Gwent Cross Country League
Blaise Castle Estate, Bristol, BS10 7QT – Saturday 2nd March 2019
Race Information

Parking

Blaise Castle has become increasingly popular in recent years, and if the weather is fine parking will be very tight. While there is plenty of street parking in the area, you will need to walk. If leaving your vehicle at Henbury Leisure Centre, please register your vehicles registration number with the reception desk.

While there is plenty of street parking in the Long Cross area (BS11 0SJ), please do not leave valuables in your car

Please arrive early and allow plenty of time for parking up and walking over (typically ½ mile)

Please share lifts if possible, or get someone to drop you off if local.

Please park considerately – do not block driveways!

As a condition of the license for this event, part of the Blaise Castle Main Car Park will be reserved for Blaise Castle regular users. NOTE - The Bakers Gate is allocated as the Ambulance Access for this event. Please do not obstruct this entrance.

There are large coach parking spaces in Lawrence Weston Road, by St. Bede's Catholic College, BS11 0ST.

Registration (Appointed Team Managers Only)

Registration will be located to the **side of the club house** through the play area. Appointed club team managers only – no personal entries are allowed. Registration will be open from 11am for declarations. Please ensure declarations and payments are made at least 15 minutes before the start of the appropriate race.

Gwent League T Shirts (See Website for Details)

Gwent League T-Shirts are not for sale, but are free for those finishing in the top 10% of any race during the winter. T-Shirt winners can collect them from the clubhouse (via the front entrance) during the day.

Presentations

We hope to be able to process results for leading junior individuals and teams, and hold presentations outside the front of the clubhouse (or inside if wet), at the times indicated on the Course Map and Timetable. **Team managers please deposit your envelopes promptly in the usual box**. Full results will follow on the website. There will not be any presentations for the seniors at this event.

Access

Please keep the path in front of the clubhouse clear for park users and ultramarathon runners!

Facilities

There are **portaloos** on the far side of the Club House (see map), and **public toilets** behind the café.

There are no general showers or changing rooms available. Please arrive already changed. There is very little shelter – please ensure that your club has a tent available in case of inclement weather.

First Aid

First Aid is available at the Club House. 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.

Green Man Ultramarathon

The Green Man Ultramarathon (45 miles) is being held the same day, and passes through Blaise Castle. The Park Ranger's Office, behind the café, will be used as a check-point for that event, after which runners will cross the course as indicated on the map, making their way to Kings Weston Down.

Please look out for Ultramarathon runners and given them every care and encouragement.

Lost Children

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