

Saturday Park-O

When: 13th July 2024

Where: Llyn Llech Owain Country Park

Category: Local

Details

This is the 3rd race in the 2024 Saturday Series of events and is aimed at introducing adult and junior newcomers to orienteering and includes the Swansea Schools League. Alongside the white to orange courses, there is a Light Green/Green course for adults using the wider park, and an Able-O course for people with limited mobility and wheelchair users. If you've never tried orienteering before, this is an ideal opportunity - come along and give it a go!

Location

Llyn Llech Owain Country Park.
Grid reference: SN565148 Nearest postcode: SA14 7NF What3words: ///imprinted.colonies.lyricist

Parking: Car park at Llyn Llech Owain. £1.20 for 1 hr; £1.80 for 2 hrs; £2.80 for 4 hrs; £3.30 all day. Cash or card
To get to the park, from the A48 at Cross Hands turn onto the A476 towards Llandeilo. Then turn onto Church Road; the entrance for the park is about half a mile along Church Road.

Public Transport: https://www.swansea.gov.uk/bustimes

Registration: Next to the car park

Facilities: Toilets are near the carpark. There is also a coffee shop.

Timings

Registration for the events will open at 12:45pm – 2:15pm and you can start any time from 1:00pm – 2:30pm on the white, yellow and orange or up until 2:00pm on light green/green. All courses close at 3:00pm at which time we will start to collect controls so please make sure you start early enough to complete your course in time.

Schools Event

Running alongside the public event is an event in the Swansea Schools Orienteering League for both Primary and Secondary pupils. Information about the Swansea Schools Orienteering League is here

First time

We have a team of helpers on hand to explain what to do. You can do whatever course you like and can go round as an individual, pair or group. You can run, jog or walk at your own pace.

Costs

Adults £7, SBOC members £5
Children £2 (Free for SBOC juniors)
Any additional courses will cost £1
If you would like to go around in a group you would just pay for one entry, plus £1 for each extra map.

Entries

We ask that you enter in advance so we know how many maps to print, www.pre-entries.co.uk however you can enter on the day if you are unsure which course to choose. There will be people on hand to help you if you have any questions.

You can register here: https://forms.gle/JarFfQJxtWCgumuT9 and pay on the day.

If you are a pupil and ran one of the previous schools events in the series then you should have completed an entry form and been given a number. With the number we are able to add you into the results system much quicker.

Courses

If you complete a course and there is still time you are welcome to try another.

See below for details on the courses on offer.

Course	School Years	Distance	Climb	Technical Level	Who is it for?
White & Able-O	Y3/4,5	1.2km	10m	1	The easiest course and a great place for children to start. The course is entirely on paths and each time you have to make a decision - which path to take, there will be a control point. Suitable for people who have limited mobility and Wheelchair users.
Yellow	Y6,7	1.7km	15m	2	The next step up and a good place for teenagers etc. to start. The course will use paths but also other line features - Fences, streams etc. It will also no longer have a control every time you need to decide where you are going. For example, you may need to make a couple of turns on paths between controls. Because of the park setting there will be some controls that do not follow line feature. Instead, they will be on a point feature (e.g. a tree) but close by. By turning the map so that it matches the ground you will be able to see the next control to go to.
Orange	Y8,9	2.6km	20m	3	Harder still, this course introduces: Choosing routes - e.g. should I go round the paths to the left or right Using 'Point Features' as control sites Basic use of a compass
Lt Green /Green	Y10+	4.1km	50m	4	Harder than the Orange, this course will use the whole park and is as technically hard as we can make it given the area.

Clothing, Equipment & Safety

Shoes with good grips are important on all courses. Those competing on orange courses and above should wear full leg cover. All courses remain in the park. Children can be shadowed or can take part in pairs.

Officials

Planners: Katie Lake and James Cockrill
Organisers: Katie Lake and James Cockrill

Safety & risk

• 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 has been significant felling in areas so please take caution if crossing these areas. This also means that there are log piles along the path. Children should not climb on the log piles under any circumstances.

• 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.

Photography

SBOC has an agreed policy on the taking of photographs at events, based on national guidance. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser. Read our policy on taking photographs here.

Privacy

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. Read our Privacy Policy to see how we look after your personal data.