



John H Collins Gwent Cross-country League

Incorporating the West Wales Cross Country Championships

Saturday 10th October 2026

Directions and Parking for Pembrey Country Park SA16 0EJ

West Wales welcomes athletes and spectators to Pembrey Country Park for the first Gwent League fixture of the 2026/27 season.

We are grateful for the support offered by Pembrey Country Park / Carmarthenshire County Council in hosting this event in their Park.

Directions

Pembrey Country Park has excellent road communications. Situated just off the Main A484 road between Carmarthen and Llanelli. The M4 junction 49 (follow the Brown directional signs) is just a short hop to the east of Llanelli (approx. 30 minutes away) and the A40 covers the approach west and north of Carmarthen. SATNAV: SA16 0EJ

Entry to the Park - IMPORTANT

Pembrey Country Park has a Vehicle Number Plate Registration (ANPR) system barrier system in place.

On arrival:-

- Drive up to barrier which will open automatically. If it does not open press for a ticket and barrier will open.
- Payments must be made before leaving at any of the 4 pay stations situated at: Beach Entrance, Ski & Activity Centre & Log Cabin before you exit the park.
- There are No Pay Stations at the exit barrier. If you drive to the barrier without paying, you will not be able to exit and will have to reverse out of the exit to go and pay.
- The parking fee is £5.00 for all day parking or £4 for up to 2 hours
- All Pay Stations are clearly marked and will accept card, contactless and cash payments.
- You can pre-pay for parking online before arriving at the park (this must be 90mins or more before entering the Park) <https://www.mipermit.com/>

PARKING

Do not park next to the course or at the ski centre.

When you enter the Park, you should follow the signs to the designated Gwent League car parks. These are situated by the Beach. They are clearly signed and cater for over 1,000 cars. The course map shows where the car parks are in relation to the course. Please do not park by the course or by the ski centre. You could be blocking emergency access. Only race officials and vehicles with club tents are permitted to park near the ski centre,

Club tents

All club tents will be on the main field by the finish, as shown on the course map..

Course

The Course is a mixture of flat parkland, forest trails, man-made hills and a little bit of sand! It has been designed to be accessible for all runners of all speeds and abilities. It has been slightly changed from previous years and it is the responsibility of each athlete to walk the course. The course is suitable for spikes or trail shoes. It is the responsibility of athletes to assess ground conditions on the day and select the appropriate footwear.

Registration

Registration is in the Gwent League tent or announcer's van near the finish area

Toilets

Portable toilets will be situated close to the race finish area. There are also facilities for disabled visitors in the ski centre.

First Aid

First Aid services for the event will be provided by Acute Medics. Medical facilities will be located close to the finish area with an off-road vehicle available to access all areas of the course

Facilities www.pembreycountrypark.wales

Pembrey Country Park is one of Wales's Top Visitor attractions providing a unique blend of coast and countryside. Set inside 500 acres of woodland, and alongside eight miles of golden sands, we've got everything to provide a perfect family day out, weekend camping break or a relaxing holiday in idyllic surroundings. Our restaurant (Yr Orsaf) will be open in the Park situated just outside the campsite serving beautiful breakfasts, lovely lunches and delicious dinners. It also has a licenced bar. There is also a small café and accessible toilets in the Ski and Activity Centre as well as a mobile catering unit by the course finish