



# 650 RUNNERS 1 GOAL DON'T GET EATEN

## WHAT WHERE WHEN

**RACE DATE** Saturday 14th of December 2019

**RACE LOCATION** Oakwood Theme Park, Canaston Bridge, Narberth SA67 8DE

**RACE REGISTRATION** **Sat:** 4:30pm - 6:30pm **Fri:** 6:00pm - 7:30pm (see below)

**RACE BRIEFING** 6:45pm

**RACE START TIME** 7pm

**REGISTRATION** All participants are required to fill in [this disclaimer](#) form and bring it with them for registration.

### 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.

### Changes

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

### Saturday night

Registration will take place at the race location from 4:30pm to 6:30pm. Please allow plenty of time to register.

### Friday night

Registration will be available at the primary school in Narberth from 6:00pm to 7:30pm on Friday the 13th. We advise as many people come to this registration as possible to avoid queues in registration on race day.

**PARKING** There is ample free parking at the race venue.

**TOILETS** Free to use portaloo toilets will be available at the race venue.

**MERCHANDISE** If you have ordered a race t-shirt, these will be available for pickup on Saturday. You'll need to quote your email address and t-shirt order number.

There will be a limited number of items for sale on the day, including t-shirts, hoodies, bobble hats and bottles.

## ON IT

**RECOMMENDEO 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 advise you to carry your own liquids to stave off the dreaded cramps, it is recommended that you aim for self sufficiency. Trail shoes are recommended.

## PATCH

Pembrokeshire Action To Combat Hardship

Please consider bringing an item of food.

We are asking all runners to consider bringing a food donation for the local charity **Patch** which we will collect at registration and pass onto Patch in time for Christmas. Come run, have some muddy fun and do some good for others at Christmas.

Examples of tinned goods: meat, sausage & chicken meals, ravioli, curry, macaroni, chilli, bolognese, cold meat (corned beef or Spam/ham) fish, soup, baked beans, spaghetti, kidney beans, chickpeas etc, tinned tomatoes, custard/rice pudding, pasta or rice, tinned potatoes, tinned vegetables, tinned fruit.

Examples of other non-perishable foods: spaghetti or lasagna, cook-in-sauce (bottle or packet), packet noodles/savoury rice etc, cereal, coffee, tea, treats (biscuits etc), UHT milk, sugar, soft drinks, jam, marmalade, flour, pickles, sauces, gravy powder.

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

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

**“I love to get in the mud, to appreciate being clean.”**

**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 are two feed stations 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** The course is fully marked out and there are lots of marshals on the route to help you find your way around the course. The route starts and finishes in the Oakwood Theme Park carpark. The furthest point of the course is west of Blackpool Mill. Spectators are free to watch anywhere along the route.

**COURSE MARKING** The course is fully marked with **red** reflective correx signs and **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, so long as you are making good progress along the route we wont stop you finishing.

## 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 courtesies & do not barge your way past people just to get that extra millisecond in your race result. Behaviour like this could jeopardise future events and will result in disqualification if you are spotted doing so.

On route there are marshals/teams strategically placed for your enjoyment & safety. If you find you are struggling, or see 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 on the route.

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 your personal music devices are not acceptable. This is for your's and other's safety so anyone found breaching this rule will be disqualified and fed to the wolves.

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.

**“Great things never came from comfort zones.”**

This is not a drill.

The Nobbler Team.