

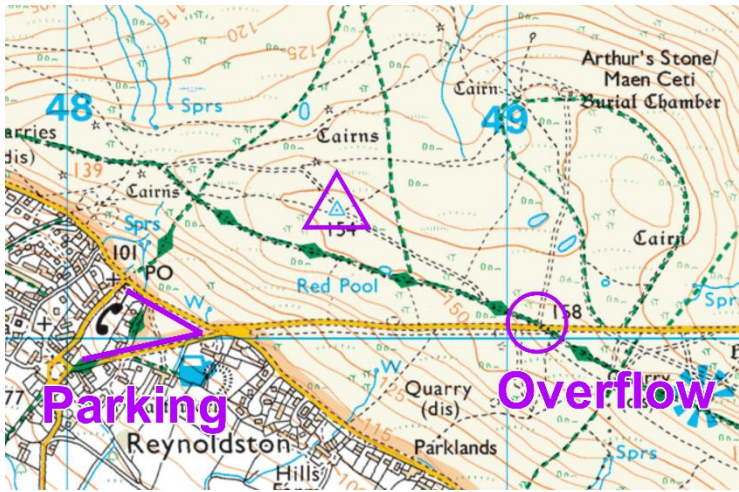


Swansea Bay
Orienteering Club

SBOC Midsummer on Gower 2x2 Relays Event

Cefn Bryn (West)

Sunday 10th June 2018

| EVENT DETAILS | |
|---------------------------|--|
| Location: | <p>PARKING : NGR: SS482900, Postcode: SA3 1AB</p> <p>START : NGR: SS486902</p> |
| Travel directions: | <p>The start can be reached from both the North and South Gower roads:</p> <p>From the South through Killay either follow the A4118 past the airport to Little Reynoldston, turn right and follow the road along the edge of Cefn Bryn to park near the King Arthur Hotel. Alternatively after leaving Upper Killay take the B4271 and follow the road to Cilibion where you turn left to go over Cefn Bryn bringing you down to the King Arthur.</p> <p>Finally from the North Gower road (B4295) head to Llanrhidian, turn left and take the B4271 until you reach Cilibion where you turn right and go over Cefn Bryn to reach the King Arthur.</p> <p>There is extra parking space located at the top of Cefn Bryn.</p>  |
| Terrain: | Fast open moorland with many tracks, marshes, rocks and some gorse. |
| Map: | <p>Scale: 1 : 10000</p> <p>Surveyed 1998, revised 2008 by Bridget Stein and Mike Dobbs, minor updates for this event 2018</p> |
| Format: | <p>2x2 Relay. Each runner will run two short legs planned with an approximate winning time of 20 minutes based on age class.</p> <p>The relay starts with a mass start with the leg order as follows:</p> <p>Runner A – Runner B – Runner A – Runner B</p> |

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| Courses: | The courses have been handicapped based on age in order to make the relay more exciting. Approximate winning times for each leg is 20 minutes. Distances vary from 1.9 – 3.5km |
| Starts: | Briefing at 10:20, Mass Start at 10.30 , Courses close at 13:30 |
| Entry Fees: | £10 per team Entries via www.fabian4.co.uk , pre-entry available until the 03/06/2018. No entry on the day available |
| Punching: | Classic SI electronic punching. SI Air will not be enabled. |
| Facilities: | Bring your own drink to the start. There will be a tent to leave warm clothes and belongings in-between your runs. There are no toilets at the start. |
| Organiser: Planners: | David Mitchell, 07870895096, dave and ann.mitchell@ntlworld.com Ben Mitchell & Megan Carter-Davies, 07547108884, benmitchell1@live.com |
| Safety Information: | A risk assessment has been completed but it should be noted that competitors take part at their own risk. Competitors are reminded they are required to report to the finish/download once they have started a course, whether or not they have completed the course. |
| Additional Information: | Dogs allowed but please keep on leads due to the presence of wild horses and sheep. Whistles and a waterproof jacket will be mandatory if the weather is bad – ensure you bring both. |

www.s boc.org.uk