

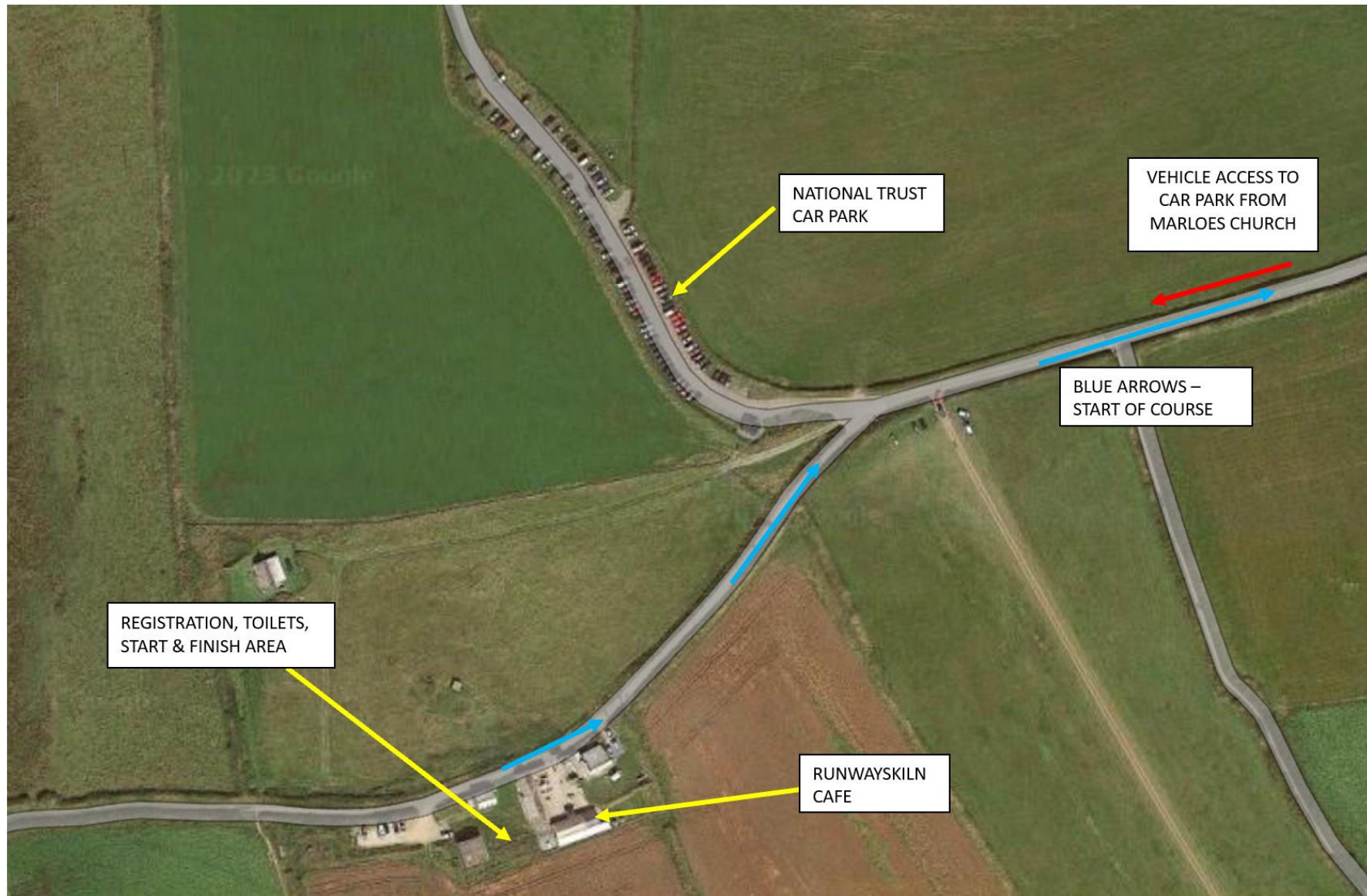
# Marloes Spud Run Sunday 11<sup>th</sup> June 2023 Athlete Brief



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**Plan 1 – event headquarters layout (car park, registration, toilets, start location)**



## Event timetable

Sunday 11<sup>th</sup> June

Time	What?
745am-845am	Registration – Gazebo @ Runwayskiln Café (see Plan 1)
855am	Race briefing at start line next to registration (see Plan 1)
9am	Race start
940am approx.	First finisher
1030am approx.	Presentation @ finish area

## Event parking

Please park only in the National Trust Marloes Sands car park. Charges apply to non-National Trust members (you can pay by cash or via an app, but cards are NOT accepted). At the time of writing the ticket machine nearest to Runwayskiln was out of order, so please use the machine at the far end of the car park if this is still the case on race day.

