



Swansea Bay
Orienteering Club

SBOC Night League 3

Pembrey Country Park

Wednesday 5th December

EVENT DETAILS			
Location:	NGR: SN 401007 Post Code: SA16 0EJ		
Travel directions:	From the east: Follow A484 from Llanelli to Pembrey – follow brown country park sign left into Country Park (£2.00 fee at barrier), then follow O signs to 'Woodland Car Park' (300m west of the caravan site). From the west, follow the A484 from Carmarthen past Kidwelly to Pembrey and turn right into the Country Park.		
Terrain:	Forest paths, forested and slightly overgrown dunes. Leg protection essential for Green course.		
Map:	Pre-printed at a scale of 1 : 10,000, 2.5m contours, (Updated 2018) Control Descriptions are printed on the map and will be available at start.		
Courses:	Course	Distance (km)	Climb (m)
	Orange	* 2.6km	* 50m
	Green	*3.5km	* 125m
Registration:	From 18:15 to 18.:45 in the car park		
Starts:	From 18:30 to 19:15 Start and finish are both within 15m of car park Courses close at 21:00		
Entry Fees:	Seniors £5.00 Juniors / Students £2.00 SBOC Juniors – Free <i>Non-members are welcome and guidance for novices available.</i>		
Organiser:	Steve Quinton, 07510 684238 steve@pembrokeshire.ac.uk		
Safety Information:	A risk assessment has been completed but it should be noted that competitors take part at their own risk. Please make sure that you carry a whistle and torch. Cagoules may be compulsory depending on weather. Competitors are reminded 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. Safety Bearing: South East		
Additional Information:	Night league: Carry back up torch.		

www.s boc.org.uk