



BRIDGEND ATHLETIC CLUB

Affiliated to: UK Athletics, Welsh Athletics and South Wales Region Athletic Board



BRIDGEND AC

WEBSITE : WWW.BRIDGENDAC.CO.UK

CHAIRMAN

Mr Alan Kerr

SECRETARY

Mr Richard Tidball

TREASURER

Mrs Helen Llewellyn

Gwent Cross Country League - Event Information

Newbridge Fields, Bridgend (Welsh Athletics Permit No – S2008/036)

Sunday 12th October 2008 – 12 noon start of first event

- Car Parking is available (FREE on Sundays) in Bridgend Recreation Centre and at Sunnyside (FREE) along side the large office block opposite Bridgend Recreation Centre – approximately 200 metres. **NOTE – All cars parked entirely at owners risk. Closes 4pm** Please **DO NOT** park on road alongside Newbridge Fields – Park Court Road as there is restricted parking and cars have been booked in previous years - **YOU HAVE BEEN WARNED!**
- Administration for team officials in Bridgend AC Clubhouse. **NO SPIKES** in Clubhouse.
- Refreshments and changing at Clubhouse. Toilets inside and outside of Clubhouse.
- Tents only to be erected in area shown on map in the middle of the arena.
- Marshals are sited around the course, wearing fluorescence bibs.
- **PLEASE** keep bridge clear to maximise area for athletes running in races.
- All starts near stone circle and all finishes in athletics arena. Listen to announcements.
- Please be aware that the public and other users will be using the park on the day.
- **FIRST AID** cover is provided by St Johns Ambulance on the day, with an ambulance sited near the bridge. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid personnel or event marshal.
- **HEALTH & SAFETY AT CROSS COUNTRY EVENTS –**
 - Athletes are advised that Health & Safety regulations recommend that you should examine the course for potential hazards before competing.
 - The course has been checked by the organisers and a risk assessment conducted. The race referee has inspected the course and declared it suitable for use.
 - Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately.
 - If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.
- **AND FINALLY** to help us - please take your rubbish home or put in bins provided. *Thank You*

We wish all a successful day

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CLUBHOUSE & TRACK, NEWBRIDGE FIELDS, ANGEL STREET, BRIDGEND. WALES UK. CF31 4AD