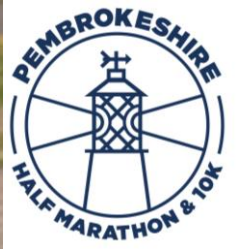


Pembrokeshire Half Marathon & 10k

Dale, Sunday 26th September 2021

Competitor Information Pack



howies[®]

A quick note from the Race Director

Welcome to the Pembrokeshire Half Marathon & 10k 2021. It's brilliant to be staging this event again after the postponement in 2020 – I expect you are as excited as we are, if not more so 😊

Although we are now in Alert Level 0 in Wales, we still need to do our bit to minimise the spread of COVID-19. This is in line with Welsh Government guidance and with our UK Athletics Race Licence, and in consultation with the Pembrokeshire Event Safety Advisory Group. It is also out of respect to the communities that the event takes place in.

As a result, we have had to make some changes to the way the event normally runs. It is really important that you follow the measures and changes we are making this year.

Here is a quick summary of the key things you need to do:

1. Read and absorb this Race Pack and the Start List which includes your race number (the Start List will be on the [website](#) on Sunday 19th September)
2. Memorise your race number
3. Wear a face covering when registering in the Dale Coronation Hall
4. Make every effort to observe 2m social distancing, especially inside the Coronation Hall
5. Practice good hygiene at all times

Thank you for playing your part in helping us stage a safe event. Enjoy!

Dave Astins
Pembrokeshire Triathlon Club

COVID-19: really important stuff

The delta variant of coronavirus is circulating widely in all parts of the UK and we know that it can spread much more easily between people.

So, to help us stage a safe event, please adhere to the following:

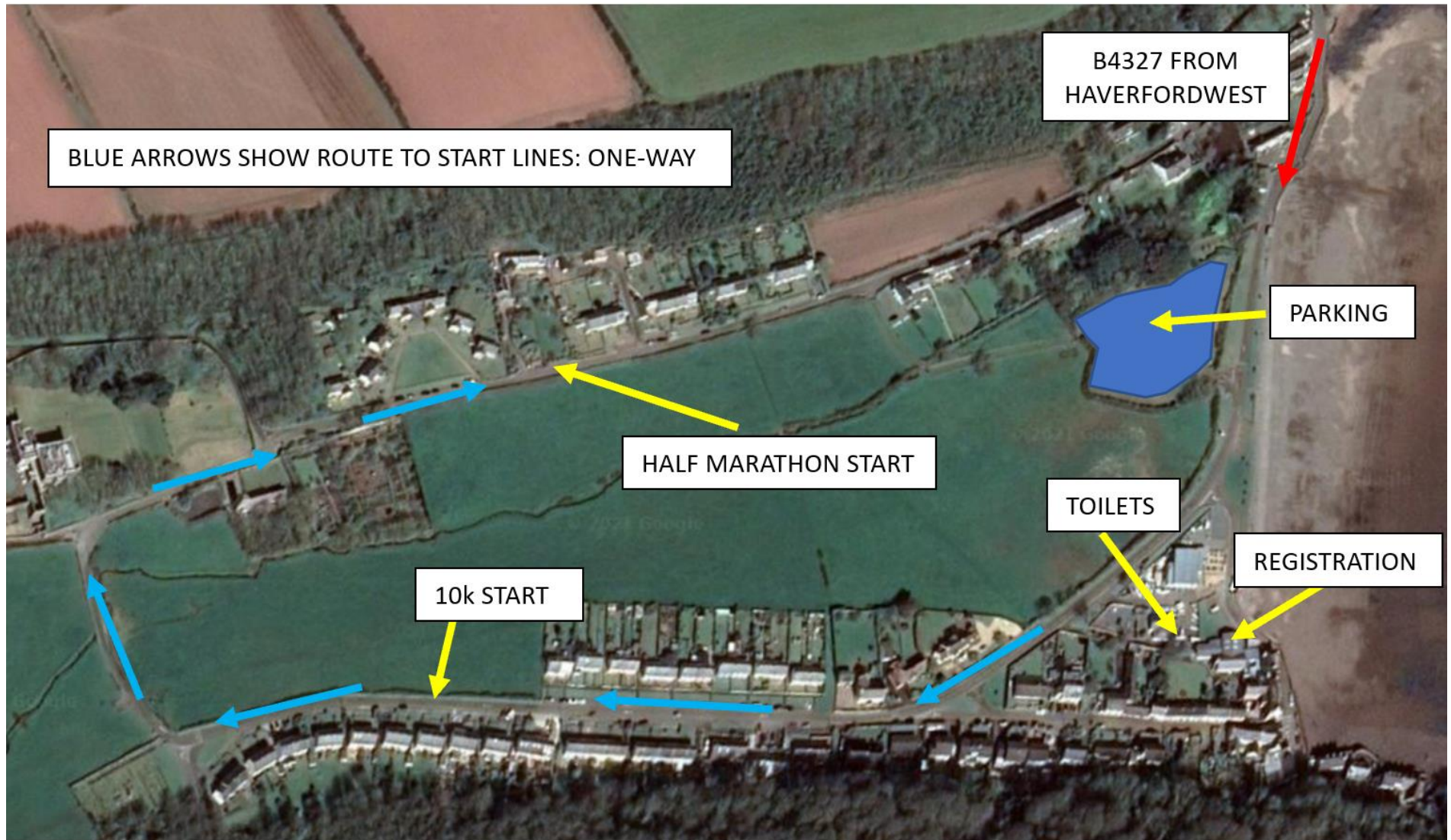
- If you have any of the symptoms of COVID-19 (high temperature, new continuous cough, change in sense of smell / taste) or if you feel unwell, then you should not travel to, or participate in, the event.
- If you have been told you are a contact of a confirmed case of COVID-19 by a contact tracer, or you know you are a contact of a suspected or confirmed case of COVID-19, you should not travel to, or participate in, the event.
- If you have recently arrived in the UK, you must have completed the necessary testing / quarantine requirements prior to travelling to, and participating in, the event.
- If you have had COVID-19, it can impact on longer term health so if you are concerned, you should seek medical advice prior to taking part in the event.
- Please be vigilant for the signs and symptoms of COVID-19 following the event and if you feel unwell within 14 days of the event, you must self-isolate, take a COVID-19 test, and inform us if you test positive.
- Your details will be shared with the NHS Test, Trace, Protect service to support contact tracing at the event, should a positive case be identified.

