



LLISWERRY

RUNNERS

Est 1985

GLCL XC Series: Fixture 2 of 5

11am 29th November 2026

Cefn Wood, Rogerstone, Newport, NP10 9YX

Venue

Lliswerry Runners welcome you to the second fixture of the 2026/27 XC series, at Cefn Wood, Rogerstone, Newport. A fantastic varied terrain cross country course featuring hills, grass, mud and technical woodland sections, all just minutes from the heart of Newport.

Timetable

Junior Races

8.50am – Junior Race Registration

- 9am – Under 7's – 0.5 mile race
- 9.20am – 7 – 11 – 1 mile race
- 9.40am – 12 and over – 2 mile race

Adult Races

11am – Senior Men & Women

Senior Men & Women – 4 laps x 2.1km – 8.4km

EVENT LICENCE: TBC





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PARKING

PARKING IS EXTREMELY LIMITED AT CEFN WOODS PLEASE ALLOW PLENTY OF TIME TO PARK

As the venue is located in a residential area and its continued use relies on the goodwill of the local community we request that all runners park considerately at all times, and avoid using residential roads where possible.

There will be no parking at Rogerstone Primary School. Please use the car park at 14 Locks Canal Centre, or on-road parking at the Wern Industrial Estate (next to Tiny Rebel and toilets). There are parking restrictions in place at Wern Industrial Estate, please follow the parking marshals advice when parking. Both car parks are a 15 minute walk from the venue.



Race
Venue



Suggested
Car Parks



Walk
Route to
Venue

Wern Industrial Estate
NP10 9FQ

14 Locks Canal Centre
NP10 9GN



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RACE INFORMATION

Headphones

All GLCL races are strictly no headphone events. If you observe any runner wearing headphones of any type, please ask them to remove them or point them out to a marshal. Runners that insist on wearing headphones will be asked to withdraw from the race and their club could be penalised.

Race

Please see the attached map for the race route. All runners should collect their individual race number prior to the start of the race. No race number = no result. Results/Times will be recorded gun-to-chip.

The race will start on the football pitches above Rogerstone Primary School and will be clearly marked by flags. From the start runners will head East, upon reaching the footpath, runners will be directed up hill through the trees, the route will then head out onto open fields where runners will follow a zig-zag track uphill. Runners will then follow the boundary of the fields before heading downhill and into Cefn Woods. The course follows a technical single track through the woodland before emerging on the lower playing fields. The route then hugs the treeline to complete the first lap.

At the end of lap 4, runners will be directed by marshals to make a right-hand turn down a bank onto the lower playing fields and into the finish funnel. As you cross the finish line runners must stay in order in the finish funnel and collect a finish position token. Runners should be scanned by their club representative and position barcodes returned.

Lliswerry Runners request that once runners have finished their run, they do not use the course to warm down. We also encourage all runners to support their team mates as they complete the course, but ask that you please stay off the course as you cheer your runners home!





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RACE INFORMATION CONTINUED

Hazards

The course does contain a number of potential hazards as you would expect at any cross country race, these include, tree roots, rocky ground, tree stumps, branches, bushes, and uneven ground. As the course uses large sections of grassland, if the weather has been wet prior to race day, the course is likely to be boggy, muddy and slippery in places. Lliswerry Runners encourage all participants to wear appropriate footwear for the nature of the course. Due to a rocky section through the woods we do not recommend spikes.

First Aid

St Johns Ambulance will be in attendance for the duration of the race

Water Stations

There will be no water stations available on the course and no water will be provided at the finish. Please bring your own drinks as required. Please ensure that you take all rubbish with you when you leave the venue.

Toilets

Tiny Rebel Brewery (Wern Industrial Estate, NP10 9FQ) have very kindly allowed access to their toilets BEFORE the adult race only. Please ensure that you remove all dirty footwear before entering the premises. We can recommend Tiny Rebel for a post race pint or Sunday lunch!

Race Permit: TBC

The race will be run in accordance with UK Athletics Rules.





High Cross Rd

LAP = Approx 2.1km

START

FINISH

ALL RUNNERS
4 LAPS
APPROX 8.4km