



Swansea Bay Orienteering Club
Night League 4 - Cefn Bryn (East)
Wednesday 16th January 2019

www.s boc.org.uk

Location:	East end of Cefn Bryn at Penmaen - Grid ref. SS531887 (nearest postcode SA3 2HE)		
Travel directions:	 <p>From Swansea: take the South Gower road A4118 towards Port Eynon. After going uphill after Parkmill turn right at Penmaen church. The car park is 100m from the junction; on the right after you cross the cattle grid.</p>		
Terrain:	Open hillside, mixed runnability – some parts fast, others slowed by dead bracken, or gorse. Some patches of rock / boulders. Marshy in parts on the lower slopes.		
Map:	Printed at a scale of 1:5,000 , 5m contours. (Revised 2015, some updates 2018) Control Descriptions are printed on the map and will be available at registration.		
Courses: (subject to final planning)	Course	Distance (km)	Climb (m)
	Orange (technically moderate)	2.5km	90m
	Green (technically hard)	3.5km	130m
Registration:	From 5.30pm -6.30pm in the car park		
Starts:	From 5.45pm to 6.45pm Courses close at 8pm. Start and finish adjacent to the car park		
Entry Fees:	Seniors: £5.00 Juniors / Students: £2.00 SBOC Juniors: Free <i>Non-members are welcome and guidance for novices available.</i>		
Organiser:	Roger Stein, (01792)371450 / 07789 834593 rogerstein@btinternet.com		
Safety Information:	<p>A risk assessment has been completed but it should be noted that competitors take part at their own risk. Juniors aged under 16 should normally be accompanied by an adult or have had previous orienteering experience.</p> <p>Please make sure that you carry a whistle and torch. Cagoules may be compulsory depending on weather. You should also carry some form of backup lighting (e.g. small torch or mobile phone).</p> <p>Sheep and ponies are currently grazing on the hillsides – take care when passing them.</p> <p>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.</p> <p>Safety Bearing: East (Organiser's mobile number is printed on the map)</p>		
Additional Information:	Overhead power lines have not been mapped. The reduction in grazing on the hill in recent years has led to an increase in the thickness of gorse. The worst parts are shown as green or green stripe but the map is not fully up to date. (Courses try to avoid the worst parts, but your route choices may not!)		