

# SBOC CLUB NIGHTS



## MID-WINTER TIME TRAIL RUN

**ALL WELCOME  
STARTS FROM 6.30PM**

### **16th December - Penllergare Valley Woods**

**Location:** The Woodland Centre, Penllergare Vasley Woods, SA4 9GS  
W3W ///brush.smart.parks

**Parking:** Car Park entrance off the A48 close to the layby at Lezzet  
Restaurant ///dreams.living.defend

**Post Run Social:** The Woodland Centre

A timetrail run at Penllergare Valley Woods - 5km or 2km

The aim is to set people off at staggered start times on each course so that you all cross the line at the same time. Start times will be allocated based on your average 5km or 2km time from either Parkrun results or from previous Midsummer Madness/Midwinter Madness times.

Maps of routes are available on our website so people can recce the route in advance. We highly recommend this as both routes will only be signed at mapped path junctions - please note seasonal animal tracks are not mapped paths.

If you plan on attending please email your estimated 5km or 2km running time to [SBOCFunDays@gmail.com](mailto:SBOCFunDays@gmail.com) so we can allocate start times.

[www.s boc.org.uk](http://www.s boc.org.uk)