2024 Welsh League &

SBOC Winter League 1 (inc Club Championships)

Ogof Ffynnon Ddu

Sunday 27th October 2024

EVENT DETAILS			
Location:	OS Grid Ref: SN874160 Post Code: SA9 1GQ W3W: ///bungalows.nurses.flagged		
Travel directions:	 **From the North**: Signed from the left hand turn to Penwyllt on the A4067 about 1km after Craig-y-nos Country Park. **From the South**: Signed from the right hand turn to Penwyllt on the A4067 about ½ km after Pen y cae. Follow this road up the hill into the old quarry and continue on the old quarry track, parking at the end. Please take care on the old quarry track as it is rough with large potholes. This car park is well used by locals, please park considerately. Please DO NOT use the car park outside the Climbing Club, or block the entrance to it.		
Terrain:	Complex open fell with numerous sink holes, rocky features, large crags and limestone pavements. The remnants of the areas rich industrial history are in evidence. The area is exposed with boggy sections to the South West of the area, and with very few paths.		
Map:	A4 1:10000. 5m Contours		
Course: **(Subject to final planning)**	**Course**	**Distance (km)**	**Climb (m)**
	Yellow - Easy	2.1	85
	Orange - Medium	2.4	90
	Lt Green – Medium/Hard	3.5	125
	Short Green - Hard	3.7	115
	Green - Hard	4.7	145
	Blue - Hard	6.7	220
	Brown - Hard	9.0	270
Entry and Registration:	Entries for members and non- members via the SBOC website is preferred https://www.sboc.org.uk/events Click on “Enter Here” for each event or use https://pre-entries.co.uk/dl/events . Newcomers can hire SI cards through this. There will be limited Entry on the Day.		
Starts:	10.30 – 12:00 [**NOTE THE CLOCKS CHANGE ON THE SATURDAY NIGHT!**] Courses close at 14:30 The **start** will be around 400m from the car park The **Finish** will be adjacent to the carpark		

Entry Fees:	Seniors: British Orienteering members £12.00. Non-members: £15.00 Entry on the day at £2.00 premium Juniors / Students £5.00 Junior Non-members: £6.50 SBOC Juniors – £3 All EOD payments to be made using contactless card system.
Organiser:	Bethan Irwin: bethanm42@hotmail.com Tel: 07811215557
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. The area is high and exposed with limestone pavements becoming slippery underfoot when wet, please wear suitable fell-running shoes and take care when traversing the terrain. There are numerous impassable crags and courses have been planned to avoid these. **Cagoules will be made compulsory if the weather is inclement so please bring one with you just in case. Whistles are compulsory.**
Additional information:	All competitors are expected to adhere to the Welsh Orienteering Code of Conduct that can be found here. **Dogs are allowed, but must be kept on a lead at all times.** The SBOC junior cakes and drinks will be available. The 2024 Club Championship Rules are available on the website. Pub of the day for post-race social – the Pen y Cae Inn. https://penycaeinn.com/
Acknowledgements	We would like to thank Natural Resources Wales, South Wales Caving Club and the local grazier for giving permission to use this area.

Medical Information:	Any competitor with a high-risk medical condition is invited to contact the organiser beforehand and provide information in a sealed envelope at registration. These will only be opened if required for a medical emergency. Unopened envelopes can be collected from registration after your run or they will be destroyed immediately after the event.
Personal Information:	Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included. 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.