



## The John H Collins Gwent Cross Country League

**Parc Bryn Bach, Merthyr Road, Tredegar, Blaenau Gwent, NP22 3AY**

### **The Course / All Races**

This is a new course which forms part of the golf driving range at Parc Bryn Bach. The course will be undulating for all races with grass varying from smooth to uneven. There are some slightly stoney sections, so while spikes are the preferred footwear all runners should take care.

**Anyone using headphones, audio devices or mobile phones will be disqualified** (UKA Rules for Competition).

### **Travel and Parking**

Parc Bryn Bach can be found just off the A465 following the signs for Tredegar, the Parc is well signposted. Parking is available (free of charge) at the overflow carpark near to the tent village. There will be marshals on the main gate who will direct all participants and spectators to the parking area. Please note that the Parc requests that all event attendees use this overflow carpark and avoid using the visitor carparks which must be kept free for other Parc users. The approach road just before and just after the Parc entrance will be coned off to allow for access and egress in the case of emergency so do not attempt to park in these areas.

In the event of the overflow carpark becoming full, event attendees will be directed to the nearby Tafarnaubach Industrial Estate which is an approximate 7 minute walk to Parc Bryn Bach. Parking will be free but we ask that you please park sensibly and avoid blocking the public highway.

Coaches and minibuses will be required to park at the top end of the overflow carpark and will be directed by marshals.

### **Tents**

Pitch tents on the areas indicated on the map only.

To ensure no accidents arise, please 'cross-check' with your neighbour that tents have been safely pitched. If the wind becomes strong enough that tents may be blown down, please make the race referee aware.

### **Other Facilities**

Any Gwent League T-Shirt Winners can be collected from the building located at the Race HQ situated at the entrance to the course. Requested new blocks of numbers will also be available from this location. There will be portaloos located near to the tent village and are indicated on the map. There are also public toilets located at the Parc Visitor Centre which is an approximate 10 minute walk from the start line. There are showers and changing rooms available at a charge. There is a café located in the Visitor Centre serving hot/cold food /drinks. Please take off muddy shoes before entering the Visitor Centre. Any lost children should be taken to the announcer at the Race HQ (See Course Map).