



BRIDGEND ATHLETIC CLUB

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



WEBSITE : WWW.BRIDGENDAC.CO.UK

Gwent Cross Country League - Event Information

Newbridge Fields, Bridgend (*UK Athletics Licence Event – South RAC CC-27*)

Sunday 11th October 2015 – 12:30pm start of first event

- Car Parking is available (FREE on Sundays) in HALO Life Centre/Bridgend Recreation Centre and at other locations around the town – see accompanying info sheet.

NOTE – All cars parked entirely at owners risk.

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, and on foot presence on Lap C whilst races are in operation. 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

Bridgend AC Committee

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