

Information for Team Managers, Athletes, Spectators & Officials

Car Parking Information

Parking for all athletes, spectators and team coaches will be provided at Brecon Leisure Centre LD3 9SR. Parking on the road is not encouraged and may lead to vehicles being booked (this has happened at previous events held at the venue).

Headquarters

The event headquarters (Race HQ) including registration, is at the Brecon AC Pavilion in the main field and adjacent to Brecon Athletics Track.

Team Declaration

Team Managers are required to declare their teams at Race HQ 45 minutes prior to the start of the race. Team alterations are allowed up to 15 minutes before the race start time.

Regional Tents

For those groups and regions that wish to bring tents, there is a designated area in the main field alongside the Brecon AC Pavilion. You will be directed to the correct location on the morning of the event.

Presentations

Presentations will be made outside the large marquee following each race, as soon as results can be ratified. Presentations will be for the first three individuals and the winning regional teams.

Further information;

- Toilets are available at the toilet / changing block as marked on the map and at the leisure centre.
- On-site catering will be provided at the Brecon AC Pavilion by Brecon AC.
- Marshals are located around the course and will be wearing fluorescent BIBS to make them easily identified.
- **FIRST AID** cover is provided by St John Cymru Wales on the day. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to an event marshal who can summon First Aid personnel.
- Please place any litter in the bins provided.
- **Health & Safety at Cross Country events** – Athletes are advised that Health & Safety regulations recommend that you should examine the course for potential hazards before competing.

Race	Time	Age Group	Course	Distance
1	11.30	Primary Girls	A,B,E + Finish	1,250m
2	11.45	Primary Boys	A,B,E + Finish	1,250m
3	12.00	U13 Girls	A,B,D,E + Finish	2,120m
4	12.10	U13 Boys	A,B,D,E + Finish	2,120m
5	12.20	U15 Girls	A,B,C,D,E = Finish	3,020m
6	12.35	U15 Boys	(A,B,D,E), (A,B,D,E) + Finish	4,440m
7	12.50	Sen Men & Masters	(A,B,C,D,E), (A,B,C,D,E), (A,B,C,D,E) + Finish	9,440m
8	13.40	U17 Women	(A,B,D,E), (A,B,D,E) + Finish	4,440m
9	14.00	U17 Men	(A,B,D,E), (A,B,C,D,E) + Finish	5,340m
10	14.15	Sen Women & Masters	(A,B,C,D,E), (A,B,C,D,E) + Finish	6,240m
11	15.00	U20 Men	(A,B,C,D,E), (A,B,C,D,E) + Finish	6,240m
12	15.15	U20 Women	(A,B,D,E), (A,B,C,D,E) + Finish	5,340m

We wish all a successful day ~ Thank You

For more information;