Swansea Bay

Orienteering Club

SBOC Summer League 4

Rhossili Down

Wednesday 21st May 2025

EVENT DETAILS			
Location:	Parking National Trust Rhossili car park, Swansea, Gower, SA3 1PR / what three words ///eats.plodding.mops.		
Travel directions:	From Swansea follow the South Gower road A4118 to the end and the National Trust car park (charges apply). Registration, starts, first aid and download is by the building at the bottom of Rhossili Down (the hill) – go left past St Mary's church from the car park and follow the track to the bottom of the hill. We will put some signs up to assist.		
Terrain:	Exposed Moorland with rocky features, some ruins and some marshy areas There is a rocky ridge with very steep slope to the west (avoided by all courses except for upper part) and a more gentle eastern slope. There are numerous paths. Indistinct paths shown on the map are generally very indistinct on the ground.		
Map:	A4. 1:7,500 5m Contours. Version 2015 Maps will be pre-marked but do not include a legend – separate map legends are available on request from registration.		
Course: **(Subject to final planning)**	**Course**	**Distance (km)**	**Climb (m)**
	Yellow - Easy	1.5	75
	Orange – Easy/Medium	3	100
	Light Green - Medium	3.5	150
	Green – Hard	4.5	200
Event Registration:	By the building at the bottom of the hill – directions as above. Maps and Descriptions will be issued from registration. Please do not look at the map until you have punched the start control (except for yellow course)		
Starts:	There is a punching start. Allow 10 minutes from the parking to starting area. 17.00 to 19.00 courses close at 8pm. Pub after for refreshments will be the Worm's Head Hotel – food available.		
Entry Fees:	*Non-members are welcome. See pre-entries as you enter for current prices.*		
Organiser:	Sasha and Tom Habgood 07901808537 / sashahab@me.com		

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. Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included. Specific hazards in the area include slippery rocks covered in moss – some of these are not obvious so please take extra care. There are some areas of brambles on the lower slopes. Please be vigilant and considerate to other users. The whole area is exposed to the weather so please dress appropriately for the conditions on the day. **If the weather is inclement there will be a Compulsory Cagoules and whistles rule** – please ensure you bring one with you on the day just in case. **Safety bearing**: Head South to pick up footpaths which follow the lower edge of the area and will return you to the start/finish.
Additional 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 and trace missing SI cards. Dogs allowed.

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