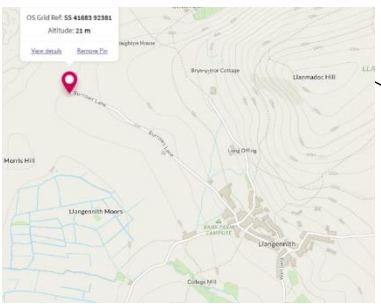
Swansea Bay Orienteering Club

Winter League 8

@ Broughton Burrows

Sunday 16th February 2025

Location:	OS Grid Ref: SS416 925 (nearest postcode SA3 1JP) W3W ///masterpiece.fired.testers
Travel directions:	 Take the B4295 or B4271 from Swansea towards Llangennith. Go through the village to Llangennith and at the roundabout go straight over. Parking is at Broughton Caravan Park Car Park. There may be a £5 charge per car, payable by cash on entry. Parking here is limited, so please share lifts where possible, and park considerately.
Terrain:	Complex sand dunes; mostly runnable terrain though the grass and low growing brambles can reduce top speeds. There are areas of prickly vegetation that have extended beyond mapped areas though key growths have been updated. There are a few well used paths others are less obvious. There are fenced sections and open fields.
Map:	A4. 1:7500. 2.5m Contours. Maps will be pre-marked and on waterproof paper
Course:	

Course	Distance (km)	Climb (m)
Yellow – Newcomers, families, children	2	50
Orange – Newcomers, families, children	2.5	50
Light Green – less experienced	3	100
Green – Experienced orienteers	4.5	150
Blue - Experienced orienteers	6	200
Brown - Experienced orienteers	8.5	200

Event Registration:	There will be limited Entry on the Day, first come first serve basis. This event will be run in line with Welsh Government Covid-19 rules.
Starts:	From 11:00 – 13:00 Courses close at 14:00
Entry Fees:	Enter by 21.00 on Sunday 9th February 2025 using https://pre-entries.app Late entries will be available subject to map availability until Friday 14th at 9am Seniors £6.00 Non- BOF Senior £9.00 Juniors / Students £3.00, non member £4.00 SBOC Juniors – Free For EOD there is a £2 supplement - All payments to be made using contactless card system. As the phone signal is unreliable here please bring cash just in case.

Organiser/ Planner:	Sasha and Tom Habgood. E-mail contact: sashahab@me.com / 07901808537.
Additional information:	No water will be provided, please ensure you bring sufficient with you. Join us for drinks and a social at the Kings Head, Llangennith afterwards.
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. Please check for ticks after the event and remove ASAP, keep an eye of the bite site for signs of infection. Seek medical attention if needed. There are numerous fences across the area if varying states of repair. Good fences are topped with barbed wire and crossing points are marked where they and the fence are in good condition, it is recommended that you use these crossing points. If you don't, take care crossing and cause no damage. Some fences have been partially engulfed by the moving dunes making them difficult to see, take care when running close to or crossing them as they present a tripping hazard. A number of dogs off leads use the area, some can be aggressive towards runners. Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.
Covid-19 safety Information:	Please refer to the SBOC Code of Behaviour found on the Events page of the clubs website https://www.sboc.org.uk/events. Please do not attend if: ● You are unwell with a cough, fever or other respiratory symptoms ● You have been in close contact with a suspected or confirmed case of COVID-19 and you have not completed the prescribed quarantine period, even if you are completely symptom free. ● You are undergoing COVID-19 testing, until you have received negative results and are symptom free. ● If you have been advised to stay at home by a health professional ● We also advise competitors who fit within the higher at-risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19
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.
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.