



400 RUNNERS 1 DISTANCE 1 GOAL DON'T GET EATEN

“Throw me to the wolves and I’ll come back the leader of the pack”

WHAT WHERE WHEN

RACE DATE	Saturday 24th of November 2018 Town Moor Car Park, Moorfield Road, Narberth SA67 7AG
RACE REGISTRATION	5:00pm - 6:40pm
RACE BRIEFING	6:50pm
RACE START TIME	7:00pm

REGISTRATION

This will take place in the ‘Bus Stop’ hut on the Moor Car Park (SA67 7AG). Look out for our flags! Accompanying this pack is a registration form ([downloadable from the website](#)) that you will need to complete and bring with you to collect your race number and timing wrist band. Nothing will be sent in the post to you, all you need will be collected at registration. Please allow plenty of time to register.

Registration will be open on the Saturday evening from 5pm.

Race Numbers

These will be supplied to you at registration, you must ensure all details are completed on the back, checks will be made and you won’t be allowed to start if you haven’t done so.

Timing wrist band

Again, this will be supplied to you at registration. It is to be worn on your wrist and you will be asked to tap it against the timing box when you finish the race to record your time. Please return the wrist band after you have finished.

Changes

No changes will be allowed on the day. The race is full so we cannot allow entry on the day.

PARKING

The race start is next to the Town Moor car park, postcode is SA67 7AG. If this car park is full then there is parking in the town itself and if necessary there is parking at the School as you come into town (postcode SA67 7FE). The school is approx half a mile from the start so a good warm up... If you park in town then please park responsibly with residents in mind (and also our friends at Pembrokeshire Council Parking Enforcement)...

TOILETS

There are public toilets very close to the race start though please note they charge 20p.

RACE T-SHIRTS

If you have ordered a race t-shirt, these will be available for pickup during registration. We will also have a selection of Night Nobbler tee’s available for purchase at £15 each.



ON IT

RECOMMENDED KIT LIST

Please remember to wear appropriate clothing for the given conditions on the day. The trails can get very muddy with standing water and deep muddy puddles. We recommend you run in trail shoes with good grip.

We advise you to carry your own liquids to stave off the dreaded cramps, it is recommended that you aim for self sufficiency.

You **MUST** have the following. You will not be allowed to start without them:

- A torch (a head torch is recommended)
- A mobile phone

RACE NUMBERS

Your race numbers will be given to you at registration. Numbers must be worn on the **FRONT** during the run. They must not be folded and must be pinned in all four corners – please bring your own pins! You need to write your name, any medical condition(s) you may have, and an emergency contact number on the back of your race number. Race belts are allowed provided the number is visible to the front and is not folded.

WATER STATIONS

There will be at least one water station on the route. There will be only water and jelly babies available at these so if you have other nutritional needs you will have to bring your own.

COURSE

From the start the course runs down a footpath, in parts this is single file only and so we would recommend self seeding at the start. If you are looking to compete then position yourself at the front at the start, if you feel you may hold others up then it would be best to position yourself to the rear at the start. But don’t worry if you do get stuck behind someone on the narrow sections, you will soon come to a wider trail or lane when you can put your foot down and use the energy you will have been conserving! Please be considerate to those trying to overtake you and let them pass.

There are a lot of muddy sections on the route, some may even say boggy. Be prepared for knee deep mud and slippery sloppy sloping sections. There will be a prize for the muddiest runner!

COURSE MARKING

The course is fully marked with **red** reflective correx signs and small pieces of **white** reflective tape..



The course will also have a number of marshals strategically located along the way for your safety and make sure you stay on the correct route. There will be marshals located at areas we feel are easy to make errors and take the wrong route choice.

Cut off times

There are no cut off times for the race, as long as you are making good progress along the route, we won’t stop you finishing.

Prizes

Every finisher gets a super bling medal. There are trophies for the winner of each age group (18-39, 40-49, 50+) and 1st, 2nd and 3rd overall for both female and male competitors.

SMALL PRINT

RULES, REGULATIONS AND ADVICE

All racers must abide by the countryside code whilst off road and the highway code whilst on the road sections.

All litter must be kept & disposed of once back at the events centre. Anyone spotted or caught dropping litter will be immediately disqualified from this race and all future sporting events. The countryside is beautiful & we need to keep it that way.

Remember we are sharing footpaths with other countryside users like dog walkers, horse riders and mountain bikers. Please offer common courtesy & do not barge your way past people just to get that extra milli-second in your race result. Behaviour like this could jeopardise future events and will result in disqualification if you are spotted doing so.

On the route there are marshals/teams strategically placed for your enjoyment & safety. If you find you are struggling, or know of another competitor who is, please inform the closest marshal so they can communicate this to the Race Director back at HQ. There are also 1st aid qualified safety officers available.

In the event that you have to withdraw from the race after registering for any reason whatsoever, you must inform the race official at the finish line. We have to account for all runners who start the race and therefore if you do not inform us of your withdrawal the emergency services may have to be involved.

On the back of your race number you will need to complete all the details including any medical conditions you suffer from. This is for your protection and your benefit so please complete. We will be inspecting race numbers and those that have not completed the details will not be allowed to start.

Due to the fact that part of the race is on roads open to traffic personal music devices are not acceptable. This is for your safety so anyone found breaching this rule will be disqualified and fed to the wolves.

We recommend you bring warm clothes to put on after. No shower facilities are available unfortunately.

You will need to confirm at registration that you are (medically) fit and able to complete the course, it is your responsibility to ensure your safety on the course. This is not a 5k in the park, this is The Nobbler.

“The Lion may be more powerful, but you won’t see a Wolf in a circus”

This is not a drill.

The Nobbler Team.