Lateral flow testing

We strongly recommend that you take a free COVID-19 lateral flow test prior to travelling to the event (no more than 48 hours before attending registration). If you have a positive COVID-19 test result, you should not attend or participate in the event.

COVID-19 lateral flow testing kits are available in the UK from local collection points or can be ordered online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or 'phone 119.

Plan 1 – Dale layout (Car Park, Registration, Toilets, Route to Start Lines)



Event timetable

Saturday 25th September

5pm-6pm Registration in Dale Coronation Hall (see Plan 1) – can everyone please make every effort to register on Saturday (you can get a friend to register for you if you can't make it)

Sunday 26th September

Time	What?
7am-8:30am	Registration – Dale Coronation Hall (see Plan 1)
8:55am	Half Marathon competitors gather on start line (please follow 1-way flow to start – see Plan 1)
9am	Half Marathon start
9:10am	10k competitors gather on start line (please follow 1-way flow to start – see Plan 1)
9.15am	10k start

Registration

Registration will be in the Coronation Hall in Dale (see Plan 1). We expect that the whole registration process should take you less than 2 minutes.

We would very much like you to register on the Saturday evening if you possibly can. The advantage for you is it is one less thing to do on race day – you can turn up race ready on the Sunday!

You must wear a face-covering in registration. There will be a one-way flow, please enter via the main doors and then follow the instructions of the Event Team. Hand sanitizer will be available at the entry and exit points. Please make every effort to observe social distancing.

Please come to registration with your race number memorised (check the [start list](#) on the website). Double check your details on the start list – any mistakes please e-mail events@pembrokeshire-tri.org.uk by Friday 24th September so that the start list can be updated before the event.

At registration we will:

- Check you off our registration list
- Provide you with your race number
- Provide you with your timing band (which is to be worn on your wrist)
- Provide you with your event t-shirt

You can get a friend to register for you if necessary. There will not be a bag drop facility, so anything you don't need to run in or run with needs to be left in your car or with a friend / family member.

T-shirts – sizes will be available as follows, please ask for the size that you think will fit you best, you will not be able to check all the sizes as we need to get people through registration as quickly as possible:

Unisex – small, medium, large, X large & XX large
Women's fit – extra small, small, medium & large

Race day parking

Parking is limited in Dale – there is just one car park (which is on the right as you enter the village). Our volunteers will manage parking to ensure that we make the best use of the space available. Once the car park is full, we will park cars in the field behind. Do not park anywhere else in Dale.

