



Prestatyn Running Club - Border League Race 7

24th April 2019 – Race Start 19:30hrs

Location:

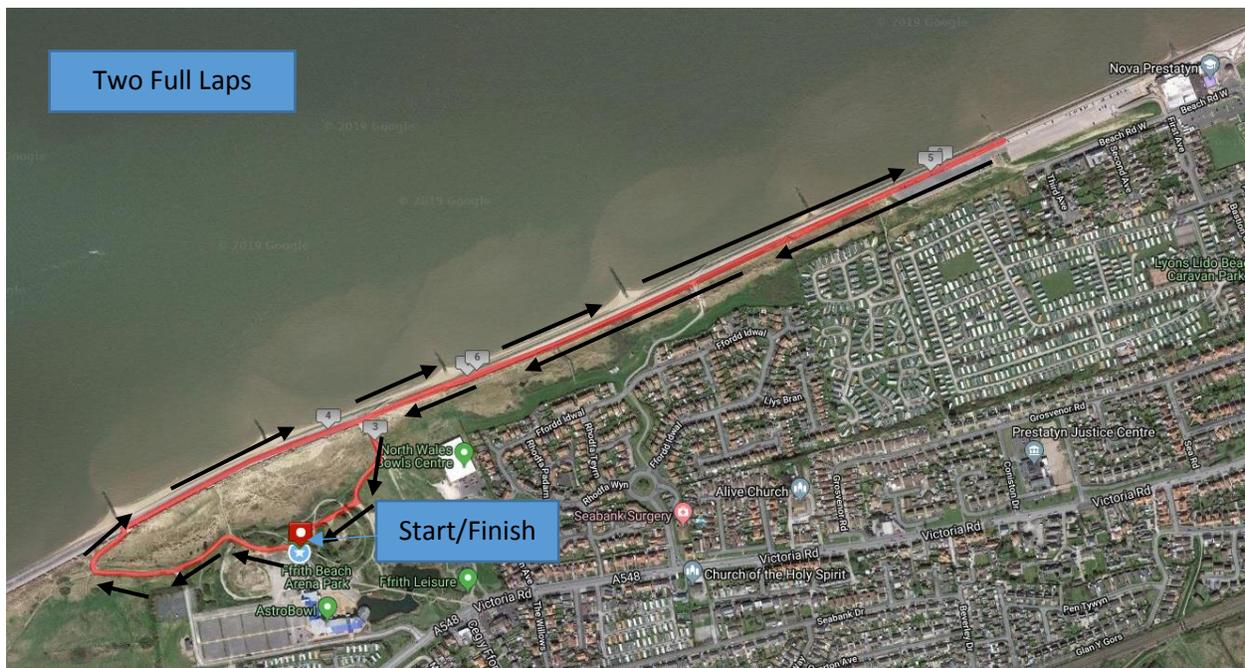
Ffrith Park, Victoria Road West, Prestatyn, LL19 7AR, North Wales, UK

Important: Please note that due to development work at the Ffrith venue there are some changes to parking arrangements and the course previously used for races at the venue. Please read the information below carefully.

Course:

The race will be run **over two laps** using a large part of the Ffrith 5K route. Approx. 4miles

The start is slightly different than the Ffrith 5k and is located on the path behind the main Ffrith building. The route then follows the path and out of the west entrance onto the prom. There is then an out and back to the turnaround and then back into the park via the East entrance. Follow the path round and then out onto the second lap. The finish will then be under the bridge at the start area.



Check out this map on MapMyRun: 6.45 km PRC BL - 24th April 4miles
Distance: 6.45 km

<https://www.mapmyrun.com/routes/view/2445408673>

The course route is on public pathways so please be mindful of other users.

Parking

Due to ongoing development work at the Ffrith venue parking is more restricted/limited than in previous years. Please also note that due to other events at the venue parking will also be impacted before approx. 7:30pm.

We are therefore offering the following parking advice:

- Parking at the Ffrith venue before the race will be prioritized for officials and marshals.
- Runners are advised to park at the Nova Leisure Centre and Beach Road parking. If you park at the far west end of this car park then it is only a short walk down to the start location.
- If any runners are arriving before 6:30pm then please do not try and park at the Ffrith as we need to be fair to other users of the venue until after the race finishes
- Anyone attending the presentations can then drive to the Ffrith after the race finishes when parking should be more readily available.
- As ever please car share if possible.

