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Dale Sailing



Pembrokeshire Half Marathon & 10k Sunday 29th September 2019, Dale

RACE INFORMATION PACK

The Pembrokeshire Half Marathon & 10k, based in the beautiful village of Dale, is organised by Pembrokeshire Triathlon Club. Both courses have been measured and certified by UK Athletics. The event caters for experienced and novice runners alike. Both routes are on quiet country roads and take in some fantastic coastal and rural views.

The main event sponsor is Howies, who are supporting us for the 4th successive year with a top quality event t-shirt. Thank you Howies! Check out their brilliant clothing at www.howies.co.uk.

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

Transfer Information

The 300 places in the event SOLD OUT during August 2019. If you are one of the lucky 300 to have a place, but find that you cannot take part for whatever reason, then **you can transfer your place to someone else UP TO & INCLUDING MONDAY 23RD SEPTEMBER**. You do this through your [Active account](#) (our online entry partner). You will have set up an account when you entered the event, if you didn't already have one. Please follow [these instructions](#). Swaps can only be made in the same event (i.e. Half Marathon for Half Marathon, 10k for 10k). Essentially you offer your place to someone else, they enter & pay online, and you get a refund using the card details that you originally paid with.

If you need to switch between the events, please email us at events@pembrokeshire-tri.org.uk.

There will be NO entries available on race day.

There are NO refunds available now that the race is full & there is less than one month until the event.

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
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
0900	Half Marathon event starts
0910	Race briefing for 10k competitors at start line
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 (inside if wet) & 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 in the field, 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. **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 do not produce your membership card, you will have to pay a £2 levy at registration. Non-members paid their £2 levy as part of the entry fee.

Race numbers & race timing

Your race number & a rubber timing band will be given to you when you register on the day. The timing band needs to be worn on your wrist, and handed to the timekeeper as you cross the finish line to be scanned – only at the point of scanning is your time recorded so please have your band ready to hand over! Your race number 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

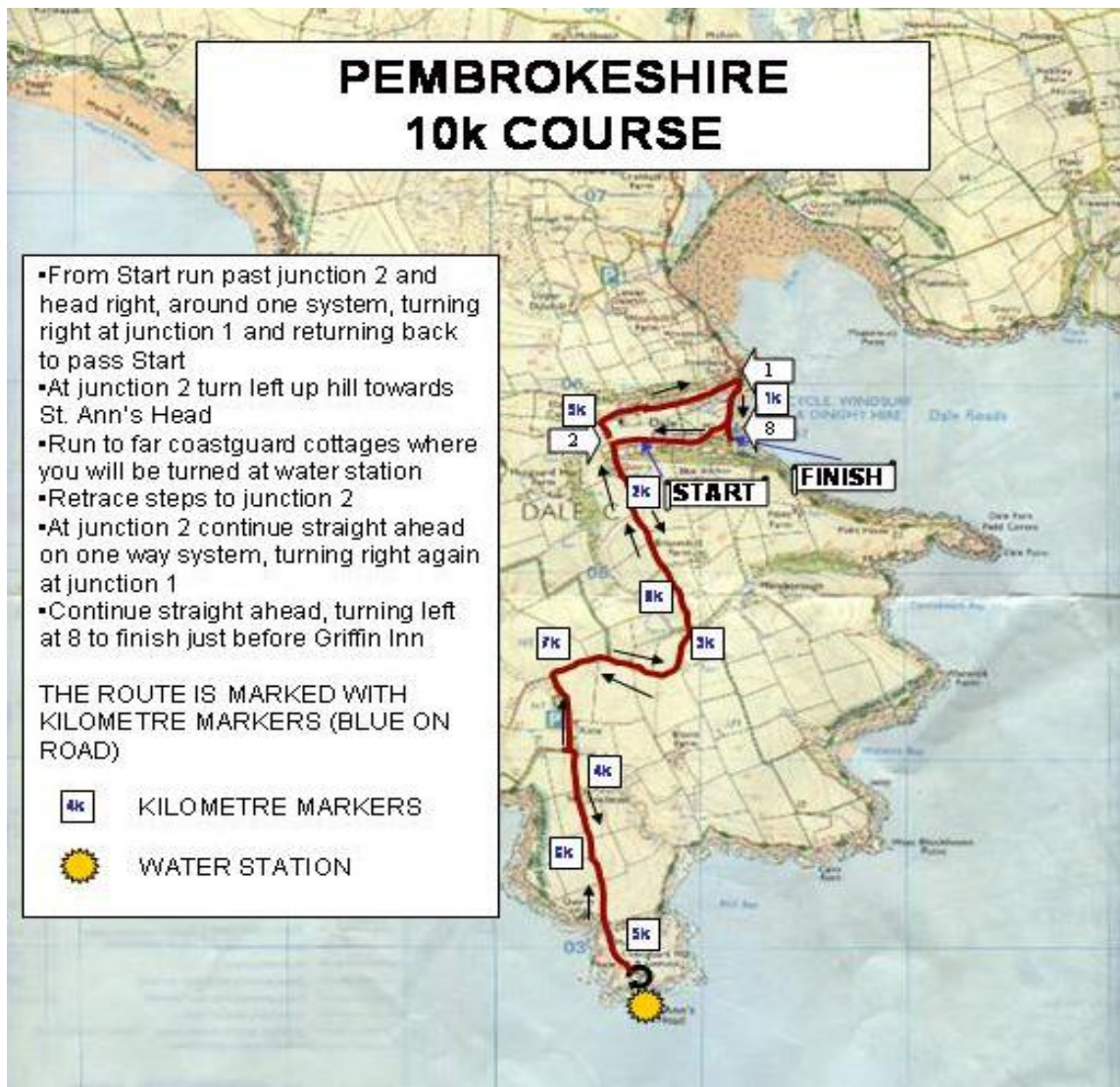
Public toilets are available just outside the Race HQ.

