

BEAST OF BRYN RACE GUIDE

BWYSTFIL Y BRYN



17TH AUGUST 2025

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INTRODUCTION

Welcome to the 2025 Beast of Bryn

The race was first established by BRAG (Bryn Residents Action Group) in 2011, in 2024 the Beast came back under BRAG Management. We are again delighted to be hosting the Beast of Bryn (Bwystfil Y Bryn) for 2025.

The Beast of Bryn is an epic and scenic trail that takes you through the best Afan Forest Park has to offer. There are two distances for 2025, 6.5 and 10.5 miles.

BRAG is a voluntary group supporting the village of Bryn, we cannot thank you enough for your on-going support.

We look forward to seeing you at the start line!





PRE-RACE

1 EAT & HYDRATE

It's important that you prepare before your race.

Eat and hydrate well the evening before and on the morning of your race. We'll have hot drinks and snacks available.

2 RACE PACKS

You will receive your race pack in the post, this will include your race number and timing chip, check that you've got everything. If you've not received your pack by a couple of days before the race, contact info@beastofbryn.com

3 NO SENTIMENTAL ITEMS

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

4 BRING EXTRAS

It's always good to be prepared. Bring a spare set of clothing so you can change after the race.

5 CLEAN YOUR RUNNING SHOES

To help prevent the spread of pests and diseases into the Forest Park, please clean your running shoes before arriving.

6 RACE ROUTES

The routes are available pre-event for training, you can view them on pages 7 & 8 and on the event page —

<https://beastofbryn.com/index.html>



EVENT SCHEDULE



Sunday 17th August

08:00 AM

Rugby Club Opens

A VIP will be starting the races.

09:00 AM

Mini Beast 1 Mile Challenge

10:00 AM

Start of the 10.5 mile Beast

10:15 AM

Start of the 6.5 mile Beast

13:00 PM

**Awards Ceremony and post
race entertainment**

RACE DAY INFO



ARRIVE EARLY

Plan to arrive early, this gives you time to park, transition, eat, hydrate and warm up.



PARKING

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



RACE NUMBER AND TIMING

Do not forget to bring your race number with you, it contains your timing chip.



RACE BIB

Attach race bib securely to your front for the duration of the event run. It is important not to bend your bib, as this could break the timing tag. Any medical conditions should be written on the back of the bib.



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.

