

The John H Collins Gwent Cross Country League

Blaise Castle Estate, Bristol, BS10 7QT – Saturday 2nd December 2023

The Races

The course is be similar to that used last year, without the cuts caused by the temporary film set.

The grass varies from smooth to uneven, with molehills in places. Given the recent wet weather, slippery mud is likely in places. This year the course will run along the grass after the zig-zag (J on map), avoiding the stoney track just inside the woods. There are still some short stony sections, so while spikes are the preferred footwear, runners should take care.

Anyone using headphones, audio devices or mobile phones will be disqualified (UKA Rules for Competition).

Travel and Parking

Parking in the main car park will be difficult unless you arrive early. **There are now charges for using the main car park.** The maximum period which can be paid on arrival is 5 hours, but **drivers may 'top up'** towards the end of their stay. Please remember to do so.

Alternative car parks in the area are as follows:

- **The Avon Riding Centre (BS10 7QT, 650m)**, entrance opposite end of main car par. Please don't park along the access road. NB This may fill up quickly. **Gates Close 4pm Promptly**
- There's also parking at the **Henbury Leisure Centre (BS10 7NG, 700m, also closes 4pm)**.
- **If you'd like a meal afterwards**, and reserve a table at **The Henbury Arms (0117 9500 144)**, they're happy for you to leave your car in their car park (BS10 7AD, 700m). There's a large range of meal choices (www.stonehouserestaurants.co.uk). It's a pleasant walk up Rectory Gardens, past St. Mary's Church, and up Church Lane to the park gates on your left.
- There is **plenty of street parking** in the **Long Cross area (BS11 0SJ, 800m)**, but do not leave valuables in your car (you'll come in this way from South Bristol or M5 South).
- **We cannot use the Blaise Plant Nursery** this year (they will be busy selling Xmas trees).
- **Station Road (BS10 7TB) will be closed.** This will affect anyone **travelling via Cribbs Causeway**, but a simple diversion via The Brenty Roundabout is hardly any further.
- **Kings Weston Road will be closed (BS11 0UW)** at the Shirehampton Road end (the road outside Blaise Castle to Long Cross is fine). **This will affect anyone travelling from Bristol along The Portway** (travel from the M5 side unaffected). Diverting via Long Cross will take 10 minutes longer.

Please arrive early and allow plenty of time to find parking and walk over.

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

Please park considerately – do not block driveways!

The **double yellow lines** outside the main car park may be faded but are still enforced!

Coaches and Minibuses (>= 12 Seats)

Would any club arriving by coach please email gwent.juniors@neilmiller.info to reserve a space in the main car park. There are also coach parking bays in Lawrence Weston Road, BS11 0ST.

Other Facilities

Gwent League T-Shirt Winners can collect them from the main room just inside the club house.

Requested **new blocks of numbers** will be available in the clubhouse.

There are **portaloo**s next to the Club House. We have been asked that you **don't use the public toilets.**

There are no showers or changing rooms available. Please arrive already changed.

There is a popular **café** between the main car park and club house. Hot drinks and biscuits will be available in the club house for officials and volunteers only (free but self-service). **Please take off muddy shoes before entering the café.**

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

First Aid is available at the Club House. Race Marshals will be able to contact an emergency 4x4 vehicle.

We hope you enjoy the event. Please send any feedback to Neil Miller: gwent.juniors@neilmiller.info