## Registration

Please double check your details on the start list on the RaceSplitter website ([HERE](#)). If you spot a mistake please e-mail Dave Astins at [events@pembrokeshire-tri.org.uk](mailto:events@pembrokeshire-tri.org.uk) by Wednesday 7<sup>th</sup> June so that the start list can be updated before the event.

Registration will be in the Pembrokeshire Triathlon Club gazebo adjacent to Runwayskiln Café, access via the small wooden gate just past the café. The whole registration process should take you less than 2 minutes.

At registration we will:

- Check you off our registration list
- Provide you with your race number (safety pins available but please provide your own if you can)
- Refund Welsh/UK Athletics members £2 (only upon presentation of valid membership e.g. membership card or electronic equivalent)

You can get a friend to register for you if necessary. Please complete the medical / emergency details on the back of your race number (pens will be provided at registration for this).

There will NOT be a formal bag drop facility, so anything you don't need to for the event needs to be left in your car or with a friend / family member. You are welcome to leave stuff in the gazebo but this is entirely at your own risk.

Event t-shirts will be provided at the finish, and are only available for those that entered the event by 22<sup>nd</sup> May. Sizes will be available as follows on a first come, first served basis:

- Regular fit – small, medium, large, X large & XX large
- Slim fit (also shorter) – extra small, small, medium, large & X large

If there are any spare t-shirts these will be available to other runners after the presentation.

## Toilets

Public toilets are available at Runwayskiln, they are next to the entrance to the registration area i.e. down the track beyond the café.

## The rules

This event is run under UK Athletics rules under a licence issued by them. 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, and make sure you have completed the form on the back of the number
- **NO HEADPHONES** etc to be worn during the event (bone conductors are allowed as long as you can hear other people and your surroundings)
- The first 1.5km of the event is run on **open roads** so normal rules of the road apply (although we will be encouraging any traffic to use an alternative road to reach Marloes Sands car park and neighbouring properties hopefully keeping this section free of traffic until you turn off it at 1.5km)

## The briefing & the start

The start line is also the finish line and will be obviously marked adjacent to the registration gazebo. Please be here at 855am for the pre-event briefing. The briefing will update on any changes from this Athlete Brief.

## The course

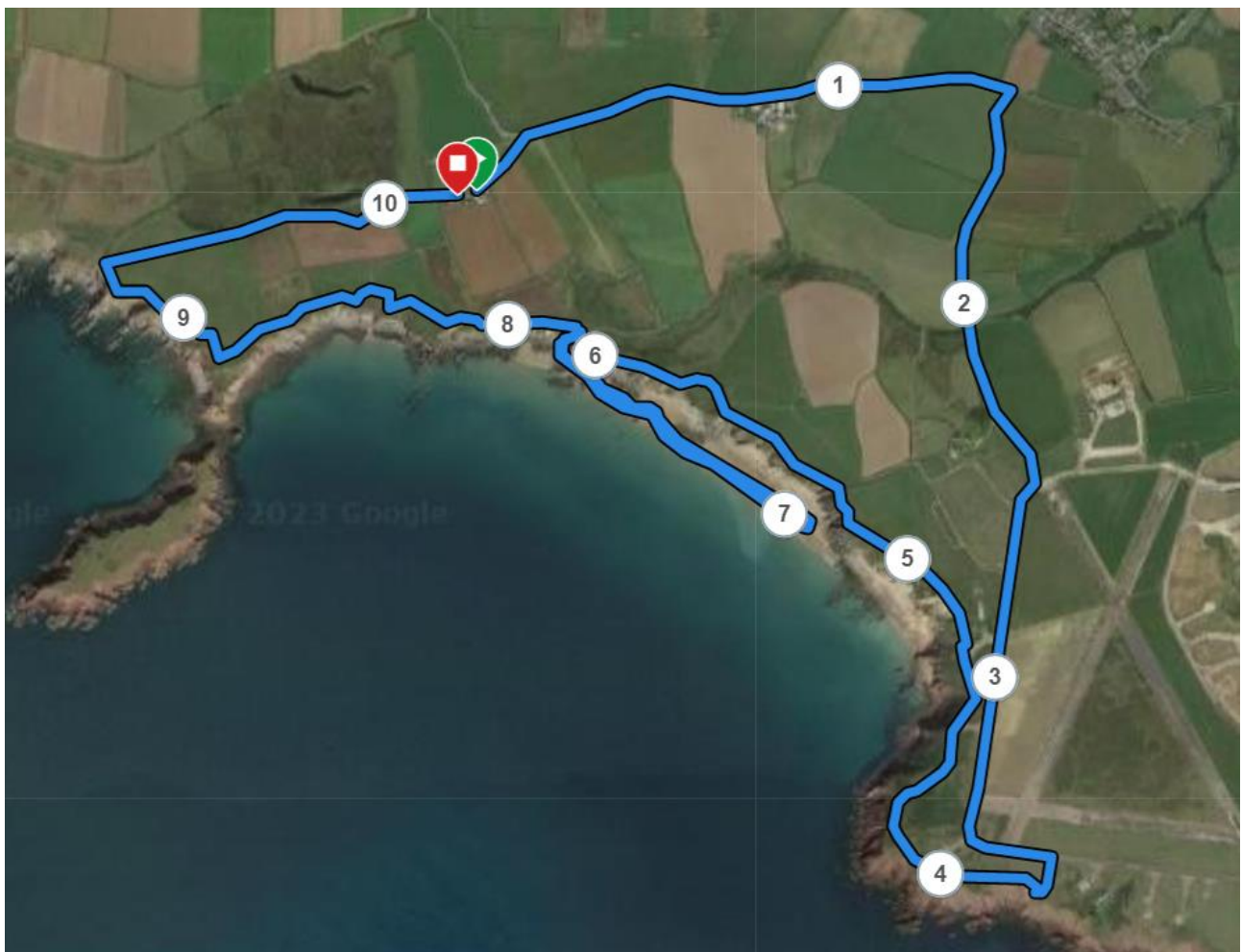
The course is multi-terrain, with a total ascent just over 150m, most of which is in the 2<sup>nd</sup> half of the race. The first 1.5km is on open roads, you then turn right onto a tarmac lane to reach Dale Airfield at approximately 2.5km. The next 1.2km are on the old runways of the airfield (concrete with some loose material and weeds) and then you join the coast path. This is solid underfoot when dry, but can be slippery after a period of rain. It may also be well vegetated if it hasn't had its first cut of the season. Just after 6km you join the famous Marloes Sands beach, and after carefully navigating the rocks to reach the sand, you have just under 1.5km in total on the beach (out-and-back, keep to the left of oncoming runners). Coming back off the beach at the same point you entered, you turn left onto the coast path and have a long steady climb between 8km and 9km. Above Jubilee Sands you turn right into a grassy field and head back to the finish at Runwayskiln.