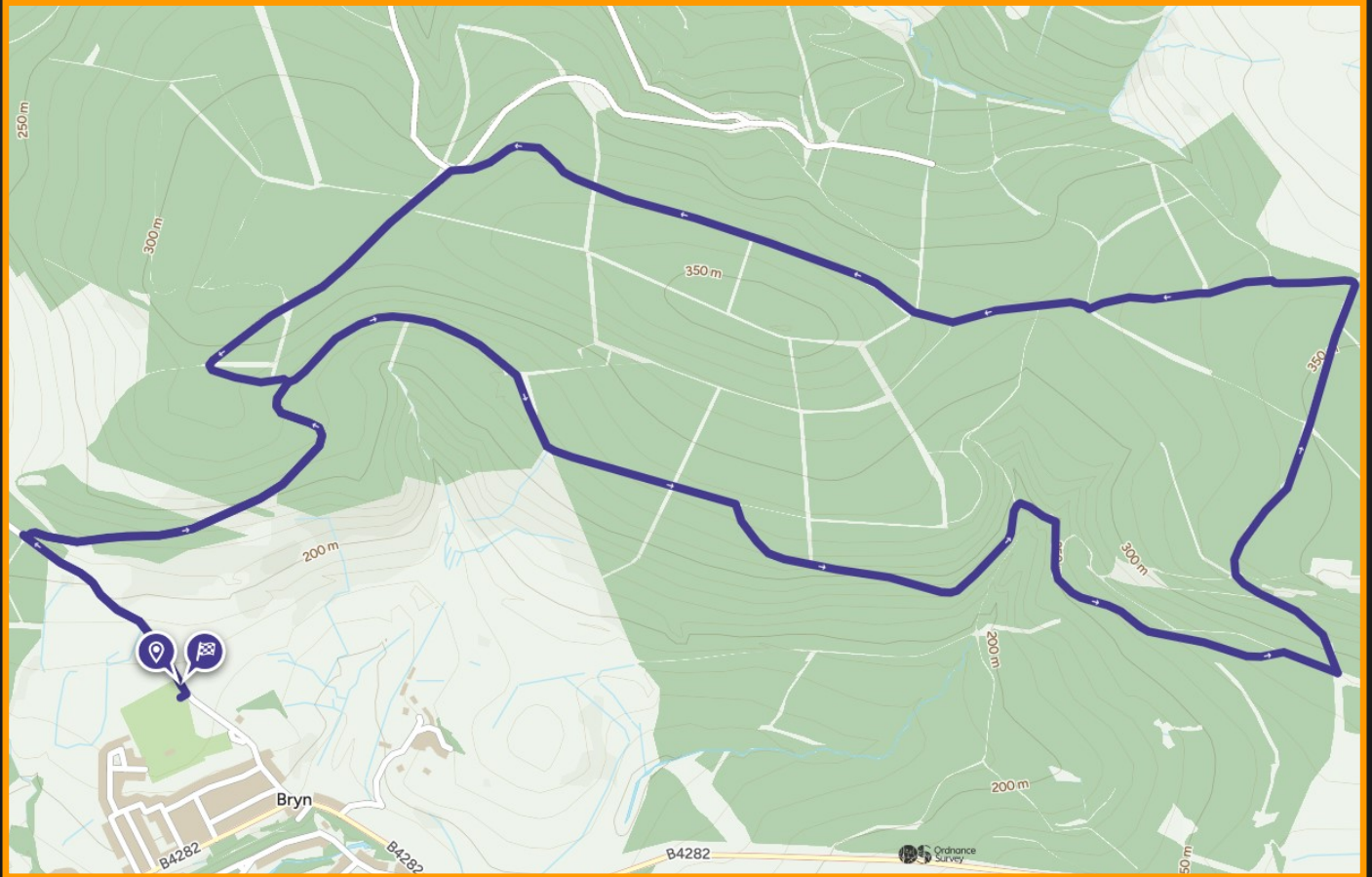


RESPECT THE VOLUNTEERS

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

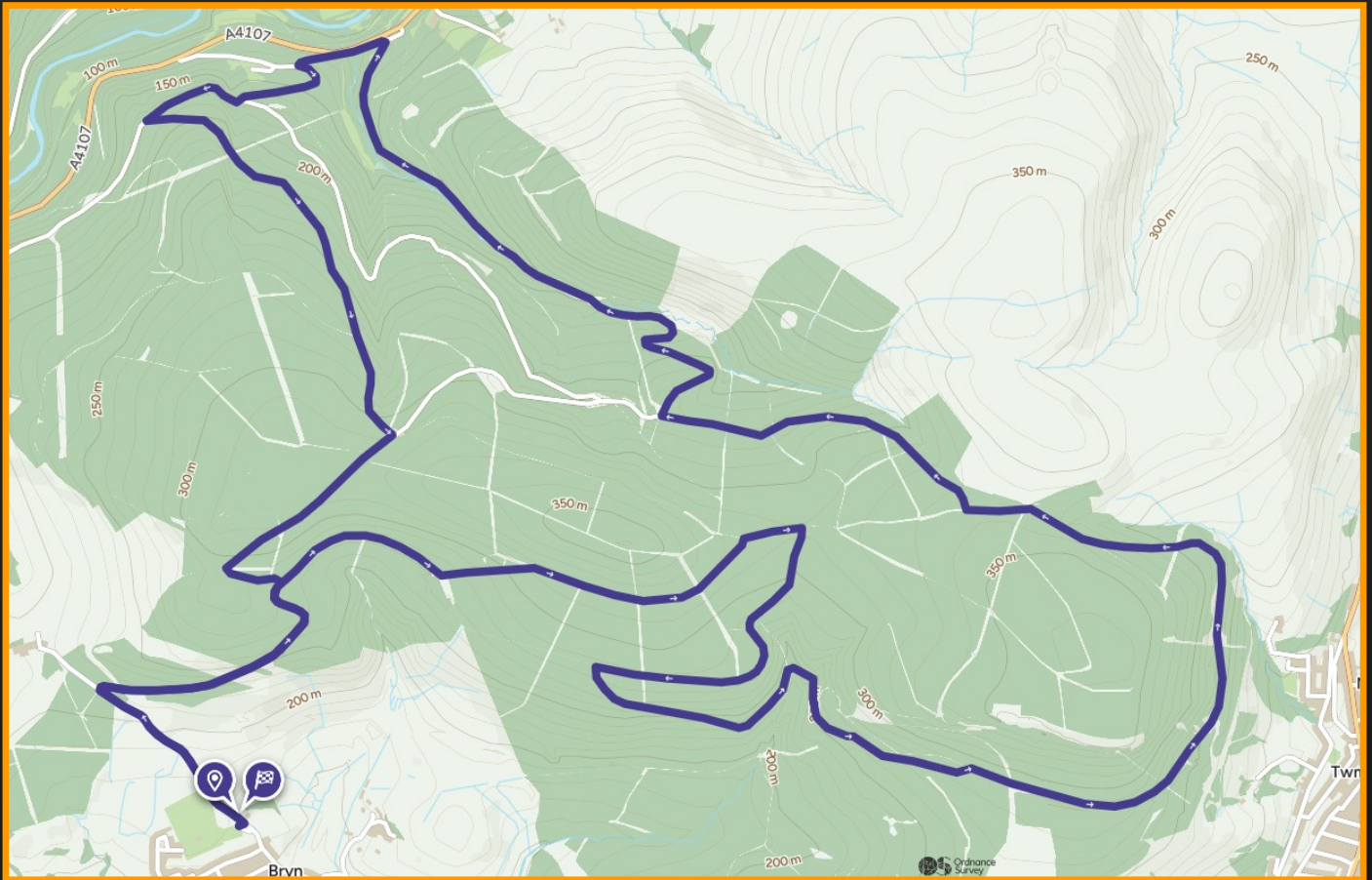
ROUTES

The 6.5 Mile Route.



ROUTES

The 10.5 Mile Route.



TRAVEL

A background image of a runner, likely a triathlete, wearing a black Salomon headband and running shoes, captured in motion during a race. The runner is in the foreground, with other participants visible in the background, all set against a backdrop of green foliage.

RACE DAY ADDRESS

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

There is some parking in and around the village. However, attendees are encouraged to car share or use other transport where they can, as space is limited.

Please be considerate of the residents when parking in the village.

PARKING

Head to the village of Bryn, near Port Talbot.
Once you arrive at the Village, 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.



ON THE DAY INFO

- The rugby club will be open from 8am for bag drop, refreshments, and throughout the day for food and drink.
- Facilities include access to parking, chip timing, bag drop, toilets, pavilion changing rooms, medical cover, refreshments, and a lot of marshals to help!
- A Mini Beast for under 18's, plus other entertainment.
 - There will be one water stop on the 6.5 mile route and two on the 10.5 mile route, please bring your own reusable bottle to help us reduce plastic waste.
- Finishers T-Shirt and medal can be collected at the finish line, using your race bib as verification.
- A variety of food and drinks available to purchase on the day.
- Post race entertainment, including free raffle for the first 300 entries.

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.

You must write any medical conditions on the back of your race bib.

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 assistance located along the route and at the finish.