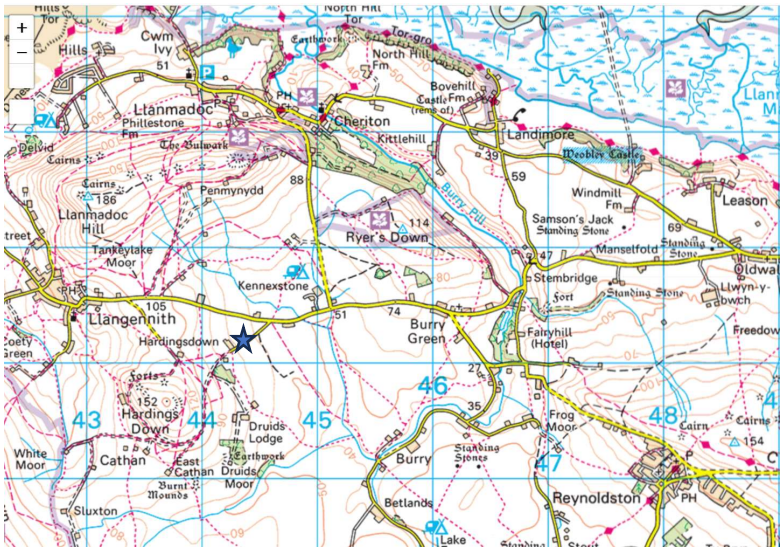
Swansea Bay Orienteering Club

Enter Event name and type: *SBOC SUMMER LEAGUE 4*

Location: *Hardings Down*

Date: *Wednesday 29th May 2024*

EVENT DETAILS

Location:	OS Grid Ref (parking) SS443911 (nearest postcode: SA3 1HT)
Travel directions:	**From Swansea,** follow the A4118 through Killay, then fork right onto the B4271 and follow this to Llanrhidian. Continue through Oldwalls then follow signs for Llangennith. Pass through Burry Green and continue for about 700m, just past the Kennextone Camp Site. Turn left at the bus shelter (and post box) – it will signposted here. **From the North and West,** Head to Gowerton (from Jct. 47 on the M4) and follow the B4295 through Penclawdd to Llanrhidian. Follow directions as above from here. Registration, first aid and download are all at the parking area.  **Parking:** The parking area will be at Harding's Down Bunkhouse; the owners have kindlay allowed us to use this area, but we have agreed to collect £3 per vehicle to be donated to Wales Air Ambulance; please add this to your on-line entry. As the parking are is not that large, please share transport if you can and follow any instructions when parking. ***IMPORTANT*** Please walk out of the car park back the way you came in to the small road then turn right towards the start - to avoid going through the farmyard and bunkhouse area.
Terrain:	Exposed Moorland with a few rocky features, some old earthworks and some marshy areas The area is based around a single hill with a variety of features and some gorse and heather. There are numerous paths and some sheep tracks that are visible in places on the ground may not be on the map. Some areas may be a bit muddy depending on recent rainfall. For those doing yellow and orange, some of the paths are wider and smoother grassy paths and not as worn as some areas, so look out for those.
Map:	A4. 1:7,500 5m Contours. Version 2015, updated 2024 Maps will be pre-marked but control descriptions may obscure part of the legend – separate map legends are available on request from registration.

Course: **(Subject to final planning)**	**Course & difficulty level**	**Distance (km)**	**Climb (m)**
	Yellow - Easy	1.9	65
	Orange –Medium	2.4	75
	Lt Green - Medium	3.1	100
	Green – Hard	4.2	160
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 17.45 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 on-line For entries on the day, payment to be made at the event using contactless card system.		
Organiser:	Cris Arnold j.c.arnold@outlook.com or 07976 921055		
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. • **Safety bearing**: Head North to pick up footpaths which follow the fence at the edge of the area and this will return you to the start/finish.		
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:	As the area is used for livestock, dogs permitted on leads only.		
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.		