

SBOC CLUB NIGHTS



MIDSUMMER MADNESS RUN

**ALL WELCOME
STARTS FROM 6.30PM**



18th June - Cefn Bryn

Location: Cefn Bryn, Gower, SA3 1AD W3W ///civil.assets.surpasses

Parking: Limited parking available at the top of road over Cefn Bryn. If this car park is full, extra parking is available in Reynoldston alongside the Green.

Post Run Social: The King Arthur Hotel, Reynoldston

A handicap run on Cefn Bryn 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 last years Midsummer Madness time/Midwinter Madness time.

Both routes will be marked, but maps will be available in advance for people to recce the route.

If you plan on attending please email SBOCFunDays@gmail.com and send your 5km time (2km for juniors) so we can get start times allocated.

www.s boc.org.uk