

## **Richard Burton 10k. 06 Nov 2016**

Big thanks for entering the 2016 Richard Burton 10K and the 2K Fun Run. Thanks also to all of the runners who are again supporting this event having entered this race last year. You are about to take part in a race that optimizes the spirit and beauty of our famous Welsh valleys!

### **Parking**

There is ample parking in and around the village of Cwmavon; including signed, designated parking areas.

### **Registration**

Registration will be in the Cwmavon Community Centre SA12 9DF for the 10K run or the Cwmavon Rugby Club alongside for the 2K Fun Run (Go Run for Fun). There will be marked tables inside where you will register and pick up your timing chip and number. Refreshments and entertainment will be available pre and post race. Tata Steel Richard Burton 10km entries on the day will be limited (if available), with an added extra cost. on the day entries will close at 10:00am and all on-line entries will close midnight Wednesday 28th October The 2K go run for fun entries will be taken on the day and registration will close at 09:45. This race start time is 10:15. Again the "on the day" entries will be limited and at an extra cost.

### **Toilets**

There will be toilets available in the Cwmavon Community Centre and the Cwmavon Rugby Club. Portable Toilets will also be available opposite the Cwmavon Rugby Club. Disabled toilets will be available at the Cwmavon Community Centre.

### **Pre-race Briefing**

A pre-race briefing will be held at Cwmavon Community Centre.

### **Race Start**

The 2 races will start outside the Cwmavon Community Centre SA12 9DF. The first race, the 2K Fun Run will start at approximately 10:15 followed by the 10K race which will start at approximately 11.00.

### **Marshalling and First Aid**

The route and First Aid will be under the control of the Western Beacons Mountain Rescue Team who will ensure that any issue that occurs during your run will be dealt with professionally. Marshalling will be under the control of Harsco.

### **Drink Stations**

There will be ample drink stations on route which will be manned.

### **Finish Area**

Once you cross the finishing line, the runners will receive their Richard Burton T-shirt and medal. There will also be refreshments available.

### **Prize list for the 10k**

Race Presentations for the 10k run will start at 13:30 in the Rugby Club. The 2K Fun Run presentations will take place at the start line just before the start of the 10k run. 1st...£200, 2nd...£120, 3rd...£90, 4th...£60, 5th...£50 First m/f veteran over 40...Trophy & £50 First male and female veteran over 50...£50 First team m/f (3 to score)...£120 1st Cwmavon finisher m/f Trophies Tata Steel First Male & First Female Trophies Most Supported Group Lisa Hitchings Trophy A £50 bonus will be paid to the fastest male under 30 Minutes and female runner under 34 minutes. A further £50 will be paid to anyone setting a new male or female course record. Current course record holders are Ian Hamer at 29:23 and Andrea Whitcombe at 34:12. Cwmavon RFC will compete with Pontrhydyfen RFC for the Matthew Mizen Memorial Trophy.

### **2K Fun Run**

Children entering this race will receive a T-shirt on entry (first 300), goodie bag and medal. The first 3 boys and first 3 girls across the finish line will also receive trophies.

### **Post race entertainment**

There will be a number of activities available on the day for all to enjoy, including a Welsh Choir and live music at the Cwmavon Rugby Club starting after the race presentations. All runners, friends, family, spectators and guests are welcome to the post race party. In a relaxed atmosphere, you can share race stories over refreshments whilst listening to live music at the Cwmavon Rugby Club. A licensed bar will be available.

### **Accommodation**

Depending on your needs, we've come up with a mixture of local accommodation that should meet most requirements:

**L & A Outdoor Centre Cabins**, Goytre along the Beast of Bryn red route

[www.landaoutdoorcentre.co.uk](http://www.landaoutdoorcentre.co.uk)

**Fedwen Farw Glamping Pods**, Cwmavon. a 12 minute drive away

[www.fedwenfawr.co.uk](http://www.fedwenfawr.co.uk)

**Afan Lodge Hotel**, Dyffryn Rhondda 12 minute drive

[www.mountain-bike-](http://www.mountain-bike-)

[accommodation.co.uk](http://accommodation.co.uk) The Ambassador Hotel, Neath 20 minute drive

[www.ambassador-hotel-neath.co.uk](http://www.ambassador-hotel-neath.co.uk)

The **Towers Hotel & Spa**, Swansea 20 minute drive

[www.thetowersswanseabay.com](http://www.thetowersswanseabay.com)

**Explore the area.** If you want to make a weekend of it, there are plenty of activities and attractions for all ages and abilities in Afan Forest Park and Neath Port Talbot. For more information, please visit: [www.afanforestpark.co.uk](http://www.afanforestpark.co.uk) or [www.visitnpt.co.uk](http://www.visitnpt.co.uk)

Are you ready? We are. Thanks again for entering the 2016 Richard Burton 10K and 2K races. We're looking forward to seeing you on Sunday the 6th of November.  
Graham Rowland & Shaun Tobin,

### **Entry fees**

| Entry        | Opens       | Closes      | Price         |
|--------------|-------------|-------------|---------------|
| Affiliated   | 26-Jul-2016 | 30-Oct-2016 | <b>£16.00</b> |
| Unaffiliated | 26-Jul-2016 | 30-Oct-2016 | <b>£18.00</b> |