

## **ABERGELE BORDERS LEAGUE 2014**

This is an GPS measured 5 mile course taking place along the coastal path between Pensarn and Llandulas. Runners head along the path for 1.6 miles, before turning left and heading up towards the caravan park on Beach House Road. (Note this is a different caravan camp to previous races). After a loop of the camp, runners then return to the cycle path and back towards the finish in Pensarn.

There is parking and toilets, however no changing facilities are available. A café will be open for hot drinks and food as required. Please try to car share.

### Directions

Eastbound:    1. Exit A55 at junction 23A  
                  2. Take 1<sup>st</sup> left off roundabout, & over railway bridge  
                  3. Bear left, car parks are on the right-hand side

Westbound:    1. Exit A55 at junction 24  
                  2. Take 1<sup>st</sup> main exit, signposted Abergele  
                  3. After half a mile, turn right at traffic lights  
                  4. Follow road for 0.7 miles  
                  5. Take 1<sup>st</sup> left off roundabout over railway bridge  
                  6. Bear left, car parks are on the right-hand side

**\*\*Please use the car parks as the race starts on the road adjacent\*\***

Postcode for this venue is LL22 7PP