Car park charges will not apply during the event, so please give generously to [Greenacres Animal Rescue](#) (their volunteers will be organising the parking and will have a collection bucket in the car park).

Toilets

The public toilets in Dale are adjacent to the Coronation Hall. Please **do not** use the toilets inside the Coronation Hall, we are using the hall purely for registration.

The rules

The main things you need to know are as follows:

- Wear your race number on the front of your top, and pin it in all four corners
- Wear your timing band on your wrist
- No headphones etc to be worn during the event
- The event is run on open roads so normal rules of the road apply
- Run on the left at all times, unless directed otherwise by a marshal

The start

The 10k and the Half Marathon starts are in different locations – this to ensure that you all finish in the same place! Please see Plan 1 for the locations. Each start line will be marked with a free-standing 3m yellow flag with the word START on it, so you shouldn't miss it...

Please arrive at the start line no more than 5 minutes before the start of your event. There will NOT be a briefing on the start line, to minimise the time you are all gathered together. If you've read this Race Pack thoroughly there won't be anything to brief you on anyway!

The Half Marathon

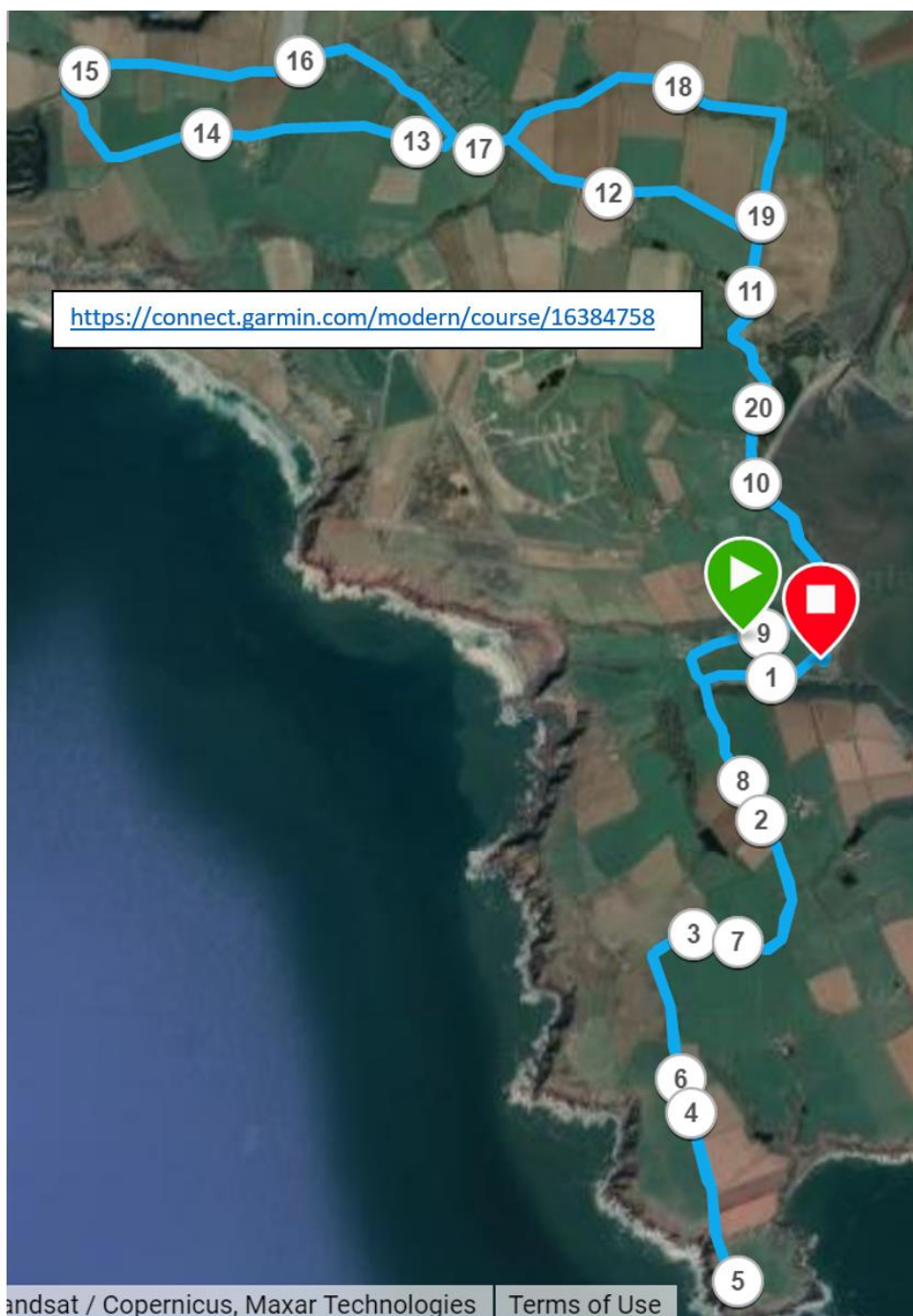
For those that have taken part before, the course is exactly the same as previous years. For those that have not, please see Plan 2. From the start, it is a single lap of Dale clockwise, turning left up Drift Hill and out to St. Ann's Head, back to Dale, and then a figure of eight loop around the Marloes peninsula before finishing in Dale in front of the Boathouse Café. Please run on the LEFT at all times, unless directed otherwise by marshals (on a couple of run turns we will ask you to run on the right around the turn).

