

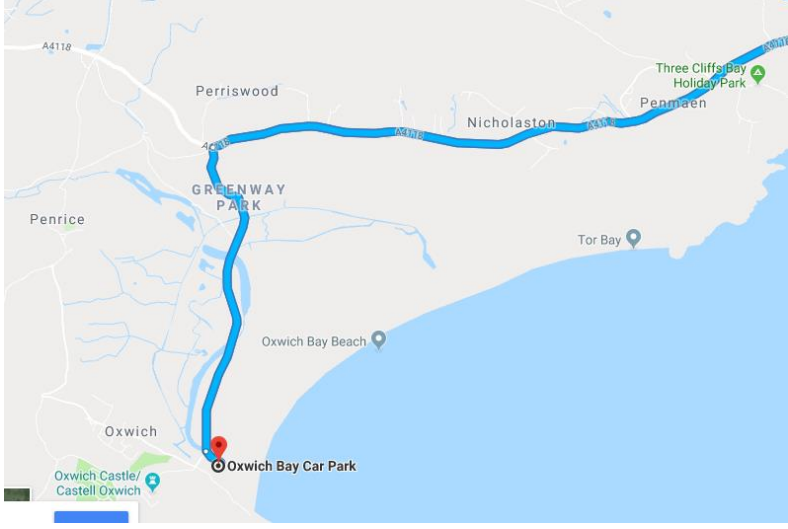


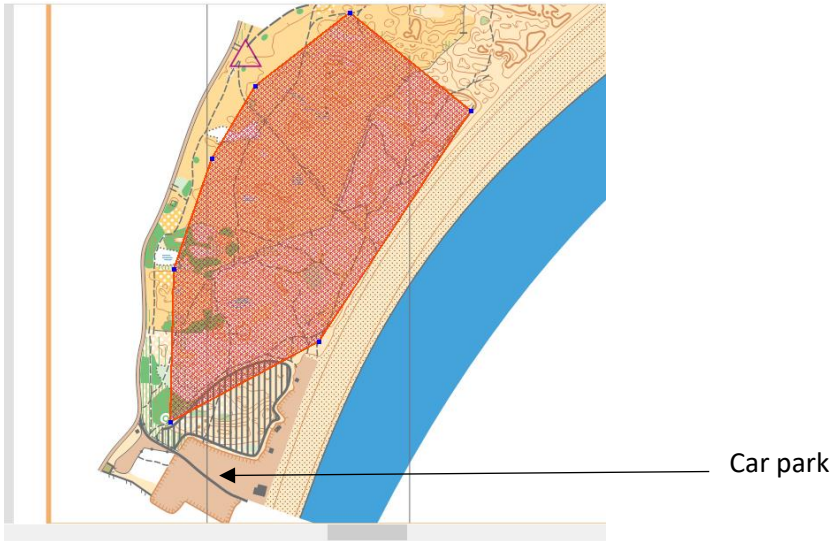
SWANSEA BAY ORIENTEERING CLUB

LOCAL EVENT DETAILS

Oxwich (including Club Championships)

Saturday 9 June 2018

Location:	Parking at Oxwich Beach car park, grid ref SS 501865, post code SA3 1LS
Travel directions: As per map; signposted from A4118 South Gower Road. Parking at Oxwich Beach car park. A parking charge will apply. Payable at entrance. For those staying at the Oxwich campsite the area is within easy walking distance.	
Terrain:	Open sand dunes that back on to Oxwich beach; mostly very runnable terrain but there will be low vegetation in places so full leg cover is recommended.
Map:	A4, waterproof paper; 1:7500 with 5m contours; courses preprinted ; 2016 map
Registration:	10.30 – 11.30 a.m
Starts:	11.00 to 13.00 a.m Courses close at 15.00 pm Registration and Starts will be 500m from the car park along a flat path. This will be marked from the car park entrance. The area to the South East of the path is Out of Bounds to runners. Do not use any other paths to reach the start.
Entry fees:	Entries via Fabian4. Seniors £6.00, Juniors/students £3.00, SBOC juniors – FREE Limited Entry on the Day. Please contact Event Co-ordinator to check on map availability.



