

## THE MAGIC ROUNDABOUT 10 KM.

### How to find it;

By road join the Hereford to Brecon A 438. There will be signs to the car park for the race on this road at the village of LLOWES which is between CLYRO and GLASBURY. (Schematic map attached)

For those who use Ordnance Survey maps, O/S 188 shows the Begwns and the field we will be using for car parking is at grid reference SO 168437.

There will be a small charge (£1.50) for parking but please use the car park you are directed to as off-road parking on the Begwns is very limited and governed by National Trust regulations. We will have a toilet near the car park this year. You should allow 10 minutes for a gentle walk across country (grass track) from the car park following signs to race H.Q. (850 metres).

### Race H.Q.

This is situated close to the finish of the race. The Race Director will be on hand here if anyone has any questions or requires any assistance.

A map and description of the course will be displayed at the registration tent. (If you have your number you do not need to report to registration on the day). Toilets will be provided and a few refreshments.

There will be limited facilities (an old Army tent) for changing and a place to leave bags, tagged with your race number, (at owners risk).

Red Cross First Aiders will be in attendance.

### The Race;

The start will be at the Roundabout, 650 m. uphill from race H.Q., so there's no excuse for not warming up before the start! (Allow 10 mins from H.Q. if walking!)

Note: If the weather is cold or wet competitors may leave their outer clothes in a vehicle at the start, to be collected after the race from the baggage tent.

The Course is undulating, mostly on close-cropped turf, with a short stretch of stone track, one or two puddles/lakes and perhaps a muddy downhill stretch depending on the weather. It will be well marked by small wooden pegs and marshals. There will be a water station at about 6 km

### Supporters;

Supporters should use the car park provided and ensure that dogs are kept on the lead for there will be sheep in the area. There are magnificent views of the surrounding countryside from the Roundabout where you can watch the start of the race and also see the runners on the 4 – 5 km. part of the course. The runners will pass close to H.Q. at the 6 km. water station from where you will have plenty of time to walk back to the finish area.

Have a great race and a memorable day !!

### Pre-race Contacts:

Jo Lord, Secretary,

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