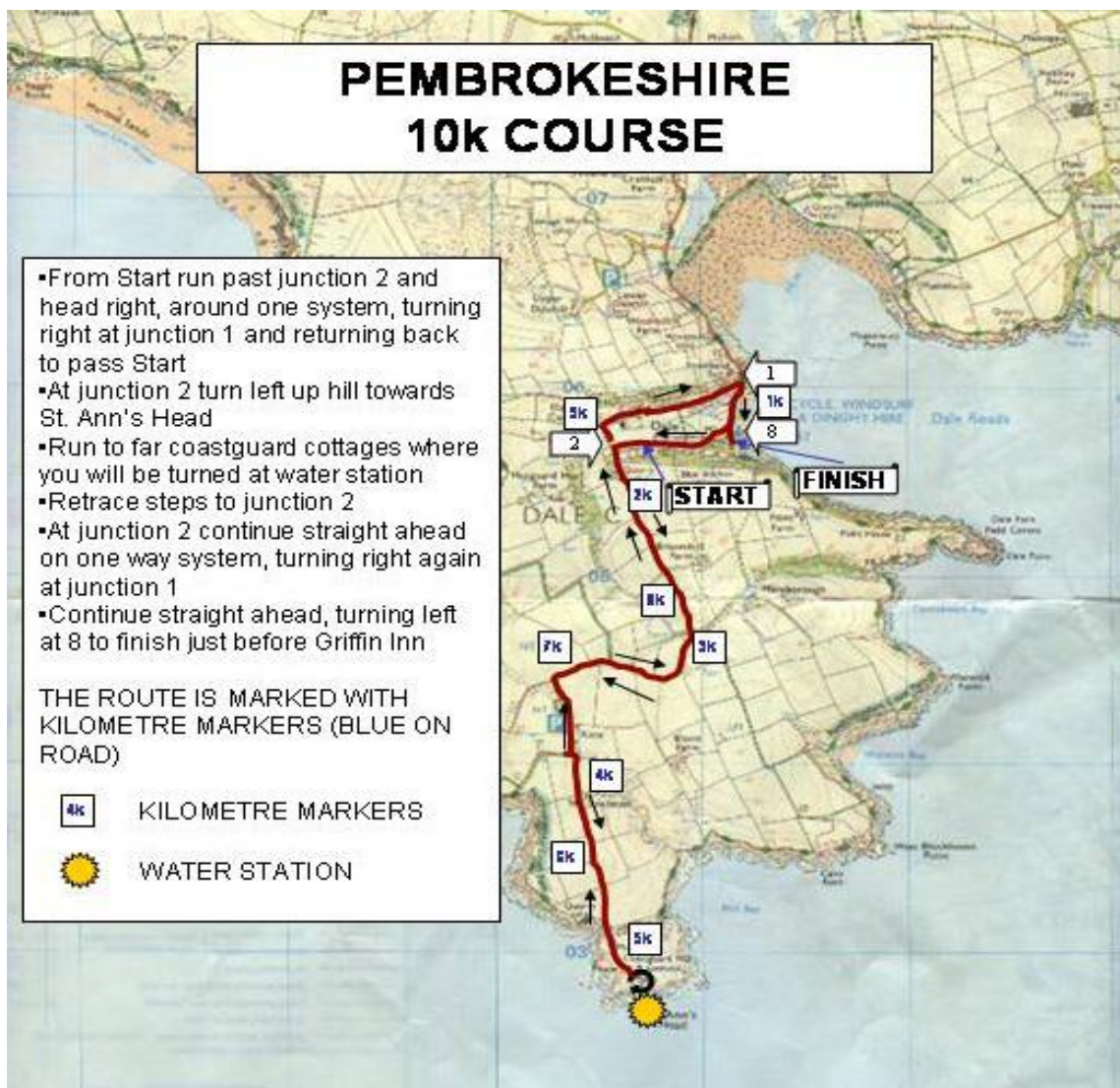
Public toilets are available adjacent to the Race HQ.

Race briefing

A race briefing for the Half Marathon will take place on the Half Marathon start line at 8.55am. A race briefing for the 10k will take place on the 10k start line at 9.10am. All competitors **MUST** attend.

