



Swansea Bay
Orienteering
Club

Welsh League Regional Event

Mynydd y Garn

Sunday 17 February 2019

EVENT DETAILS																											
Location:	NGR: SN935124 Post Code: CF44 9JF Google Maps Location																										
Travel directions:	Take the A4059 from Penderyn north towards Brecon. After two kilometres, turn left towards Ystradfellte. Bear left at the next two junctions, following the waterfall signs to the Gwaun Hepste car park which is on the left. This a narrow single track road in places, please drive carefully. This is a pay and display car park £4.00 per car. Please follow signs to park in our allocated area.																										
Terrain:	Fast open limestone moorland with technical contour and rock features. The area features over 4000 sinkholes. There is one compulsory crossing point through which the courses have been planned. On no account must the solid purple uncrossable line marked on the map be crossed.																										
Map:	1 : 10000 / 5m contours. Surveyed 2008 with minor updates and symbols now to ISOM2017 for this event in 2019. The area was last used for Day 5 of Croeso 2008. Link to old map																										
Courses:	<table border="1"><thead><tr><th>Course</th><th>Distance (km)</th><th>Climb (m)</th></tr></thead><tbody><tr><td>Brown</td><td>9.7</td><td>200</td></tr><tr><td>Blue</td><td>7.4</td><td>170</td></tr><tr><td>Green</td><td>4.8</td><td>150</td></tr><tr><td>Short Green</td><td>3.4</td><td>110</td></tr><tr><td>Light Green</td><td>3.4</td><td>95</td></tr><tr><td>Orange</td><td>2.2</td><td>65</td></tr><tr><td>Yellow</td><td>2.0</td><td>45</td></tr></tbody></table>	Course	Distance (km)	Climb (m)	Brown	9.7	200	Blue	7.4	170	Green	4.8	150	Short Green	3.4	110	Light Green	3.4	95	Orange	2.2	65	Yellow	2.0	45		
Course	Distance (km)	Climb (m)																									
Brown	9.7	200																									
Blue	7.4	170																									
Green	4.8	150																									
Short Green	3.4	110																									
Light Green	3.4	95																									
Orange	2.2	65																									
Yellow	2.0	45																									
Assembly and Registration:	From 10:30 to 12:00am in the car park There will be a portaloos in the assembly area.																										

Starts:	<p>From 11.00 to 13:00 This will be a punching start.</p> <p>The start is 1.5km away along rough path and up through a field. Allow 20-25 mins. The route crosses 2 quiet single track roads. These will be un-manned so please take care when crossing. The route passes close to the finish where you can leave clothing for collection once you have completed your run.</p> <p>Courses close at 15:00</p>
Entry Fees:	<p>Entries via http://www.fabian4.co.uk/default.aspx?EventID=2151</p> <p>Closing date is midnight sun 11 Feb 2019. Though entries on the day will be possible if maps are available.</p> <p>Seniors £12.00</p> <p>Juniors / Students £4.00</p> <p><i>Non-members are welcome and guidance for novices available.</i></p>
Organiser: Planner: Controller:	<p>Niall Reynolds, 01792 527566, nm.reynolds@hotmail.co.uk</p> <p>Ben Mitchell, 07547108884, benmitchell1@live.com</p> <p>Mark Saunders (BOK)</p>
Safety Information:	<p>A risk assessment has been completed but it should be noted that competitors take part at their own risk. This has identified slips and trips and poor weather as hazards and as the area is high moorland a whistle will be compulsory and a gacoule may be needed.</p> <p>Check yourself for Ticks when you have finished.</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 is due west to the fence and then head south along fence.</p>
Additional Information:	<p>After your race why not head out for a walk from the car park to see some spectacular waterfalls Four Falls Trail.</p> <p>Cows, Sheep and wild ponies grazing on the area so no dogs on the area.</p>
Personal data	<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>There will be photographs taken so if you do not wish to be photographed please let the organiser know.</p>

www.s boc.org.uk