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.

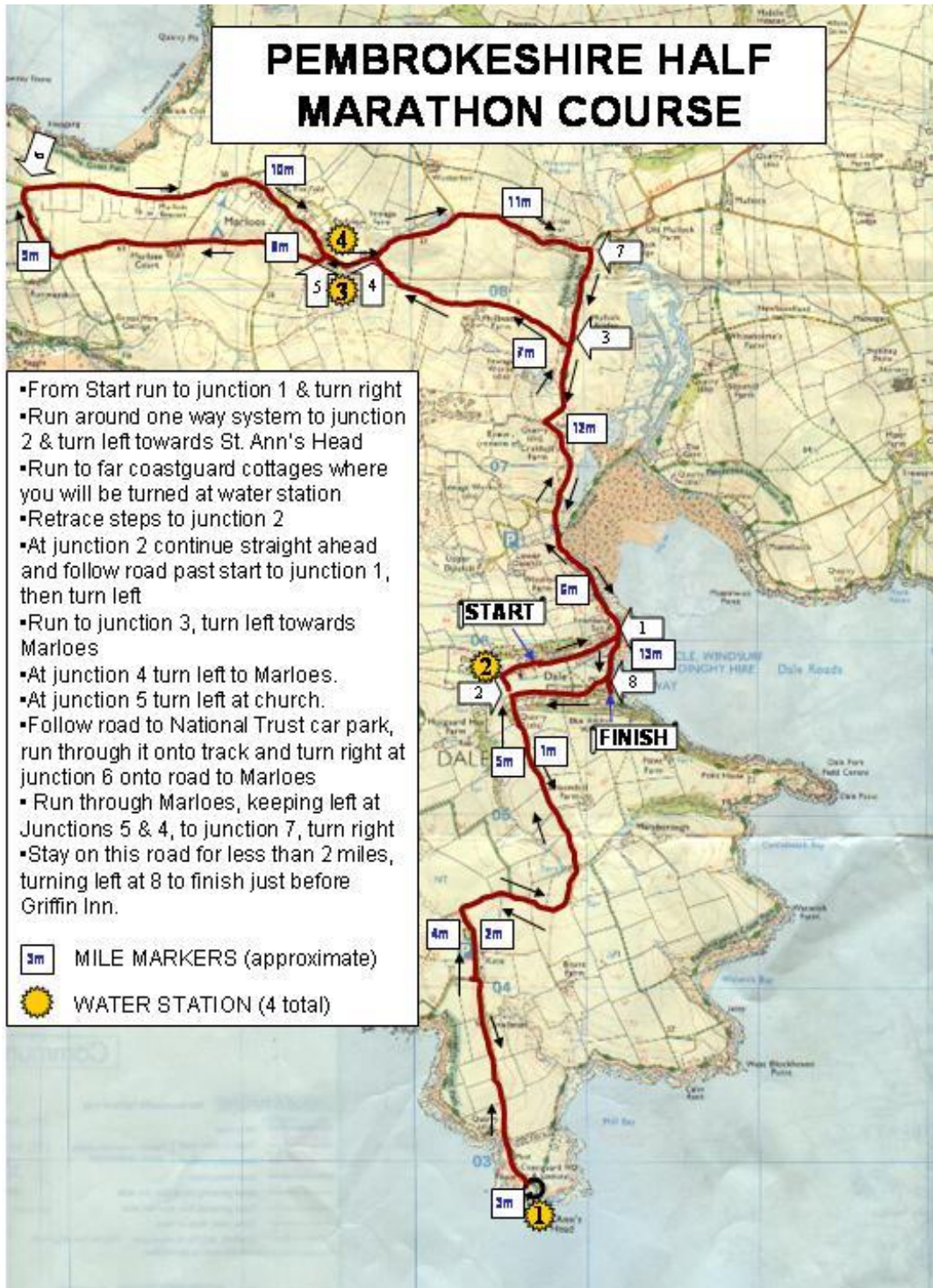
10k course

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 (in the same building as CoCo's Brasserie, downstairs). You will need a token to use the showers, obtainable from a Yacht Club member as you enter the changing rooms.

Food & drink

Food & drink is available from The Griffin Inn, CoCo's Brasserie and The Boathouse Café, all of which are right next to the finish area.

Presentation / prizes

The presentation will take place outside the Coronation Hall / Race HQ at midday (inside if wet). 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.

We will also have a number of spot prizes to hand out – only those present at the presentation are eligible so stick around! Prizes include:

- 2 hampers courtesy of Afon Mêl Meadery / New Quay Honey Farm
- A voucher for the Glasshouse Café, Welsh Wildlife Centre, Cilgerran courtesy of the Wildlife Trust South & West Wales
- 2 nights on Skomer Island for 2 people, courtesy of the Wildlife Trust South & West Wales

Charity

Once again this year we will be helping to raise funds for Greenacres Animal Rescue, a local charity (www.greenacresrescue.org.uk). They will be assisting with car parking and also during the event, **please give generously** towards the vital work that they do (the car park fees have been waived on race day).

Results

Live race results will be available at liveresults.pembstri.org.uk, and final PDF version at www.pembstri.org.uk soon after

Event photographs

Photos of the event will be available to download FOR FREE until the end of October from [Drew Buckley Photography](http://DrewBuckleyPhotography) soon after the event – we will circulate a link on Facebook and via email to you.

Check out our web site for details of training, races, results etc

www.pembstri.org.uk