Swansea Bay Orienteering Club

Enter Event name and type: *SBOC SUMMER LEAGUE 11 SCORE*

Location: *PEN RHIW WEN WEST*

Date: *Sunday 18th August 2024*

EVENT DETAILS

Location:	OS Grid Ref SN7325218757 W3W: fond.windy.woof nearest postcode: SA19 9PA		
Travel directions:	From the south, drive to Brynamman and take the A4069 north to the car park on the right near the high point of the road. From the North or West, follow the A40 to Llangadog, then take the A4069 south east from the roundabout through the village. Fork right (A4069). Follow this road up the mountain to the car park on the left, near the high point of the road.		
Terrain:	Open Moorland with numerous pits, crags and other rock features. The area is very exposed and may be boggy in places.		
Map:	A4. 1:10000 . 5m Contours. Version 2024 by Peel Land Surveys. Maps will be pre-marked and printed on waterproof paper.		
Course: **(Subject to final planning)**	**Course & difficulty level**	**Distance (km)**	
	45 min. Score Course (Open to anyone who is not confident to take on the more remote 60 minute course)	Up to c. 4km	Mixed difficulty but within 400m of road. Harder controls require sections of navigating off the paths. The area includes numerous crags and cliffs with short sections on paths. A minor road can be used for some parts but the main A road is out of bounds..
	60 min. Score Course	Up to c. 7km	Mixed difficulty up to Green standard including minor relief features away from paths requiring good compass skills and contour reading for harder controls.
	Score Course Format: Easier controls score 5 points each, harder controls score up to 20 points. Each competitor chooses which controls to visit in which order, but everyone must finish within the 45 or 60 minute time limit. 10 points are deducted for each minute late back		
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: 10:15 Starts from 11:00 to 12:00 Courses close at 13:00		
Entry Fees:	Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors / Students £3.00 SBOC Juniors – Free All payments to be made at the event using contactless card system.		
Organiser:	Steve Quinton 07510684238 steveqpembs@googlemail.com		

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. • Specific hazards include cliffs of up to 10m height, road traffic to north and east of area and exposure to bad weather. Cagoules may be compulsory. • Whistles are mandatory • The safety bearing is North East which will take competitors to the road that can be followed east back to the finish point.
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:	*Dogs are allowed but must be on leads at all times due to sheep in the area.*
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.