

# Pembrokeshire Half Marathon & 10k

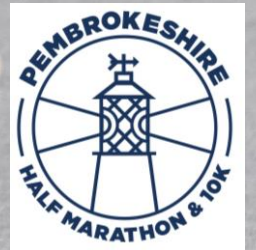
Dale

Sunday

24<sup>th</sup> September 2023

Competitor Brief

howies®



**Plan 1 – Dale layout (car park, registration, toilets, start locations)**



## Event timetable

### Saturday 23<sup>rd</sup> September

4pm-5pm 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 24<sup>th</sup> September

Time	What?
7am-830am	Registration – Dale Coronation Hall (see Plan 1)
855am	Half Marathon briefing at briefing point near start line (see Plan 1)
9am	Half Marathon start
910am	10k briefing at briefing point near start line (see Plan 1)
915am	10k start
950am	First 10k finisher
1020am	First Half Marathon finisher
Midday	Presentation outside the Coronation Hall (inside if wet)

## Registration

Please double check your details on the start list (which will be published on the event website on Sunday 17<sup>th</sup> September. If you spot a mistake please e-mail [events@pembrokeshire-tri.org.uk](mailto:events@pembrokeshire-tri.org.uk) by Wednesday 20<sup>th</sup> September so that the start list can be updated before the event.

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

We would very much like you to register on Saturday 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 Sunday! And no queues....

There will be a one-way flow in registration, please enter via the main doors and then leave via the side exit to the right after collecting your t-shirt.

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)
- Provide you with your event t-shirt
- Refund Welsh 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. 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 are only available for those that entered the event by 31<sup>st</sup> August. 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:

- Regular fit – small, medium, large, X large & XX large
- Slim / shorter fit – extra small, small, medium, large & X large

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

## Race day parking

Parking is limited in Dale – there is just one car par, 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. Again, follow the instructions of our marshals.

The usual car park charges will NOT apply during the event, so please give generously to the volunteers from [Greenacres Animal Rescue](#) (their volunteers will be organising the parking and will have collection buckets 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 event is run under [UK Athletics 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
- **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 / signage

## 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. These are also in **different locations** to previous years so please check the plan! 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 be at the **briefing area** for your event 5 minutes before the start of your event for a short event briefing prior to your start. The briefing will only update on any changes from this Competitor Brief. Please do not stand in the road, the briefing areas are designed to ensure we do not obstruct traffic.

## The Half Marathon

The course is available electronically on Garmin Connect here:

<https://connect.garmin.com/modern/course/126770270>

See Plan 1 for the new location of the start, which is just below the castle on the bend by the track leading to West Dale beach. You do an almost complete lap of Dale village in a clockwise direction, and then turn left up Drift Hill (the steep one!) and out to St. Ann's Head. The turn point is now just beyond the old lighthouse (so not as far as it used to be), 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 turns we will ask you to run on the right around the turn for your own safety).