Nova Leisure Centre Parking Location: **Beach Rd W, Prestatyn LL19 7EY**

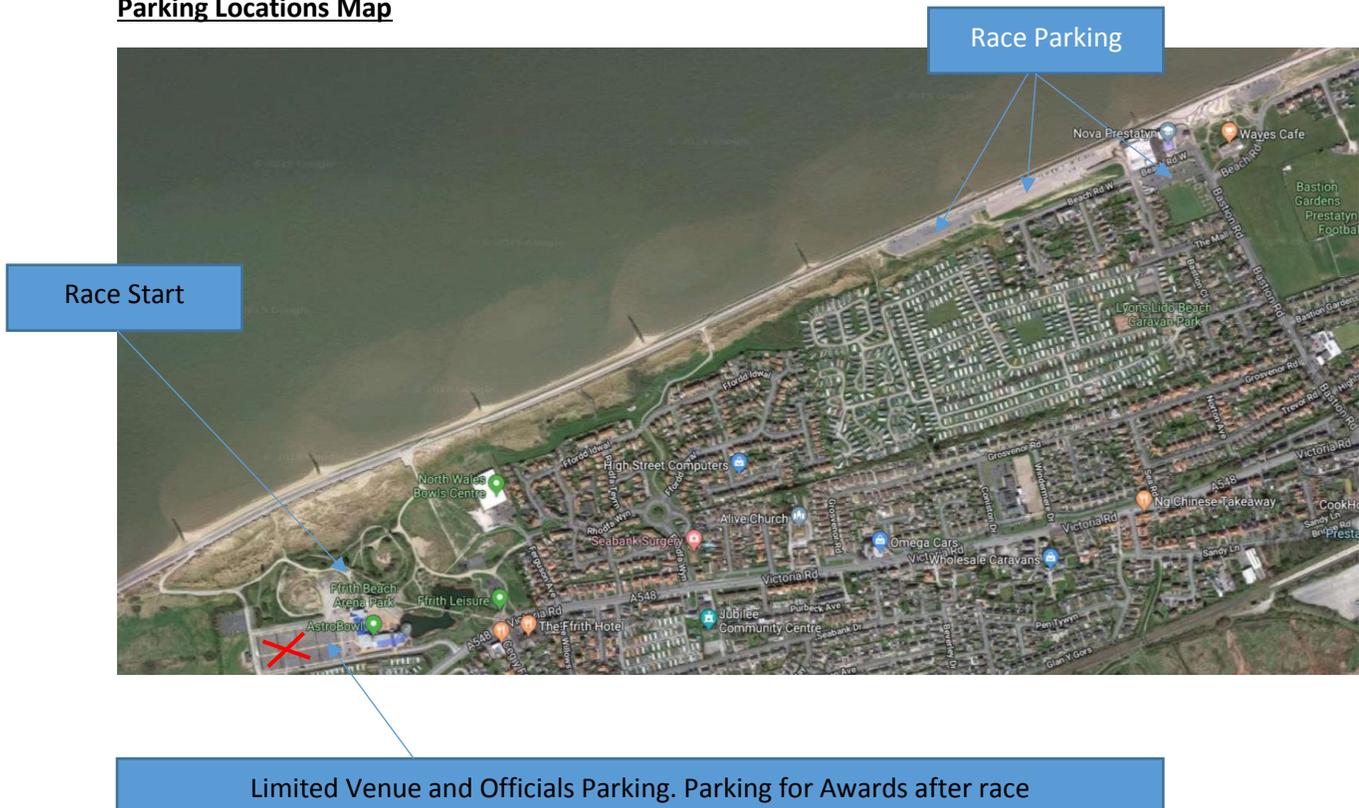
Parking at the Nova is free after 17:00hrs

PLEASE DO NOT PARK at the Ffrith Pub and the North Wales Bowling Centre where we cannot guarantee the gate will be open post-race.

There are a number of smaller parking options and street parking between the Ffrith and the Nova but please be mindful of people living in those areas and our preference is you use the Nova parking.

We appreciate this is an inconvenience but it is out of our control. The map below shows the location of the Nova parking, good opportunity to use the walk/run down to the start as a warm up/cool down.

Parking Locations Map



Toilets and Changing Facilities

Toilets are available at the Ffrith venue.

Toilets are available outside the Nova (car park side) and the Nova has also agreed that changing facilities can be used.

First Aid

St Johns will be providing first aid cover.

Presentations:

The presentations will be held in the conservatory area at the Ffrith Venue after the race. As mentioned parking should be more available at the Ffrith after the race so if you have parked at the Nova then please feel free to drive down to the Ffrith. There is usually plenty of time after the race whilst the Border League team prepare the results.

Prestatyn Running Club would like to thank the Ffrith Park venue for their continued support in allowing us to host events. For more information visit the web site <http://ffrithpark.com/>