



500RUNNERS3DISTANCES1GOAL DON'T GET EATEN

“I gotta do something here, I...I still can't believe it. I gotta give you your dream shot! I'm gonna send you up against the best. You jokers are going to The Narberth Nobbler.” - Stinger, Top Gun

WHAT WHERE WHEN

RACE DATE Sunday 25th August 2019
Blackpool Mill, Canaston Bridge, Narberth, SA67 8BL (ish)

GETTING HERE Turn off the A40 onto the A4075 towards Tenby at Canaston Bridge. Take the first road on the right towards Blackpool Mill. Follow this road past the mill and the Nobbler can be found in a field on the right, parking in the field if dry. If very wet then various forestry car parks to park in area. Our marshals will be there to assist.



TIMINGS	Marathon	Half Marathon	10km
Registration	6:30am - 6:55am	7:30am - 8:45am	8:30am - 9:45am
Briefing	6:55am	8:50am	9:50am
Start	7am	9am	10am

REGISTRATION This will take place in a large tent at the start/finish area. You must print and complete [this registration form](#) and bring with you to collect your race number. Nothing will be sent in the post to you, all you need will be collected at registration. Please allow plenty of time to register.

Race registration will also be open in Narberth (car park SA67 7AG) 5.30pm-7pm on Saturday. We would strongly advise coming to register then and pick up your race number if you can as registration on Sunday morning could be very busy.

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 to race distance or names will be allowed on the day.

FACILITIES There will be some portaloos (eek!) at start/finish area, tea and coffee etc available too. As we are in an isolated field then please bring as much water as you think you will need!

RACE T-SHIRTS If you have ordered a race t-shirt, these will be available for pickup during registration. You'll need to quote your email address and name..

ON IT

RECOMMENDED KIT LIST Please remember to wear appropriate clothing for the given conditions on the day. The current forecast is for dry conditions in which case you should be fine in road shoes, however, if there has been any rain in the days before or on the day itself then trail shoes would be recommended as the trails can get very muddy with standing water and deep muddy puddles.

Please also remember you will be racing through the heat of the day (haha, this is a bank holiday) and although we will be supplying water and sweets, you may well need more water so please be prepared for this by hydrating well the day before and morning of the race. Obviously do not over hydrate! We advise you to carry your own liquids to stave off the dreaded cramps, it is recommended that you aim for self sufficiency.

For those brave souls doing the marathon these recommendations are even more important, water will be limited and you should ensure you have the capability to carry your own. Fuelling is also more important due to the distance and you must be responsible for all your fuelling requirements, so if you need gels, bring gels. There will only be water and sweets available, nothing else...You have been warned...

RACE NUMBERS
GREEN, RED OR BLUE? 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(h) 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 water stations on the 10k, three on the half and five on the marathon 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. We would recommend bringing your own water as well. Some of these water stations may be unmanned so you may have to serve yourself. We will try to increase availability depending on the weather.

COURSE We'll be using publicly accessible trails in Minwear woods for the 10km and thanks to the super heroes at Slebech Park and some friendly farmers we're going to use trails on privately owned land for the half and full marathon.

Because many of our trails are on private land, we will not be releasing route maps or GPX files until a few days before the event. Due to the changes in routes this year there will be far less tarmac and far more beautiful single track forest trails through incredible woodland.

The routes also have less climbing than in previous years and there is no killing 'bank of doom' to finish (which is the only downside we have found with these new routes!). The terrain on the new routes are faster too, more flowing and really exciting to run on.

The full and half marathon routes finish on the 10k route.

The 10k The 10k route takes part in Minwear woods. The route starts off with the worst hill of the day and then eases into some lovely flat (ish) trails.

The Half Marathon Half marathon runners will do a stunning loop on the Slebech side of the river and then join in on the 10k route.

The Marathon There is a **river crossing** on the marathon course which may be above your knee depending on recent rain fall....during the crossing and there will be a marshal to assist and strapping to hold on to. If the event that the river is too high to safely cross then an alternative route will be used (boring bridge route...tsk). The marathon will comprise of a stunning 13 mile loop, then it joins the half marathon route.

Cut off times There are no cut off times for the 10km and the half marathon routes. On the marathon there are two cut off times. These will be strictly implemented as we want all runners to be safe and to be fair to our volunteer marshals.

Distance	Cut off time	Consequence
13 miles	3 hours 30 minutes	Downgraded to a 19 mile run
20 miles	5 hours 30 minutes	Downgraded to a 20 mile run

COURSE MARKING Our routes comprise of three separate loops. Marathon runners will run all three, the half runners two and the 10k runners one.

The course is fully marked with **RED** signs, flags or 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.

SMALL PRINT

RULES, REGULATIONS AND ADVICE All racers must abide by the countryside code whilst on the 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 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 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 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 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.

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

This is not a drill.
The Nobbler Team.