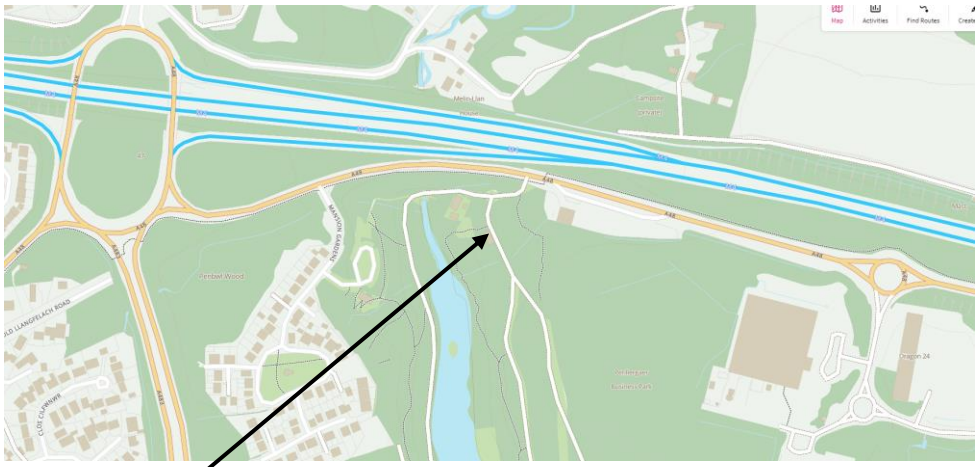
Swansea Bay
Orienteering Club

Swansea Bay Orienteering Club Invites you to:

The Mid-Winter Madness Run

Penllergare Valley Woods – 18th December 2024

BASIC DETAILS:	A handicap run at Penllergae Valley Woods ~ 5km or 2km The aim is to set people off at staggered start times on each course so that you all cross the line at the same time. In order for this to happen I will need to know your average 5km or 2km time. A parkrun time would be ideal, especially one from Gnoll for the seniors or your time from last year. Start times will then be allocated based on the time given. Post run refreshments and Prizegiving at The Woodland Centre. We will use SI timing to record your exact time. Dibbers are available to loan if required. The 2km route will be well marked. The 5km route will only be marked at major turning points. Remember the park is dark and a good torch will be essential. The route will be the same as used in 2023. If you have not run this route before, please do try to recce in advance if you are not planning on navigating on the night - we wouldn't want people cutting off a corner or running miles of course - please be aware that no maps will be available on the night, please print off your own and bring them along. If you plan on attending please send me your 5km or 2km time to SBOCFunDays@gmail.com so I can get start times allocated. Prize for the first finisher on the handicap course and fastest runner on both courses. BRING – Suitable footwear and high viz clothing and a torch. Registration - You will need to register when you arrive. You will be checked in, your dibber will be issued or checked if you bring your own and your start time will be confirmed. SAFETY- You take part at your own risk.
Organiser:	Kerina Lake [kerinalake@gmail.com or 07811419972]
Courses:	5km
	2km

Travel directions:	Parking: The Woodland Centre at Penllergare. Car Park entrance off the A48 close to the layby at Lezzet Restaurant ///flows.noble.translated 
Terrain:	Sheltered woodland with numerous tracks and footpaths.
Map:	Please print in advance and bring with you – Copy of both courses available on the website
Event Entries and Fees:	Register at www.pre-entries.co.uk Seniors - £3, Juniors £2, SBOC juniors free
Registration and Starts:	Registration opens at 6.00pm. You must visit registration to check in. You will be issued with a dibber, or if you have your own, the number will be checked against your entry. Starts from 6.30pm.
Facilities:	Toilets are available at The Woodland Centre
Post Event:	Mince Pies and refreshments will be available after the run in The Woodland Centre
Results:	When you finish, we will download your dibber and work out results which will be available after the event.
Personal Information:	Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners, used in case of medical emergency and to trace missing SI cards.
Event cancellation or postponement	For the latest information check www.sboc.org.uk especially in case of forecasted weather warnings. In the case of cancellation or postponement a notice will be put on the website and through the SBOC Facebook group.

Safety Information:	A risk assessment has been completed but it should be noted that competitors take part at their own risk, and are responsible for their own safety during the event. Competitors are reminded that they are required to report to the finish and/or download once they have started a course, whether or not they have completed the course. Torch is essential. Suitable trail running shoes recommended, ensure you wear appropriate clothing for the conditions. If the weather looks to be bad cagoules will be made compulsory. Dogs off leads use the areas, some can be aggressive towards runners if startled. Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.
Medical Information:	Any competitor with a high-risk medical condition is invited to complete a form available at the event and hand it in to Registration in a sealed envelope. Envelopes will only be opened if required for a medical emergency, and unopened envelopes can be collected from registration after your run or they will be destroyed immediately after the event.
Additional information:	Dogs allowed provided they are on leads.

www.sboc.org.uk