

SBOC CLUB NIGHTS



MIDSUMMER TIME TRAIL RUN

ALL WELCOME
STARTS FROM 6.30PM



17th 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 timetrial 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 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 so we can allocate start times.

www.s boc.org.uk