



## THE NARBERTH NOBBLER **NUMBERS**

# TO GET LOST IS TO LEARN THE WAY

## WHAT WHERE WHEN

<b>THE RACE</b>	The Narberth Nobbler : NUMBERS
<b>WTF?</b>	The challenge takes place in Canaston woods near Narberth. Hidden in the woods there are 8 specially decorated trees (you can't miss them!), each of which has a punch hanging from it. The challenge is to find all 8 trees, punch your race card and get yourselves back to the start within 2 hours. At the start of the race we'll give you a map showing where the special trees are. You will need to quickly work out the quickest route (staying on the trails) and get running. The team to come back to the start with the correct total amount and the quickest time will be declared the winners. You don't need any prior Orienteering knowledge and there will be marshals to help with directions if you need it. It's a bit of fun in the woods. The minimum distance required to complete the challenge is 12km and you have a maximum of 2 hours in which to complete the challenge.. You must run in pairs for safety reasons. There may be wolves out in the woods too!
<b>RACE DATE</b>	Saturday 9th of March 2019 Town Moor Car Park, Moorfield Road, Narberth SA67 7AG
<b>RACE REGISTRATION</b>	5.30pm-6.15pm
<b>RACE BRIEFING</b>	6.30pm
<b>RACE START TIME</b>	6.45pm
<b>REGISTRATION</b>	<p>This will take place in the 'Bus Stop' hut on the Moor Car Park (SA67 7AG). Look out for our flags!</p> <p>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.</p> <p>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.</p> <p>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 start the race and also when you finish the race to record your time. Please return the wrist band after you have finished.</p> <p>No changes on the day.</p>
<b>PARKING</b>	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 approximately 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)...
<b>TOILETS</b>	There are public toilets very close to the race start though please note they charge 20p.

## ON IT

<b>KIT LIST</b>	<p>Please remember to wear appropriate clothing for the given conditions on the day. There are a few short road sections which are open the public. Please keep on the right during the road sections as there may be cars passing. The rest of the run is in the forest on trails with plenty of muddy bits. The muddy bits will be umm, muddy.</p>  <p>We advise you to carry your own liquids to stave off the dreaded cramps, it is recommended that you aim for self sufficiency.</p> <p><b>You MUST have the following. You will not be allowed to start without them:</b></p> <ul style="list-style-type: none"><li>- Warm and waterproof clothing and footwear appropriate to conditions</li><li>- A torch for running (head or chest torch)</li><li>- A charged and turned on mobile phone</li><li>- Water and nutrition</li></ul> <p>Please remember to wear appropriate clothing for the given conditions on the day. Trails shoes recommended. There will be water available in the woods but due to the fact that you will be self navigating between points you may not come across these water stops.. You must therefore bring and carry with everything you may need from water to nutrition such as gels, energy bars or chips. It is your responsibility to be self sufficient from start to finish.</p>
<b>RACE NUMBERS</b>	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.
<b>COURSE MARKING</b>	<p>There is none... it's self-navigation to find the special trees....duh...</p> <p>The course will also have a number of marshals strategically located along the way for your safety .</p>
<b>CUT OFF TIMES</b>	You have two hours to complete the challenge. Be back by 8:45pm or you will be disqualified, quartered and fed to the wolves.
<b>FIRST AID</b>	Will be available at finish but will also be mobile, in the case of any accidents on the course phone the number on the back of the race bib and if no signal alert a marshal.
<b>WITHDRAWAL</b>	If you pull out during the race, you must call and let race directors know.

## SMALL PRINT

<b>RULES, REGULATIONS AND ADVICE</b>	<p>All racers must stay together in their teams, any lone runners spotted by marshalls or wolves will be disqualified and vilified in the local press.</p> <p>All racers must abide by the countryside code whilst off road and the highway code whilst on the road sections.</p> <p>All litter must be kept &amp; 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 &amp; we need to keep it that way.</p> <p>Remember we are sharing footpaths with other countryside users like dog walkers, horse riders and mountain bikers. Please offer common courtesy &amp; 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.</p> <p>On route there are marshals/teams strategically placed for your enjoyment &amp; 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 and an ambulance at the race start/finish.</p> <p>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 finishing 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.</p> <p>On the back of your race number you will need to complete all the details including any medical conditions you suffer from.</p> <p>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.</p> <p>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.</p>
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**“Throw me to the wolves and I’ll come back the leader of the pack”**

It's on.

The Nobbler Team.