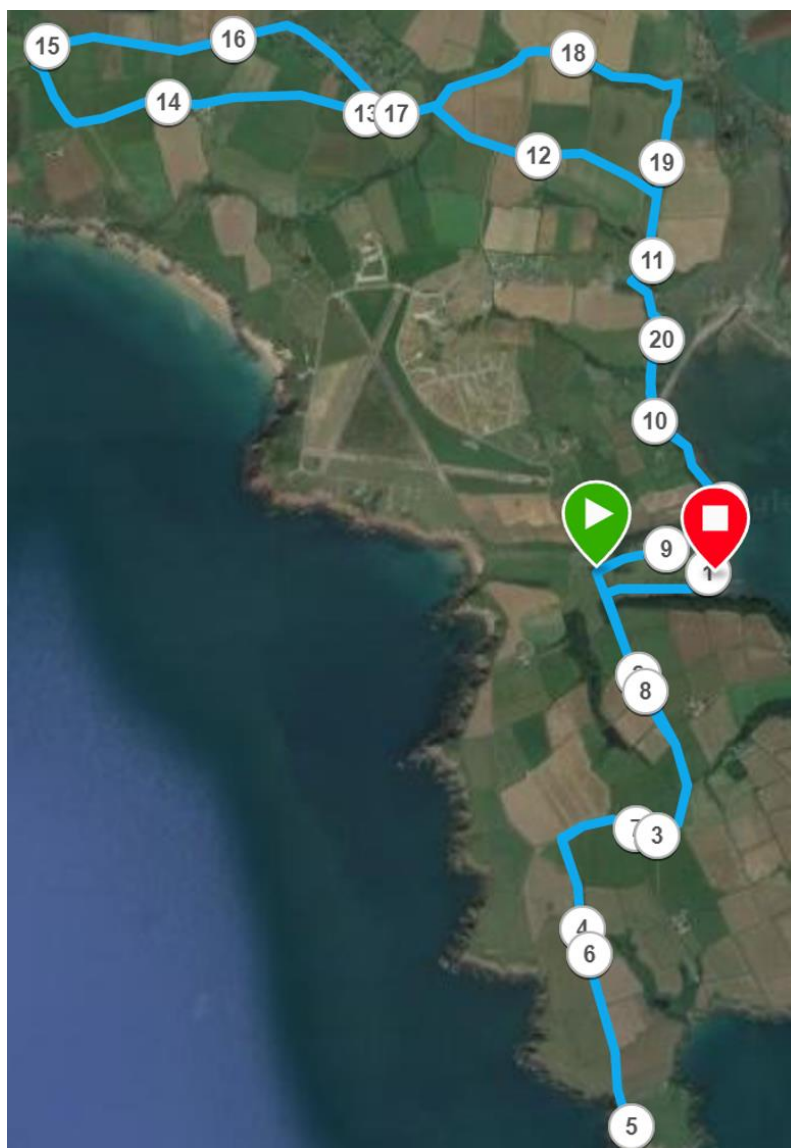
For the first half of the course you will be running on the same roads as the 10k runners, who start 15 minutes after you. Therefore on the out-and-back section to St. Ann's Head, you will pass each other on opposite sides of the road. Again, please run on the left.

Please start the race well hydrated, and carry any fluid (and nutrition) that you need to get you around if you can.

Water stations will be St Ann's Head (5k), the Gann (10.5k), and Musselwick (16k). Cupped water will be provided – if you want more than one cup ask a marshal to fill your empty cup, try to avoid using two cups.

Please drop empty used cups in the bin provided 100m beyond each water station.

Plan 2 – the Half Marathon course



## The 10k

The course is available electronically on Garmin Connect here:

<https://connect.garmin.com/modern/course/126770938>

### Plan 3 – the 10k course

See Plan 1 for the new location of the start, which is outside Coldstream Lodge adjacent to Woodside on the south side of the village.

From the start, you run a complete clockwise loop of the village, back through the start, and then turn left at 2k up Drift Hill (the steep one!) and out to St Ann's Head.

The turn point is now just beyond the old lighthouse (so not as far as it used to be). After the turn, head back to Dale, and then run clockwise around the village to the 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. Again, please run on the left.

Please start the race well hydrated, and carry any fluid (and nutrition) that you need to get you around if you can.

There will be a water station at the turn at St Ann's Head (5.5k). Cupped water will be provided – if you want more than one cup ask a marshal to fill your empty cup, try to avoid using two cups.

Please drop empty used cups in the bin provided 100m beyond the water station.



## The finish

As you approach the finish line you need to ensure your **race number is clearly visible** to the timekeepers at the finish line. Once you have crossed the line, please make your way out of the finish chute and help yourself to water from the water station outside the Coronation Hall if you need it. Please do NOT 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 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 presentation

There will be a presentation of trophies to the following winners outside the Coronation Hall at midday, for both the Half Marathon and the 10k:

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

There will also be prizes awarded to the following in each event:

- 1<sup>st</sup> female and male 40+ (veteran)
- 1<sup>st</sup> female and male 50+ (super veteran)
- 1<sup>st</sup> female and male 60+ (vintage veteran)
- 1<sup>st</sup> club – based on the lowest combined times for any three runners (female or male)

The perennial 'Dale Frog' trophy will be presented to the first male finisher in the Half Marathon, resident in the Community Council areas of Dale, and Marloes & St Brides.

## Refreshments

There are several places to get food and drink in Dale after the event, please support them if you can.

## 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 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. Please donate generously when parking.

## 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](http://www.pembstri.org.uk)