Swansea Bay Orienteering Club

SBOC SUMMER LEAGUE 8

Location: *GRAIG FAWR*

Date: *Wednesday 10th JULY 2024*

EVENT DETAILS

Location:	OS Grid Ref: SS799864 (nearest postcode: SA13 2TA) W3W: scorched.cubed.wishes
Travel directions:	From M4 Junction 38 take the A48 road towards Pyle. Take the first turning left (approximately 135m from junction 38), sign posted for Margam Stones Museum and Margam Abbey. Parking: there is a small car park (about 5 cars) adjacent to Graig Fawr Woods additional parking is available 300m further along the lane by Furzemill Pond  Red arrow – Parking Areas
Terrain:	Woodland covering a steep hillside with extensive rock feature, including crags. Boulder fields and patches of dense undergrowth limit runnability in places.
Map:	A4. 1:7500 5m Contours. Version 2016 Maps will be pre-printed

Course: (Subject to final planning)

Course & difficulty level	Distance (km)	Climb (m)
Yellow - Easy	1.4	65
Orange - Easy–Medium	1.7	80
Lt Green - Medium	2.6	125
Green – Hard	3.5	190

Entries:	Entries for members and non- members is via the SBOC website or directly through https://pre-entries.co.uk Newcomers can hire SI cards through this.
Registration and Starts:	Registration from: 17:30 Starts from 17:30 to 18:45 Courses close at 20:00
Entry Fees:	Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors / Students £3.00 SBOC Juniors – Free Please make appropriate payment when entering the event online. For entries on the day payment may be made using contactless card system.

Organiser:	Sarah Jenkins sarahjenkins74@outlook.com Mobile: 07511 585 687
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. • 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 • More details about Lyme Disease can be found by following this link - https://www.nice.org.uk/guidance/ng95/chapter/Recommendations#clinical-assessment • 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. • 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. 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:	***No dogs allowed on run, as there are deer with fawns in the woods.***
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.