

# Jingle Bell Jog

10k route map



## Getting there...

### Driving from Swansea/Cardiff

Take the M4 west towards Carmarthen and Pont Abraham services. At the services, take the A48 towards Carmarthen. Take the third exit at the Crosshands roundabout, remaining on the A48. After approximately 4 miles there's a slip road signposted B4310 to Nantgaredig; it has a brown leisure sign for National Botanic Garden of Wales. Follow the signposts to the National Botanic Garden of Wales.

### Driving from Carmarthen

Take the A48 towards Swansea and the M4. After approximately 8 miles, take a slip road signposted B4310 to Nantgaredig; it has a brown leisure sign for National Botanic Garden of Wales. Follow the signposts to the National Botanic Garden of Wales.

Reg Charity No. 1054015

[tenovuscancercare.org.uk](http://tenovuscancercare.org.uk)



# Jingle Bell Jog 2019

## Useful information



### When should I arrive?

All races start at 11am on Sunday 1<sup>st</sup> December 2019. Be sure to give yourself time to warm up beforehand.

### Car parking

There's ample free parking on-site.

### Registrations

If your friends or family would like to run but haven't pre-registered, they can sign up on the day at the registration desk located at the Gatehouse. On the day registrations will be open from 8.30am – 10.30am to give all runners time to warm up and get into position.

### Entry

Entry into the National Botanic Garden is free for runners on the day. Your supporters can get in for half the usual price, so please bring along your friends and family to cheer you on! We'll be handing out half price vouchers on the registration desk, which will be at the entrance to the Garden.

### Will the route be marked?

Yes, all routes will be marked and marshalled. The 10k route will be marked with black arrows, and the 5k and 2.5k route with red arrows.

### What is the running surface?

The routes follow established hard surface paths and roads around the garden estate, as well as part of the cycle path. Part of the 10k race route will follow the B4310.

### Will there be a timing system?

Unfortunately, we're unable to cover the cost of the chip timing system.

### What if it rains?

Only in cases of severe weather will the event be cancelled. All participants will be notified.

### Is there a minimum age to take part?

**2.5k:** No minimum age, but children under six must be accompanied by an adult.

**5k:** The minimum age is four, and children under six must be accompanied by an adult.

**10k:** The minimum age to take part is 15.

### Here are a few things to remember:

- Bring your allocated race number with you on the day. Pin it to the front of your outermost item of clothing, as it must be visible at all times.
- Remember to bring your map and familiarise yourself with the route. We'll have arrow markers and marshals along the way, but it's always good to know the route so you can track your progress and make sure you don't go astray!
- Be sure to write the details of someone to call in case of an emergency on the back of your running number.

## Get sponsored

Did you know that just **£50** could pay for one cancer patient to have chemotherapy treatment closer to home on board one of our **Mobile Support Units?**

Sponsorship is entirely up to you, but any money you can raise by asking friends, family and colleagues to sponsor your run could help make a huge difference to the lives of people affected by cancer this Christmas.

If you'd like to do that little bit extra and help support our work, please use the enclosed sweepstake and sponsorship form to get the ball rolling!

Fundraising for Tenovus Cancer Care Reg Charity No. 1054015