Please note there will be **NO water stations on the course** – you must carry any fluids that you need for the race with you, e.g. a handheld bottle, vest, etc. Please do not drop any bottles or litter on the course. There will be water for you at the finish.

The course is available electronically on Garmin Connect here:

<https://connect.garmin.com/modern/course/157453503>

## Plan 2 – the course



## The finish

As you approach the finish line at Runwayskiln you need to ensure your **race number is clearly visible** to the timekeepers at the finish line as we will be using the RaceSplitter app to do the race timing and need to see your number. Once you have crossed the line, please make your way towards the finish water station and collect your t-shirt from the gazebo. Please do NOT stop and ask the timekeepers for your time or position, they need to concentrate on recording the times of all the other runners.

## Health & safety

Your safety is our number one priority. Medical cover, provided by St John Ambulance in Wales, will be available during the race, supplemented by the Dale Coastguard Rescue Team should any of you require assistance away from a public road. In the unlikely event that you need medical attention please alert one of our marshals (either yourself or via another runner) who will act accordingly. You may wish to carry a mobile phone during the event for emergency purposes, if you do please save this number into your contacts: Spud Run Emergencies 07944 995736. Parts of the course (e.g. the beach) do not have mobile coverage.

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 has registered for the race on the day must be accounted for, so please avoid the cost and worry of a missing person search by reporting in.

## Post-race presentation

There will be a presentation of a small number of prizes around 1030am adjacent to the finish area for the following:

- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall female and male

In keeping with the event title, the prizes will be potatoes from neighbouring Trehill Farm!

## Refreshments

There is a complimentary cake and drink available at the finish for all runners, please show your race number to the staff. Refreshments will be available to friends and family for a charge. [Runwayskiln café](#) will be open from 9am, serving breakfast 9am-11am, drinks and cakes all morning, and lunch from midday.

## Results

Results will be available from the Race Splitter website as soon as everyone has finished. Visit <https://racesplitter.com/results>.

## 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 website <https://juliabarkerphotos.zenfoliosite.com/home> or Facebook page: <https://www.facebook.com/juliabarkerphotos>.

## Thanks....

Thanks to [Howies](#) for helping us with the event t-shirts and for designing the swanky logo. Thanks also to Claire and Charlie at Runwayskiln for hosting us, to Capital Roasters for the coffee, and to Gina and Peter at [Trehill Farm](#) for providing the spuds!

Thanks to all our wonderful volunteers who are a crucial part of the Event Team. This year we are delighted to welcome Valero Volunteers for the first time (they also help us at the Pembrokeshire Duathlon) and also to volunteers from Greenacres Animal Rescue (who also help us at the Pembrokeshire Half Marathon & 10k). Stars!

We would also like to thank everyone who has helped and supported us in many different ways including: National Trust, Pembrokeshire Coast National Park, St John Ambulance in Wales, and Dale Coastguard. Apologies to anyone we've forgotten!