Plan 2 – the Half Marathon course

You will be running on the same roads as the 10k runners, who start 15 minutes after you.

Therefore on the out-and-back section to St. Ann's Head, you will pass each other on opposite sides of the road.

One change from previous years – there will be only ONE water station on the Half Marathon course this year, situated at approximately 10k on the left just after the Gann car park. It will be bottled with the cap on, and you will either need to drink it and then drop in the bin situated approximately 100m further on, or carry it with you for the rest of the race and dispose of it at the finish. Bottled water will also be available at the finish. We strongly urge you to be well hydrated before you start, and carry any fluid (and nutrition) that you need to get you around.



The course is available electronically on Garmin Connect here:
<https://connect.garmin.com/modern/course/16384758>

The 10k

Plan 3 – the 10k course

For those that have taken part before, the course is exactly the same as previous years. For those that have not, please see Plan 3. Starting in the south-west corner of Dale (see Plan 1), you run a complete clockwise loop of the village and then head up Drift Hill and out to St Ann's Head, retrace your steps, and then run clockwise around the village again to finish in front of the Boathouse Café. Please run on the LEFT at all times.

You will be running on the same roads as the Half Marathon runners, who start 15 minutes before you. Therefore on the out-and-back section to St. Ann's Head, you will pass each other on opposite sides of the road.

One change from previous years, there will be NO water station on the 10k course. Bottled water will be available at the finish. So, please be hydrated at the start, and if you think you will need a drink during the event, you will need to carry it with you.

The course is available electronically on Garmin Connect here:

<https://connect.garmin.com/modern/course/76444946>



The finish

As you approach the finish line you need to remove your wrist timing band and pass it to the timekeeper to scan it for you on the finish line. Once you have crossed the line and had your timing band scanned, please make your way out of the finish area (picking up a bottle of water if you need one).

Health & safety

Your safety is our number one priority. Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert one of our marshals 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 in 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.

Post-race

Due to COVID-19 we will NOT be holding a presentation ceremony this year. We will be donating our prize budget to Greenacres Animal Rescue and a good cause in the Dale and Marloes-St Brides communities. There will also NOT be changing / shower facilities available this year. There are several places to get food and drink in Dale after the event, please support them if you can.

Results

Live results will be available at <https://pembstri.realtimeracing.co.uk/>

Photos

Event photos will be available to download for free. Find the links on the Pembrokeshire Triathlon Club Facebook page a few days after the event, or from photographer Julia Barker's own Facebook page: <https://www.facebook.com/juliabarkerphotos>

Supporting the community

This year the race is again putting something back into the community by raising funds for the amazing [Greenacres Animal Rescue](#) who are based in Talbenny. We will also be making a donation to a community project nominated by the two Community Councils whose area the course runs through.

Thanks....

Special thanks go to [Howies](#) for very kindly providing the event t-shirt once again. Their t-shirts are fantastic (and ethically sourced) and we hope you like the design and colourway this year. We see previous years t-shirts being worn regularly!

We would also like to thank everyone who has helped and supported us in many different ways including: Dale Castle Estate, Mullock Farm, National Trust, Pembrokeshire County Council and Dyfed Powys Police.

And a massive thank you to all the volunteers who make this event possible, nearly all of whom are from Greenacres Animal Rescue and Pembrokeshire Triathlon Club 😊

www.pembstri.org.uk