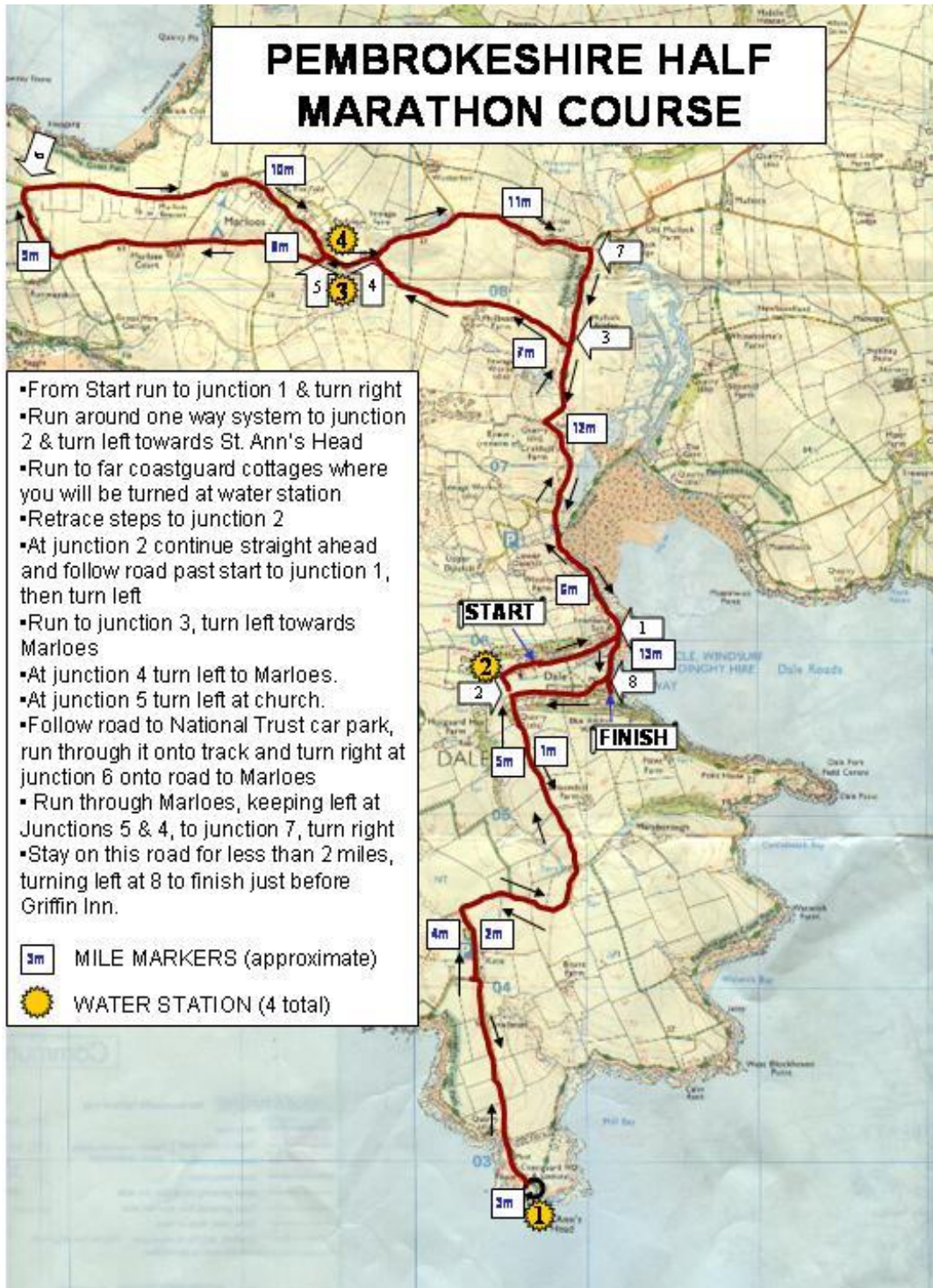
10k course

The 10k course map is 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, at the lighthouse, 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 map is 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 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 lighthouse (3 miles / 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 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

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. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. Finally, for your own health & safety, **personal music players (MP3, iPods etc) are NOT permitted to be worn during the race** (and this is a requirement of our race licence from Welsh Athletics).

Showers

Showering and changing facilities will be available in Dale Yacht Club after the race, which is just around the corner from the Griffin Inn. You will need a token to use the showers, obtainable from the café above the Yacht Club.

Food & drink

Food & drink is available from The Griffin Inn and The Boathouse Café, both right next to the finish area.

Presentation / prizes

The presentation will take place outside the Coronation Hall / Race HQ at midday. Prizes will be awarded as for both the Half Marathon and 10k (age on race day):

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

1st veteran (40-49), super veteran (50-59), and vintage veteran (60+) male and female

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 will make you ineligible for this category.

A few spot prizes will be drawn based on finishing positions. You must be at the presentation to claim your prize, if not we will move on to the next position.

Charity

Once again this year we will be helping to raise funds for Greenacres Animal Rescue, a local charity. They will be assisting with car parking and also during the event, please give generously towards the vital work that they do.

Results

Race results will be available at www.onlineraceresults.co.uk on the evening of the race.

Event photographs

Photos of the event will be available to purchase from [Drew Buckley Photography](http://DrewBuckleyPhotography) soon after the event.

Check out our web site for details of training, races, results etc
www.pembstri.org.uk