

Parc de Pugh, Brecon LD3 7HH:

From the South and West:

Arrive at the roundabout at the Western edge of the Brecon bypass via the A470 (from Merthyr) or A40 (from Llandovery) and travel along the bypass for 2 miles coming to the first roundabout (Abergavenny right, Brecon left). Turn left towards Brecon. After approx. 1 mile there is a Morrisons petrol station on your left – the course is on the left immediately before the petrol station (over the humpback bridge). Note – no coaches to attempt to turn in here!

From the East:

When travelling along the dual carriageway approaching Brecon from the Crickhowell direction you will come to a roundabout with Brecon signposted straight ahead – proceed straight ahead and then after approx 1 mile there is a Morrisons petrol station on your left – the course is on the left immediately before the petrol station (over the humpback bridge). Note – no coaches to attempt to turn in here!

From the North:

Join the northern end of the Brecon bypass. Ignore the initial right turn signposted Brecon and proceed down to the roundabout approx. 1 mile later. Take the right/third exit, signposted Brecon. After approx. 1 mile there is a Morrisons petrol station on your left – the course is on the left immediately before the petrol station (over the humpback bridge). **Note – no coaches to attempt to turn in here!**

This is Remembrance Sunday so the centre of Brecon may be closed during the morning.

Car parking:

There is room for approx. 70 cars in the rugby club car park (over humpback bridge, turn left.). There is room for another 40+ cars in the sports ground car park (over humpback bridge, turn right). **LD3 7HH.**

Opposite Morrisons petrol station is an uphill road that leads to further parking **LD3 7HR**. Turn left at the top of the hill for parking spaces outside the council offices. PLEASE NOTE – if you turn right at the top of this hill the car park there is used primarily by the police and they may not be too happy! At your own risk! There may be some roadside parking further along.

If all of these parking areas are full, proceed towards Brecon town centre and you have two further choices:

At the first mini roundabout you could turn right and there is a car park on the immediate left. **LD3 7EE**

Alternatively, go straight ahead at the mini roundabout and then turn left towards Theatre Brycheiniog and there are car parks there, **LD3 7EW**– you can walk back to the course along the canal side – approx 400-500 yards.

Coach parking:

I suggest that you drop your athletes near to the course (but not on the side of the road before Morrisons petrol station) – one possibility is on the uphill road opposite Morrisons petrol or a little further along the road after Morrisons). There is a dedicated coach park near Theatre Brycheiniog (see car directions above).

Registration etc:

In the rugby club facilities at Parc de Pugh!

- Refreshments and (possibly) changing (tbc) inside rugby club facilities. It is better if you come changed.**
- Tents only to be erected in area shown on map in the showground field (see map) Not on the rugby fields or sports association field.**
- Marshals are sited around the course, wearing fluorescent bibs.**
- Please be aware that there are some private houses alongside the rugby ground and there is a public footpath along the riverside – please respect residents/users.**
- No dogs – there will be sheep in some fields and our agreement with the landowners is for NO DOGS.**
- FIRST AID cover is provided by EAS Wales on the day. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid personnel or event marshal.**
- 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.
 - The course has been checked by the organisers and a risk assessment conducted.
 - 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.
- AND FINALLY** to help us - please take your rubbish home or put in bins provided.