

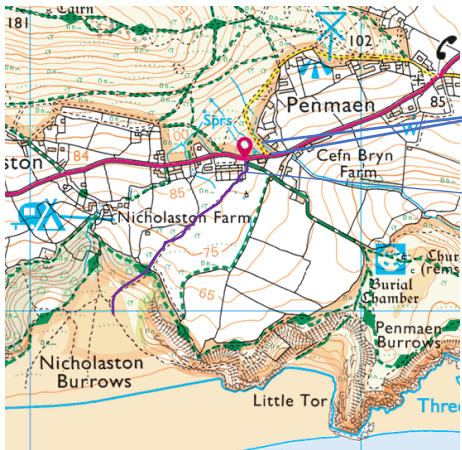


Swansea Bay
Orienteering Club

SBOC Winter League 3 Event

Nicholaston & Penmaen Burrows

Sunday 16th December 2018

EVENT DETAILS			
Location:	NGR: SS526884, Post Code: SA3 2HJ		
Travel directions:	<p>From Swansea follow the A4118 towards Port Eynon. Limited parking is available by the Old Post Office Penmaen, extra parking is available on the road up to Cefn Bryn, on the left after the cattle grid.</p>  <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px;">Parking</div> <div style="border: 1px solid black; padding: 5px;">Route to Registration</div> </div>		
Terrain:	Complex sand dunes and wooded slopes, some spiky undergrowth in areas. Full leg cover is recommended.		
Map:	Pre-printed at a scale of 1 : 5000 updated April 2015		
Courses:	Course	Distance (km)	Climb (m)
	1: Yellow - Easy	1.2km	20m
	2: Short – 18 Controls (6 groups)	2.7 km (Optimum Route)	60m
	3: Long – 27 Controls (9 groups)	4.3 km (Optimum Route)	100m
	<p>As it's almost Christmas, for a bit of fun, the format of this event is a little different. It's called Christmas Tree-angles.</p> <p>Groups of three controls will be shown on the map as overlapping Triangles. Triangles can be visited in any order, but each control in the Triangle must be collected before moving onto the next. Different colours will be used for the lines connecting each Triangle to improve readability. The long course will collect all 9 Triangles, the short course will collect 6 Triangles.</p> <p>Yellow course for novices.</p>		
Registration:	<p>From 10.30 to 10.55 – 1km downhill walk from parking to registration. Follow tapes to the club tent where registration will be held. Bags and clothing can be left here.</p> <p>SI Cards available for hire.</p>		

Starts:	Mass start 11.00am Courses close at 1.00pm
Entry Fees:	Seniors £5.00 Juniors / Students £2.00 SBOC Juniors – Free <i>Non-members are welcome and guidance for novices available.</i>
Organiser:	Kerina Lake, 07811 419972, kerinalake@gmail.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 and/or download once they have started a course, whether or not they have completed the course. Take care crossing the road to/from registration. Cars travel quite fast at times along this stretch of road. The weather can be very cold and wet at this time of year. Please bring adequate clothing as shelter will be limited.
Additional Information:	It's nearly Christmas. I hope to see runners getting into the festive spirit with tinsel, bells and baubles adorning their kit. Dogs are allowed on the area, but please keep on a lead. Meeting after the event at The King Arthur Hotel in Reynoldston (SA3 1AD) for Christmas Socialising!
Personal data	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.

www.s boc.org.uk