

BORDERS ROAD RUNNING LEAGUE RACE NO 4
AT COED HELEN RECREATIONAL GROUNDS CAERNARFON
SUNDAY 4th JANUARY 2009.11am START.

RACE DISTANCE: 10KM

RACE HQ: Bowling Pavilion.

FACILITIES: Changing Rooms/Showers/Toilets.

DIRECTIONS:

Coed Helen lies on the southern side of Caernarfon. From the A55 take the Caernarfon exit - A487 and follow the Caernarfon/ Porthmadog signs for approximately 6 miles.

Continue on the A487 for approximately 1 mile through Caernarfon, past the Tesco superstore on the right and Macdonalds on the left. Go across the roundabout signposted Porthmadog but then almost straight away turn right signposted for Coed Helen and Caernarfon golf club.

Turn right immediately onto Coed Helen road, follow the road for approximately $\frac{3}{4}$ mile and you will see the entrance to the race HQ on your left.

Note: there is limited parking at Coed Helen, alternatively, more accessible parking is available in the castle car park (£1 parking fee) which is in the centre of town.

From there take the footbridge over the river, then turn right along Coed Helen road with the Menai Straits on your right, Race HQ is 400mtrs on the left.

For further information about the event, please contact:

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