Swansea Bay
Orienteering Club

Swansea Bay Orienteering Club Invites you to:

The 2024/25 Trail Challenge Series

Trail Challenge #3 – Three Cliffs Gower

11th January 2025

BASIC **EVENT DETAILS:**	A series of trail races suitable for trail, fell, road runners and joggers who enjoy getting off the beaten track, with a navigation element to add the Challenge part of the series. There are three courses: a 10km a 5km and a 2km trail. Using basic navigation, you must choose your route and visit each check point in turn. You use an electronic 'dibber' to record that you have visited each check point. For those who do not own a 'dibber' one will be issued at the start. You can compete as a solo entrant or as a pair. U14's will only be allowed to enter the 5km and 2km course and non-experienced juniors must be accompanied by an adult who will also have to enter the event. **ENTRIES:** Pre-enter online at https://pre.entries.co.uk Very limited map availability on the day on a first come first serve basis. Seniors - £10 per person, £18 per team Young Adults & Juniors - £6 per person, £10 per team, Senior & YA/Junior Team £16 50% discount for BOF members & SBOC juniors only £1.50 Free dibber hire, pairs will receive a map each. **PRIZE CATEGORIES:** Best 4 of 6 runs, Male and Female Categories 2km - 1st <14 5km - 1st - Junior 14-16, Senior 18-40, Vet 45-65, Super Vet 70+, Senior/Junior Team, Team 10km 1st - Junior 16-18, Senior 20-40, Vet 45-65, Super Vet 70+, Team Using British Orienteering Age Classes as of April 2025 **BRING:** Suitable footwear and clothing, this is Wales in Winter and cagoules will be mandatory if the weather is adverse, we also recommend a compass, whistle and refreshment. A mobile phone for safety. A tent will be available at the start to leave bags and clothing. **REGISTRATION:** You will need to register when you arrive at the start where you will be checked in, your dibber will be issued – 1 dibber per team, or checked if you bring your own. **SAFETY:** You take part at your own risk, you will be running/walking on public paths and there might be unmanned road crossings. You MUST stop, look and listen before you cross any road. Road uses will be advised that there are runners in the area.

Dates and Locations:	9th November 2024 – Cefn Bryn, Gower 7th December 2024 – Afon Forest Park 11th January 2025 – Three Cliffs, Gower 8th February 2025 – Glasfynydd Forest, Trecastle 8th March 2025 – Llanmadoc Hill, Gower 7th April 2025 – Cwm y Rhaeadr Forest, Llandovery
Organiser:	Cris Arnold - j.c.arnold@outlook.com
Travel directions:	Gower Heritage Centre, Parkmill - SA3 2EH. Fee applies. OS Grid Ref: SS543892 W3W ///less.prospered.deploying  Registration and Assembly are located just into the three-cliffs valley, approximately indicated by the start. This will be clearly marked with tapes from the car park.
Terrain:	Coastal area with sand dunes, numerous paths, areas of scrub and steeply wooded sections.
Map:	A standard orienteering map at a scale of 1:10000 or 1:7500, normally on an A4 or A3 sheet. Controls are overprinted in purple, and the start and finish are close together and shown by a triangle – start and a double circle - finish.
Courses:	2km Trail 5km Trail 10km Trail
Event Entries and Fees:	Enter via - https://pre.entries.co.uk Newcomers will need to 'hire' a dibber through this. All payments to be made when entering the event online. Seniors - £10 per person, £18 per team Young Adults & Juniors - £6 per person, £10 per team, Senior & YA/Junior Team £14 50% discount for BOF members & SBOC juniors only £1.50 Limited EOD dependant on map numbers available – Cash Only

Registration and Starts:	Registration opens at 9.30am. 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. If you have not participated before, we recommend arriving early to ask any questions. Mass start at 10:00 for the 10km course – Briefing at 9.55am, map issue 9.57am Mass start at 10:05 for the 5km course – Briefing at 10.00am, map issue 10.02am Mass start at 10:10 for the 2km course - Briefing at 10.05am, map issue 10.07am
Facilities:	Toilets: Can be found next to the Car Park Post Event: Gower Heritage Centre Café.
Your Goal:	To visit each checkpoint in number order as quickly as you can via any route. Checkpoints are mixture of path junctions, cairns, streams, fences and large land formations.
Courses:	Trails will not be marked or marshalled. You must use basic navigation to complete the course. Navigation would include following linear features like paths, tracks, fences, streams or obvious land features, though if cutting the corner between linear features is quicker and you are confident to do so, go ahead.
Checkpoints:	Each checkpoint will be marked with a stake topped with a red SI unit, and hung with a white and orange flag. You must 'dib' the SI unit with your 'dibber' to record that you have visited the control site. The unit will beep and flash to confirm it has registered your dibber – a demonstration will be given in the briefing for those who are unfamiliar with the technology.
Finishing:	You MUST report to the finish, even if you do not complete the course – we don't want to send out a search party only to find you retired and are at home enjoying a cup of tea! An emergency number will be given on the map. All courses close at **12:30** and checkpoints will be collected in at this time.
Results:	When you finish, we will download your dibber and issue you with a printout of your results. Results will also be available online, and the Series League table will be available on the club website the week 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. Fell/trail running shoes recommended, ensure you wear appropriate clothing for the conditions. If the weather looks to be bad cagoules will be made compulsory. Courses avoid roads, but there will be vehicles moving in the car park, and the route to the start crosses the main road. Please take care in the car park and when crossing the road to the start and back after finishing. The coastal area is tidal though the event is timed to be close to low tide; please take care when crossing the stepping stones across the stream. A number of dogs off leads use the areas, some can be aggressive towards runners if startled. Other users including walkers and horse riders use the areas, please be vigilant when on paths or crossing tracks and step aside if necessary. Do not go onto the golf course on the Eastern side of the area. 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.