



Gwent League - Saturday 14th October **Pembrey Country Park SA16 0EJ**

Carmarthen and District Harriers welcomes athletes and spectators to Pembrey Country Park for the first Gwent League Fixture of the 2023 / 2024 Season.

The Club are grateful for the support offered by Pembrey Country Park / Carmarthenshire County Council in hosting this event in their Park. The First Aid services for this event will be supplied by St John Cymru.

Facilities www.pembreycountrypark.wales

Pembrey Country Park is one of Wales's Top Visitor attractions providing a unique blend of coast and countryside. Set inside 500 acres of woodland, and alongside eight miles of golden sands, we've got everything to provide a perfect family day out, weekend camping break or a relaxing holiday in idyllic surroundings.

There is a new restaurant (Yr Orsaf) open in the Park situated just outside the campsite serving beautiful breakfasts, lovely lunches and delicious dinners. It also has a licenced bar. There is also a small café and accessible toilets in the Ski and Activity Centre and there will be mobile catering units by the course.

Registration is in the Marquee by the Finish of the course and portaloos will also be available (see map).

New Course

The Course is a mixture of flat parkland, forest trails, man-made hills and a little bit of sand! It has been designed to be accessible for all runners of all speeds and abilities. It has been changed slightly from previous years.

Directions

Pembrey Country Park has excellent road communications. Situated just off the Main A484 road between Carmarthen and Llanelli. The M4 junction 49 (follow the Brown directional signs) is just a short hop to the east of Llanelli (approx. 30 minutes away) and the A40 covers the approach west and north of Carmarthen. **SATNAV: SA16 0EJ**

Entry to the Park - IMPORTANT

To enter Pembrey Country Park this weekend, parking payment will be required on the barrier as you enter.

The parking fee is £4.50 for all day parking or £4 for up to 2 hours

You can pre-pay parking online by following the link below

If you pay online or have an annual parking permit, please have this information ready to show the attendant on the barrier.

We politely ask that all payment methods are ready when you approach the barrier for us to keep queues to a minimum.

Thank you for your cooperation.

Pre-pay parking here: <https://www.pembreycountrypark.wales/parking-annual-parking-permits/>

PARKING

When you enter the Park, you should follow the signs to the designated Gwent League car parks. These are situated by the Beach.

These are clearly signed and cater for over 1,000 cars. The course map shows where the car parks are in relation to the course.

Please do not park by the ski centre.

Club tents

All club tents will be on the main field by the finish or by the catering van. This is detailed on the course map. Please **do not** put your club tents where you have previously.

Activities

Pembrey Country Park has an abundance of activities for the entire family from Dry Ski Slope, Golf, Cycling, and lots more...

To book any activities, please click: <https://penbre-sirgar.bookinglive.com/>

