

Gwent Cross Country League
Blaise Castle Estate, Bristol, BS10 7QT – Saturday 3 March 2018
Race Information

Parking

Blaise Castle has become increasingly popular in recent years, and if the weather is fine parking will be very tight. While there is plenty of street parking in the area, you will need to walk. Some parking is also available at Henbury Leisure Centre (0.7 mile) off Avonmouth Way. When leaving your vehicle here, please register your vehicles registration number with the reception desk.

Please share cars if possible, or get someone to drop you off if local.

Please plan to arrive early and allow time for parking.

Please do not leave valuables in your car.

Please park considerately.

As a condition of the license for this event, part of the Blaise Castle Main Car Park will be reserved for Blaise Castle regular users. NOTE - The Bakers Gate is allocated as the Ambulance Access for this event. Please do not obstruct this entrance.

Registration (Appointed Team Managers Only)

Registration will be located to the side of the club house through the play area. Appointed club team managers only – no personal entries are allowed. Registration will be open from 11am for declarations. Please ensure declarations and payments are made at least 15 minutes before the start of the appropriate race.

Presentations

We hope to be able to process results for leading junior individuals and teams, and hold presentations at the times indicated on the Course Map and Timetable. **Team managers please deposit your envelopes promptly in the usual box.** Full results will follow on the website. There will not be any presentations for the seniors at this event.

Coaches

There are large coach parking spaces in Lawrence Weston Road, adjacent to St. Bede's Catholic College, BS11 0ST. After dropping athletes off outside the car park, carry on along Kings Weston Road, and turn right into Long Cross as the pedestrian lights. St. Bede's is on your right about ¾ mile down the road. At the time of writing, only 2 bays are accessible to coaches due to roadworks, but this will hopefully be complete by the time of the event. The further bays are accessible to cars and minibuses.

Facilities

There are portaloos on the far side of the Club House (see map), and public toilets behind the café. There are no general showers or changing rooms available. Please arrive already changed. There is very little shelter – please ensure that your club has a tent available in case of inclement weather.

First Aid

First Aid is available at the Club House. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel and / or the nearest Race Marshal.

Green Man Ultramarathon

The Green Man Ultramarathon (45 miles) is being held the same day, and passes through Blaise Castle. The Park Ranger's Office, behind the café, will be used as a check-point for that event, after which runners will cross the course as indicated on the map, making their way to Kings Weston Down. Please look out for Ultramarathon runners and given them every care and encouragement.

Lost Children

Any lost children should be taken to the Club House (See Course Map).