The John H Collins Gwent Cross Country League

Blaise Castle Estate, Bristol, BS10 7QT – Saturday 5th December 2026

The Races

The course is largely the same as that used last year. Minor changes to the line taken may be taken to avoid any local over-use or erosion.

The grass varies from smooth to uneven, with molehills in places. As last year, the course will run along the top of the field after the zig-zag (J on map), avoiding the stoney track just inside the woods. There are still some short stony sections, so while spikes are the preferred footwear, runners should take care.

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

Travel and Parking

Parking in the main car park will be difficult unless you arrive early. **There are charges for using the main car park**. The maximum period which can be paid on arrival is 5 hours, but **drivers may 'top up'** towards the end of their stay. Please remember to do so.

Alternative car parks in the area are as follows:

- Parking at the **Henbury Leisure Centre (BS10 7NG, 700m, also closes 4pm)**.
- There is **plenty of street parking** in the **Long Cross area (BS11 0SJ, 800m)**, but do not leave valuables in your car (you'll come in this way from the M5 South).
- Please don't park in Blaise Plant Nursery - they will be busy selling Xmas trees.

Please arrive early and allow plenty of time to find parking and walk over.

Please share lifts where possible, or use public transport *(Bristol Temple Meads station and bus routes 1, 2, 3 or 4)*

Please park considerately – do not block driveways!

The **double yellow lines** outside the main car park may be faded but are still enforced!

Coaches and Minibuses (>= 12 Seats)

Would any club arriving by coach please email gwent.juniors@neilmiller.info to reserve a space in the main car park. There are also coach parking bays in Lawrence Weston Road, BS11 0ST.

Tents

When pitching your club tent, **please ensure that there is a gap for the 4x4 ambulance to access the course**, as shown on the map.

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

Gwent League T-Shirt Winners can collect them from the main room just inside the club house.

Requested **new blocks of numbers** will be available in the clubhouse.

There are **Portaloos** next to the Club House. We have been asked that you **don't use the public toilets**.

There are no showers or changing rooms available. Please arrive already changed.

There is a popular **café** between the main car park and club house. **Please take off muddy shoes before entering the café.**

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Blaise Community Garden café will be open from 9.45am to 3pm, offering a warm welcome, plenty of refreshments, and plenty of indoor seating. They are located just beyond Blaise Museum, and if you have parked at the Henbury end of the park you will walk via the garden. Blaise Community Garden was established 13 years ago in what was the original kitchen garden of Blaise House, now the museum.

Hot drinks and biscuits will be available in the clubhouse for officials, event volunteers and first aid.

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

Health and Safety

First Aid is available at the Club House. Race Marshals will be able to contact an emergency 4x4 vehicle.

Deer ticks have been found in the park. Anyone bitten by a tick should familiarise themselves with the **symptoms of Lyme Disease**. This is becoming more common in the UK, and all runners should be aware.

Please do not attend if you are unwell.

Fallen Tree

The large fallen tree (4' trunk) across the course at point H is still there this year. The council has removed a section more than 8' / 2½m wide, and we believe that it should not cause an obstruction (first photo). **HOWEVER**, since the natural approach to the tree would narrow the gap (second photo), we will need to route runners wide before turning into the gap.





Please ensure that your runners understand how to approach the tree safely, which will be marked with stakes/cones on the day.

We hope you enjoy the event. Please send any feedback to Neil Miller: gwent.juniors@neilmiller.info

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