

BEAST OF BRYN RACE GUIDE



24TH SEPTEMBER 2023



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2023 Race

INTRODUCTION

Welcome to the 2023 Tough Runner - Beast of Bryn

The Beast of Bryn is an epic and scenic Trail that takes you through the best Afan Argoed and Margam has to offer. There are two distances for 2023 7.5 miles & 15 miles .

These will be more than just races, we have a strong belief that participants need to get the maximum value for money so rest assured we will be putting on an epic show!

We like to think of it as more than just a race, we make extra effort to make sure it's a day for you to remember!

The athletes and local community are our top priority. You are the authenticity behind our brand and the drive for us to organise and host these events.

We cannot thank you enough for your ongoing support.

We look forward to seeing you at the start line!

Team Tough Runner Uk



PRE-RACE

1 BRING PHOTO ID

You'll need a form of photo ID to register.

2 EAT & HYDRATE

It's so important to prep before your race.

Eat and hydrate well the evening before and on the morning before your race. We'll have a local vendor providing hot drinks and snacks pre and post race, please show them support.

3 BRING A CARD

We have a range of merchandise and food options at all our events, so be sure to bring a card to pay.

4 NO SENTIMENTAL ITEMS

We suggest you leave any valuable or sentimental items at home or in the car.

5 BRING EXTRAS

It's always good to be prepared. Bring a couple of different outfits so you can change to the best suited after the race.

6 RACE ROUTES

You can view all race routes on the event page -

<https://toughrunneruk.com/events/beast-of-bryn-2023/>

Routes may be subject to change.

EVENT SCHEDULE



Sunday 24th September 2023

08:00AM

Parking & Registration Opens

09:45AM

Registration close

09:50AM

Mandatory Race Brief

10:00AM

Start of the Beast of Bryn 15 mile

10:40AM

Start of the Beast of Bryn 7.5 mile

RACE DAY INFO



ARRIVE EARLY

Plan to arrive a minimum of 90 minutes early, this gives you time to register, transition, eat, hydrate and warm up.



PARKING

Head to Bryn Rugby Club, Hillgrove, Bryn, Port Talbot SA13 2RR.



REGISTRATION

Please bring photo ID with you, and follow registration signs.



RACE BIB

Attach race bib to your front for your run.



DO NOT LITTER

Please don't litter at any time. You can be disqualified for littering. Carry any rubbish to the nearest Marshal.



HELP EACH OTHER

If there is anyone who needs aid, inform the nearest Marshal and we will send our team to help.

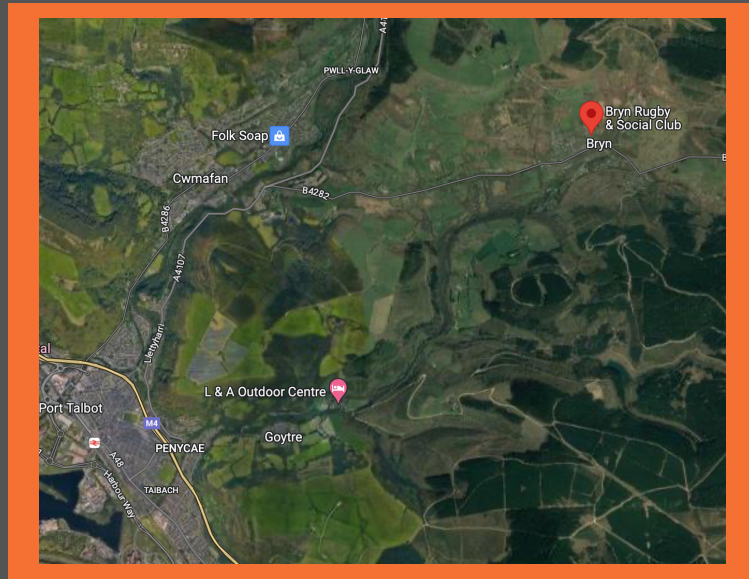


RESPECT THE VOLUNTEERS

Our Marshals are there to help, they are giving up their free time to support you.



CAR PARKING



ROUTE - 7.5 MILE



ROUTE - 15 MILE



TRAVEL

RACE DAY ADDRESS

**Bryn Rugby Club, Hillgrove, Bryn,
Port Talbot SA13 2RR -**

**PARKING SPACES IS LIMITED
PLEASE CAR SHARE IF POSSIBLE,
WE WILL ALSO HAVE BIKE
RACKING ON HAND FOR THOSE
OF YOU LOOKING AT CYCLING
TO THE VENUE**

PARKING

Head to the address given on Page 07. Once you arrive at the venue, you will be directed to park by our on-site marshals. Please take care when parking, be mindful of other vehicles and pedestrians and respect the local community.

We do not take liability for any valuables left in vehicles, so be sure to leave your valuables at home.

MERCHANDISE

Don't forget your race day Merchandise. T-Shirts and other goodies are available on the day from the Merchandise stand.

ON THE DAY INFO

- **The rugby club will be open for food and drink post and race, they will also have the Rugby match on in the afternoon.**
- **There will be a handfull of vendors in the event village selling food, cake coffee etc a ice cream van has also been booked**
- **there will be 1 x water stop on the 7.5 mile route and three on the 15 mile route, there will also be refreshments on the finish line.**
- **Royal Oak in the village will be open for Sunday Lunches and refreshment but lunches need to be booked in advance**

MEDICAL CONDITIONS & ASSISTANCE

If you didn't tell us about a medical condition when you registered, or if since registering you've received a diagnosis for a medical condition, we should be aware of, please let us know as soon as possible.

If you need medical assistance during your run please stop, rest, and tell the nearest volunteer or ask another runner to tell them on your behalf. There will be medical stations located along the route and at the finish.



FINISHER RESULTS & PHOTOS

PHOTOS/VIDEOS

We have a professional photographer on site on the day.

Should you like any individual photos, please approach them and ask. They will be more than happy to assist. Likewise, should you wish for your picture not to be taken, please inform them.

Photos are available to purchase pre and post event.

TIMINGS/RESULTS

Results will be available as soon as possible after the event.

If there is an issue with your timing, please email us on info@toughrunneruk.com



LOOKING FOR YOUR NEXT CHALLENGE?

We have a variety of races across the UK, throughout 2023
AND 2024.

To find your next Tough Runner UK event, head over to our
website or social media to find the next challenge you
want to take on.

Be sure to take advantage of our Early Bird Offers!

Sign Up Today!

