Details www.sboc.org.uk/events

FIRST LEG RELAY TRAINING

ALL ABILITIES WELCOME * FUN FOR ALL *

WED 23RD 6PM



Location: Blackpill Burrows, Swansea, SA3 5AS

Parking: Clyne Gardens Visitor Car Park - Limited free spots
///tries.softly.feels
Blackpill Pay and Display - ///raves.fees.sleepy

Start Location: In front of the Junction Cafe nr The Lido
///pine.minds.cake Mass Start: at 6.30pm

Night First Leg Relay Training
Course - 4km with forkings

CLUB NIGHT - CLUB NIGHT - CLUB NIGHT - CLUB NIGHT

TRAINING - TRAINING - TRAINING - TRAINING

First Leg Relay Training Details

Meeting Point: In front of the Junction Cafe nr The Lido
///pine.minds.cake

Metting from 6pm

Sunset at 18:04 - A torch will be essential

Time to practice your first leg relay skills, with the added twist of being at night.

Course: 4 km - with forkings (slightly different courses)

Map: Blackpill Burrows 1:4000 updated for this training

Mass Start: 6.30pm

Safety:

- Watch out for the foot golf holes which are not on the map
- Bring a headtorch
- Wear something bright or reflective - Be Safe, Be Seen

Sign up: pre-entries.co.uk

We will be using SI. Dibbers will be availabe to borrow if you do not have one of your own.

Post Session Social - The Woodman, Mumbles Road
W3W ///curiosity.bells.tips

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