



Gwent League - Saturday 4th December 2021 **Pembrey Country Park SA16 0EJ**

Carmarthen and District Harriers welcomes athletes and spectators to Pembrey Country Park for the third Gwent League Fixture of the 2021 / 2022 Season.

The Club are grateful for the support offered by Pembrey Country Park / Carmarthenshire County Council in hosting this event in their Park. The First Aid services for this event will be supplied by St John Cymru.

Facilities www.pembreycountrypark.wales

Pembrey Country Park is one of Wales's Top Visitor attractions providing a unique blend of coast and countryside. Set inside 500 acres of woodland, and alongside eight miles of golden sands, we've got everything to provide a perfect family day out, weekend camping break or a relaxing holiday in idyllic surroundings.

There is a new restaurant (Yr Orsaf) open in the Park situated just outside the campsite serving beautiful breakfasts, lovely lunches and delicious dinners. It also has a licenced bar. There is also a small café and accessible toilets in the Ski and Activity Centre and there will be mobile catering units by the course.

Registration is in the Marquee by the course and portaloos will also be available (see map).

The Course

The Course is a mixture of flat parkland, forest trails, man-made hills and a little bit of sand! It has been designed to be accessible for all runners of all speeds and abilities.

Directions

Pembrey Country Park has excellent road communications. Situated just off the Main A484 road between Carmarthen and Llanelli. The M4 junction 49 (follow the Brown directional signs) is just a short hop to the east of Llanelli (approx. 30 minutes away) and the A40 covers the approach west and north of Carmarthen. **SATNAV: SA16 0EJ**

Entry to the Park

Pembrey Country Park has a new barrier system in place where we have Vehicle Number Plate Registration (ANPR) system. On arrival:

- Drive up to barrier which will open automatically. If it does not open press for a ticket and barrier will open.

- Payments **must** be made before leaving at any of the 4 new pay stations situated at: Beach Entrance, Ski & Activity Centre & Log Cabin **before** you exit the park.
- There are **No** Pay Stations at the exit barrier.
- Car parking charges are **£3.50** for all day and **£3.00** for 2 hours.
- All Pay Stations are clearly marked and will accept card, contactless and cash payments.
- You can pre-pay you're parking online before arriving at the park (this must be 90mins or more before entering)
<https://www.pembreycountrypark.wales/parking-annual-parking-permits/>

Parking

When you enter the Park, you should follow the signs to the designated Gwent League car parks. These are situated by the Beach or limited parking is available at Archery Field by the National Closed Road Circuit.

These are clearly signed and cater for over 1,000 cars. The course map shows where the car parks are in relation to the course.

Please do not park by the ski centre.

Events in the park

Traditional Christmas Fayre – 4 & 5 December 10am – 4pm

Situated outside of the Visitor Centre & Restaurant building a selection of crafts and local produce stalls along with entertainment and The Alpaca Sanctuary.

Activities

Pembrey Country Park has an abundance of activities for the entire family from Dry Ski Slope, Golf, Cycling, and lots more...

To book any activities, please click: <https://penbre-sirgar.bookinglive.com/>

