



## BRITISH MASTERS' CROSS-COUNTRY CHAMPIONSHIPS

**RHUG FARM, CORWEN, DENBIGHSHIRE, NORTH WALES LL21 0EH**

**(Courtesy of Lord Newborough)**

**SATURDAY MARCH 16<sup>TH</sup>, 2024**

Corwen is on the A5 trunk road in the Dee Valley, 20 miles west of Wrexham and 10 miles west of Llangollen, where there are several hotels and guest-houses.

Rhug Farm, owned by Lord Newborough, is alongside the A5 about a mile to the west of the town. The farm itself is on the left approaching from the Corwen direction with the course on the opposite side of the road. PLEASE TAKE GREAT CARE IN CROSSING THE BUSY ROAD AND PAY HEED TO THE MARSHALS AND SIGNS.

Registration will be in a meeting/ conference room behind the farm shop.

On the farm site there is an award-winning shop, restaurant, takeaway selling a wide range of food (including bison burgers!) and drink, and a drive-through facility for drinks. For a video on the estate, its history and facilities, go to: <https://rhug.co.uk/shop>

The races start and finish on a large, flat field and involve some farm fields, a couple of testing hills, a stream or two and the likelihood of some mud.

The BMAF championships were last held at Rhug in March, 2020 (the final day before lockdown!).

The shorter course (all ladies and M65+, start at 12 noon) is approximately 6k and the longer course about 8k ( Start 1pm). Both are suitable for spikes.

There are toilets in the shop building and mobile toilets near the start/finish. There are no shower or changing facilities.

**NB: NO DOGS ARE ALLOWED ON THE FARMLAND DUE TO THE PRESENCE OF DEER AND OTHER LIVESTOCK**

**CROESO'N OL I GORWEN - WELCOME BACK TO CORWEN**