

Timetable

11.45	U11 Boys	1.5k
11.55	U11 Girls	1.5k
12.05	U13 Boys	2.6k
12.15	U13 Girls	2.6k
12.30	Senior Women	6.0k
13.05	U15 Boys	4.4k
13.30	U15 Girls	4.4k
13.50	U17/20 Men	6.0k
14.15	U17/20 Women	4.9k
14.40	Senior Men	10.4k

Travel to Gwent League (Newport)

Address:

The Glebelands, Bank Street, Newport

Post code: NP19 7HF

Access to Glebelands via bridge – maximum axle weight 7 tonnes

From Cardiff:

Exit M4 at J26

At roundabout 3rd exit onto Malpas Rd/A4051

At next roundabout 5th exit then branch right up flyover towards M4 East

Through traffic lights to next roundabout 2nd exit

Branch onto left slip road (not right as this will take you on M4 East)

At next roundabout 3rd exit

Short distance then right turn onto Bank Street

Down Bank Street to traffic lights, over single lane bridge

You have arrived

(More straightforward but longer route – M4 eastbound to J24 – exit and rejoin M4 westbound – then as per below exit J25)

From Bristol:

Exit M4 at J25

At roundabout 1st exit

Short distance then right turn onto Bank Street

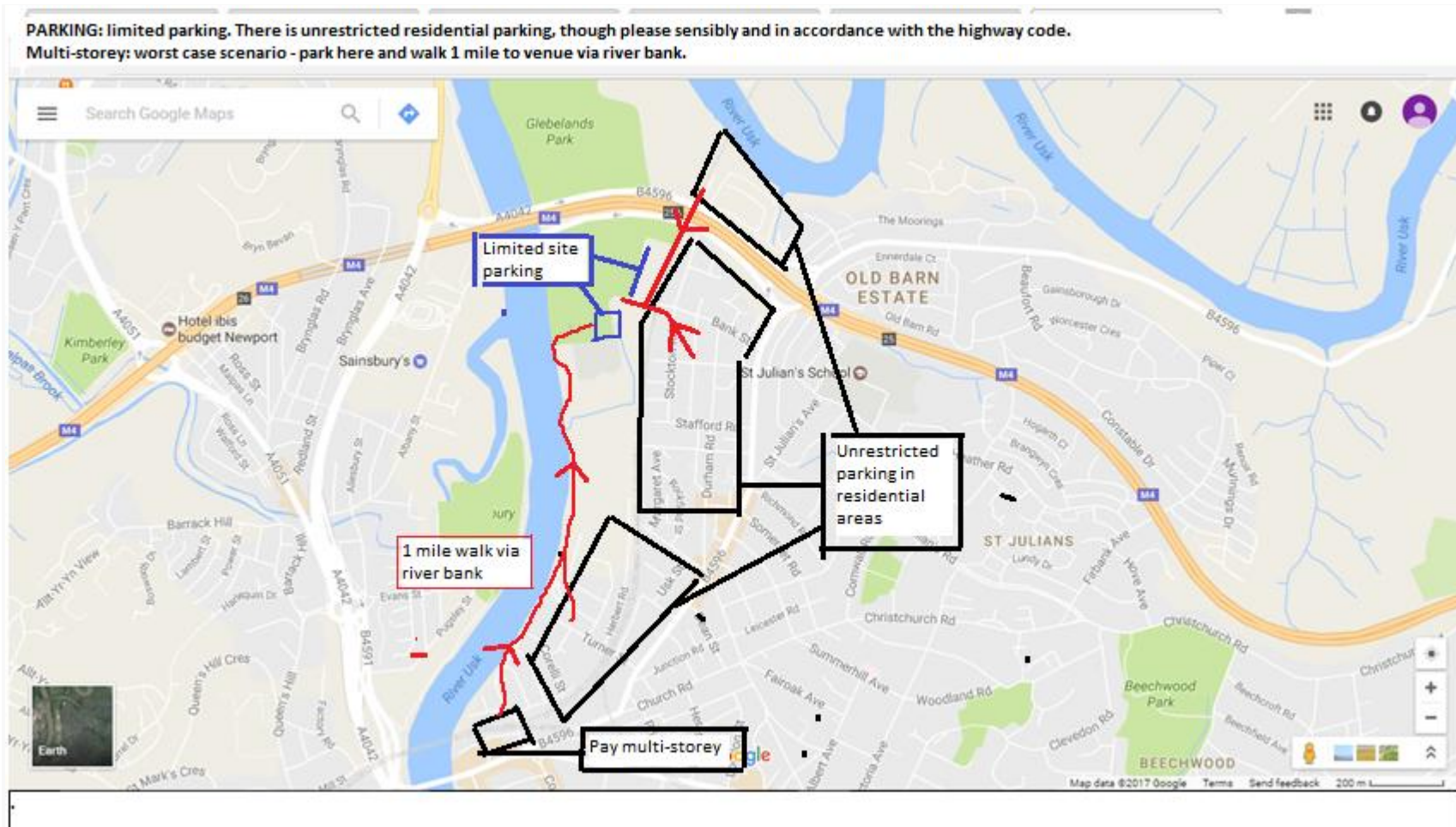
Down Bank Street to traffic lights, over single lane bridge

You have arrived

Parking

There is limited parking at The Glebelands and there will be several rugby and football matches on as well.

There is unrestricted street parking in residential areas near to The Glebelands, and a pay multi-storey car park 1 mile away. See map below.



Registration

Team managers only to registration, which is located in St Julians RFC clubhouse.

Refreshments

Limited hot and cold refreshments will be available from St Julians RFC clubhouse.

Facilities

There will be small and limited general shower and changing room facilities. As most do, it will be better to arrive already changed.

Tent space is also limited. Best initial location will be in between the trees alongside the railed football pitch.

Health and Safety

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and / or Referee immediately. Athletes are reminded of their duty of care for each other. If you suspect that someone, athlete or other park user is in need of medical assistance you must act appropriately.

First Aid

First Aid will be available and is provided by St John's Ambulance. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel and / or the nearest Race Marshal.

Toilets

There will be toilets in the changing rooms. Porterloos will also be present.

Other Park Users

The race is held in public playing fields and rugby and football matches are also planned this day. The area is also used by general members of the public.

Athletes should respect other users of the grounds and immediately report any difficulty or dispute to the nearest Race Marshal.