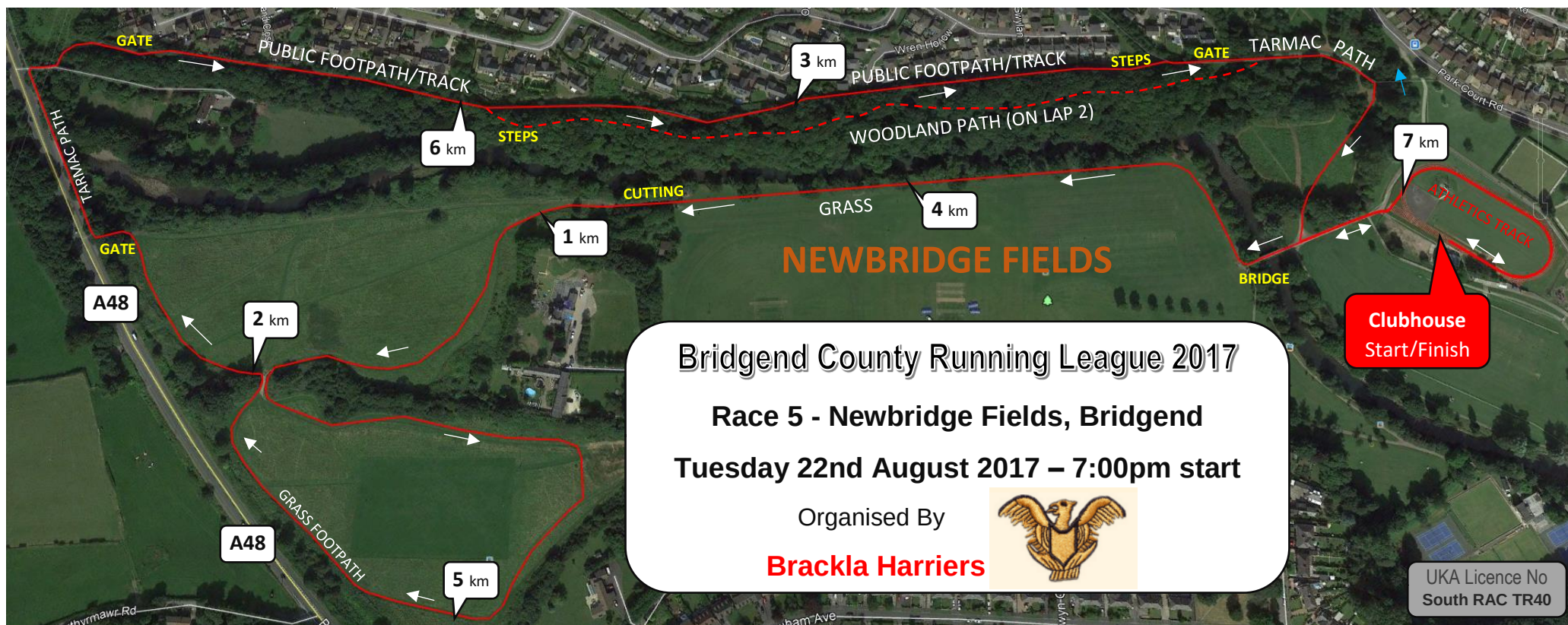


The 5th fixture of the Bridgend Running League will run from the Athletics Track on Newbridge Fields on a 2 lap course across and around the fields, the A48, woodland path and track and return to the track.



- Car Parking is free at the nearby HALO Life Centre or other car parks are available in the nearby town centre. Please park responsibly in the area.
- Runners are to pay and collect their numbers from the trackside clubhouse from 6:00pm. (Postcode CF31 4AD or click <https://bridgendac.wordpress.com/contact-us>)
- There is changing, showers and toilets available, Baggage can be left at owners risk behind the Admin desk but **NO VALUABLES PLEASE**.
- The start and finish is on the track outside the clubhouse, with a race briefing just before the start. The route is 7.2km approx (4.5 miles)
- The route will be marked with arrows and barrier tape and marshals at key points around the course St Johns Ambulance are in attendance.
- Please be aware that we share the park with the public and there will be other users who will be using the park/footpaths on the day. No litter please.
- Presentations at the Bridgend Tennis club a short 200 metre distance from the clubhouse track from 8:15pm ish to the 1st, 2nd, & 3rd male & female.
- **Note: it is likely that the underfoot conditions on the Footpath and Woodland Trail will be damp and some runners will prefer studded footwear. You are advised to check out the course in advance. Spiked footwear is NOT advisable due to the sections of the tarmac.**
- **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.**
- The last race of the 2017 Bridgend County Running League is the Tuska Beach Race on Wednesday 30th August. 7pm start. Race HQ is Porthcawl RFC
- **Date for your Diary - 2017 Bridgend County Running League Presentation Night – Friday 6th October – Hi Tide Porthcawl - Tickets available soon!**