Swansea Bay Orienteering Club

**Enter Event name and type:** *SBOC WINTER LEAGUE 3*

**Location:** ***Whiteford Burrows***

**Date: Sunday 24th** *November 2024*

## EVENT DETAILS

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| **Location:** | OS Grid Ref SS441946 (nearest postcode SA3 1DB) | | |
| **Travel directions:** | M4 jn47, A483 to Swansea 0,4miles, A484 to Gowerton 1.5, A4295 North Gower road turn right in Oldwallls through Cheriton and Llanmadoc to Cwm Ivy Parking where there is a £2 honesty box.<br><br>There are cafes in the village and a shop as well as the Britannia Inn for food. | | |
| **Terrain:** | Complex sand dunes & woodland. | | |
| **Map:** | A3. 1:7500. 2.5m Contours.<br>Maps will be pre-marked | | |
| **Course:**<br>**(Subject to final planning)** | **Course & difficulty level** | **Distance (km)** | **Climb (m)** |
| | Yellow - Easy | 2.1k | 50m |
| | Orange –Medium | 2.8k | 60m |
| | Lt Green - Medium | 2.9k | 80m |
| | Green – Hard | 3.4k | 80m |
| | Blue – Hard<br>Brown -Hard | 5.2k<br>8.1 | 150m<br>200m |
| **Entries:** | Entries for members and non- members is via the SBOC website or directly through<br>https://pre-entries.co.uk<br>Newcomers can hire SI cards through this. | | |
| **Registration and Starts:** | Registration from:<br>Starts from 11:00 to 1:00<br>Courses close at 3:00 | | |
| **Entry Fees:** | Seniors: British Orienteering members £6.00. Non-members: £9.00<br>Juniors / Students £3.00<br>SBOC Juniors – Free<br>All payments to be made at the event using contactless card system. | | |
| **Organiser:** | Sasha & Tom Habgood | | |

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| **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.<br>• There may be ticks in the area. Please check after your run and remove immediately. A leaflet about tick removal can be found by following this link https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf<br>• More details about Lyme Disease can be found by following this link - https://www.nice.org.uk/guidance/ng95/chapter/Recommendations#clinical-assessment<br>• 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.<br>• 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 contact the organiser beforehand and provide information in a sealed envelope at registration.<br><br>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 are allowed.* |
| **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. |