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 26th August 2018
Town Moor Car Park, Moorfield Road, Narberth SA67 7AG

RACE REGISTRATION
6pm - 8pm Saturday or 7.00am -8:45am Sunday

RACE BRIEFING
Marathon - 8:50am / Half Marathon - 9:05am / 10km - 9:20am

RACE START TIME
Marathon - 9:00am / Half Marathon - 9:15am / 10km - 9:30am

REGISTRATION
This will take place towards the back of the Moor Car Park (SA67 7AG). There is a registration form that you will need to complete and bring with you to collect your race number and timing chip, you can download it here. 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 6pm till 8pm. 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. Both the 10k and the Half Marathon and Marathon are full and so we can't allow changes between them.

At registration you will be given a timing bracelet which contains a timing chip. You will need to wear this throughout the race and at the finish you will need to present it to chip reader so your finish time is recorded.

These bracelets are reusable and must be returned to the marshalls at the finish otherwise we will have to charge you £5.

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 (bargain).

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 t-shirt order number.

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
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 three water stations on the 10k, four on the half and 7 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.

We are aiming to reduce the amount of waste we produce during our events. We would therefore ask, if you have one, please bring along a bottle to fill up at the feed stations rather than use one of the provided cups.

COURSE
The maps of the routes can be found on the website though these will be subject to minor changes on the day itself.

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.

We have had notification from Natural Resources Wales that there may be logging operations in the woods during the week before our event. We may need to change the routes if some of the trails become inaccessible.

The Half Marathon
After this section of approximately half a mile the course joins a lane. Please be aware that this lane will not be closed to traffic and so you must keep to the side in case any traffic comes along, for the next 3 miles or so the course is on paths and lanes before entering Canaston Woods where the course will run for the next 6 miles before returning via lanes and the footpath back up to the finish.

The 10k
The 10k also joins a lane after the initial downhill footpath, after half a mile on this lane you will enter the woods and complete an undulating lap, a mix of single track and forest trails before returning to the lane and back up the footpath to the finish.

The Marathon
The marathon follows the half marathon course until the 10 mile point… 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 marshall to assist. If the event that the river is too high to safely cross then an alternative route will be used (boring bridge route…tsk)

COURSE MARKING
The course is fully marked with red, blue and green correx signs. The full marathon will follow the red signs. The half marathon runners will follow the BLUE markers (these will be both arrows and red tape tied onto trees intermittently). In some instances the markers will have both blue and red markings, these are to be followed by the full and half marathon runners. 10k runners will follow the GREEN signs and tape. Your race numbers will be the same colour (just in case you forget!).

- M — Full marathon runners
- Half marathon runners
- Full & half marathon runners
- 10km runners

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 10km and the half marathon routes. On the marathon there are two cut off time. 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
10 miles	2 hours 30 minutes	Downgraded to the half marathon
20 miles	5 hours	You'll be driven back to Narberth

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 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.