



## Timetable

EVENT	TIME	AGE GROUP	DISTANCE	ROUTE
Race 1	12:30	Novice Boys	1500m	Start → Lap A (short) → Lap C → Finish
Race 2	12:40	Novice Girls	1500m	Start → Lap A (short) → Lap C → Finish
Race 3	12:50	Under 13 Boys	2500m	Start → Lap AB → Lap C → Finish
Race 4	13:05	Under 13 Girls	2500m	Start → Lap AB → Lap C → Finish
Race 5	13:20	Senior Ladies	6000m	Start → (Lap AB → Lap C → Lap D) x 2 → Finish
Race 6	13:45	Under 15 Boys	4400m	Start → (Lap A → Lap C → Lap D) x 2 → Finish
Race 7	14:00	Under 15 Girls	4400m	Start → (Lap A → Lap C → Lap D) x 2 → Finish
Race 8	14:15	Under 17 / 20 Men	6000m	Start → (Lap AB → Lap C → Lap D) x 2 → Finish
Race 9	14:35	Under 17 / 20 Women	4900m	Start → Lap A → Lap C → Lap AB → Lap C → Lap D → Finish
Race 10	15:00	Senior Men	10000m	Start → (Lap AB → Lap C → Lap D) x 3 → Finish

## DIRECTIONS TO NEWBRIDGE FIELDS, BRIDGEND (Postcode CF31 4AD for SAT NAV Directions)

### From the West

Leave the M4 at Junction 37 (Pyle). Travel along the A48 (eastbound for approx 6 miles) towards Bridgend. Head for town centre and Bridgend Recreation Centre is sign posted on your approach.

### From the East

Leave the M4 at Junction 35 (Pencoed). Travel along the A473 dual carriageway for 3 miles. At the 2<sup>nd</sup> roundabout head into Bridgend and continue on A473 passing Bridgend College, across the traffic lights on to the bypass (30mph speed limit!!). Bridgend Recreation Centre is signposted at the 2<sup>nd</sup> left turn.

### Alternative Route from M4 Junction 36 (Sarn Park Services/McArthur Glen)

Follow the signs for Bridgend for 2 miles on the A4061. Travel straight through the traffic lights, passing Tescos. Take the right at the roundabout and left at the next set of traffic lights. Continue straight to Rec Centre **NEWBRIDGE FIELDS AND BRIDGEND ATHLETICS CLUBHOUSE AND TRACK IS TO THE REAR OF BRIDGEND RECREATION CENTRE. CAR PARKING IS AVAILABLE AND ALSO ACROSS THE ROAD AT SUNNYSIDE – AONGSIDE THE TALL OFFICE BUILDING – APPROXIMATELY 200 METRES.**