Courses:	<p> Green, 4.1km, technically difficult and some rougher terrain Light Green, 2.9km, technically difficult and some rougher terrain Orange. 2.1km, technically moderate and mostly near paths Yellow. 2.0km, technically easy and mostly paths </p> <p>SI electronic punching will be used. SI cards for loan if required</p>
Organiser / Planner	<p>Co-ordinator – Margaret Reynolds mn.reynolds@outlook.com or 01792 527566 (evenings)</p> <p>Planner – Steve Jones 07966 965564. Email: steve.jones28@ntlworld.com</p>
Safety Information	<p>A risk assessment has been completed but it should be noted that competitors take part at their own risk.</p> <p>Cagoules and whistles may be compulsory due to the exposed nature of the terrain, so please come prepared.</p> <p>Competitors are required to report to the finish and download once they have started a course, whether or not they have completed the course.</p>
Dogs:	<p>Dogs are allowed on the dunes but please be aware that there are ponies roaming free on the area.</p>
Club Championships:	<p>This event will be the Club Championships for SBOC. Members of SBOC that wish to be considered for the Club Championships should check the rules and age classes. See rules below.</p> <p>All Seniors and Veterans must run Green to be eligible except M70 and above and W65 and above that can run Light Green or Green to qualify.</p>
Important information:	<p>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 and trace missing SI cards.</p> <p>All competitors take part at their own risk and are responsible for their own safety.</p>
Acknowledgements	<p>We are very grateful to the Natural Resources Wales for permission to use the National Nature Reserve for this event.</p>

SBOC CLUB CHAMPIONSHIP RULES

(May 2018)

Any junior wishing to run a more difficult or longer course than that specified for their age group in the rules below, may do so. For all competitors, the BOF **speed** ratio handicap will be applied in the usual way, with the course length also taken into account. (The course length will be used without consideration of the climb).

Categories

Junior men	M10 – M18
Junior women	W10 – W18
Senior men	M20 – M35
Senior women	W20 – W35
Veteran men	M40 upwards
Veteran women	W40 upwards

Competitors can 'run up' in the senior category (but not across men/women's categories). Competitors who wish to 'run up' must inform the organiser **when they enter/register** for the event (not after their run).

NB: Competitors who 'run up' will take the M/W21 handicap (see below).

What you should run

Juniors will run the following courses or any more difficult and longer than that specified:

M/W10	Yellow
M/W12	Orange
M/W14	Light Green
M/W16	Green
M/W18	Green

Any Senior or Veteran may run any of the technical courses: Green, Blue or Brown, regardless of their age and sex.

NOTE: M70 and above and W65 and above can run Short Green or above to qualify if this course is available. If not they can run Light Green and still be competitive for the Veteran championship.

A competitor may not 'shadow' a junior prior to their run (*i.e.* you should shadow the junior after your run otherwise you must declare yourself non-competitive).

Results calculations:

All categories: Final result = [time taken (*minutes*) / course length (*km*)] x handicap

Handicap is the BOF speed ratio (BOF 2016 Rules version 3.6 (December 2016) Appendix B 7.1.1) as shown in table below:

M10	0.74	W10	0.73	M40	0.89	W40	0.69
M12	0.70	W12	0.62	M45	0.86	W45	0.67
M14	0.80	W14	0.65	M50	0.82	W50	0.63
M16	0.84	W16	0.67	M55	0.77	W55	0.58
M18	0.90	W18	0.70	M60	0.70	W60	0.53
M20	0.92	W20	0.71	M65	0.64	W65	0.48
M21	1.00	W21	0.82	M70	0.57	W70	0.42
M35	0.92	W35	0.71	M75	0.50	W75	0.35
				M80	0.41	W80	0.28
				M85	0.32	W85	0.19