

# Bridgend County Running League: Race 2 : Kenfig Nature Reserve

Tuesday 24th May 2022 – 7:00pm start : Organised by Cornelly Striders



The second fixture of the League will be on the Kenfig Dunes Complex out of the Kenfig Nature Reserve Centre, with free car parking. The event is a sandy 5 kilometre rolling course to Sker Beach and back.

**KENFIG NATURE RESERVE CENTRE**

**RACE HQ**  
POSTCODE CF33 4PT

**KENFIG DUNES**

**RACE HQ**  
**START/FINISH**  
**CAR PARK**

KENFIG VILLAGE

Organised by  
**Cornelly Striders**

Porthcawl Road

**PYLE & KENFIG GOLF COURSE**

**SKER BEACH**

OLD ROAD

SKER LIFEGUARDS HUT

Turn Point

SKER HOUSE

UKA Licence No Applied for

The BCRL appreciates the help and support by the Kenfig Nature Reserve in allowing the running of this event

**IMPORTANT INFORMATION** - The event is predominantly on sand and paths; it starts and finishes at the Kenfig Nature Reserve Centre. The route will be marked and marshaled. Runners have a duty of care for others, so please relay any runners in trouble to the next available marshal. 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.

- **THERE IS NO ENTRY ON THE NIGHT** – Entries close at midnight on Saturday 21<sup>st</sup> May 2022 – Entry via <https://bridgendcountyrunningleague.com>
- Entry is **£5.00**. Registration is from 5:30pm and will take place at the Kenfig Nature Reserve building. Toilets available onsite. Baggage can be left at the owners' risk at the Nature Reserve Centre.
- Parking is available at Kenfig Nature Reserve, parking is limited so could we ask that you please car share if possible. Parking will be marshalled
- This event is a 5 kilometre run from the Nature Reserve centre, to Sker and back, the route consists of sand, grass paths and tarmac, spikes are not recommended. The run route is all off road and will be marked with stakes, tape and marshalled at key points along the course. The race briefing will take place outside the Kenfig Nature Reserve building at the start of the route. First Aid is available around the route and start/finish
- Club vests must be worn please. Presentations to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female will be made.