




Swansea Bay  
Orienteering Club

## SBOC Night League 6

### Oxwich Burrows

Wednesday 27<sup>th</sup> February 2019

EVENT DETAILS			
<b>Location:</b>	Oxwich Bay Car Park, NGR: SS 501866, Post Code: SA3 1LS		
<b>Travel directions:</b>			<p>Take the A4118 (South Gower Road) out of Swansea, turn left at the sign for Oxwich. Follow the road down the hill and turn left when you see the signs for Oxwich Bay Car Park.</p> <p>A parking fee may be payable.</p>
<b>Terrain:</b>	Technical, mostly open sand dunes, with some rough low growing vegetation. Some patches of woodland, an extensive path network. Full leg cover is recommended.		
<b>Map:</b>	2016 Pre-printed at a scale of 1:7500, Updated 2019		
<b>Courses:</b> (Subject to final planning)	<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
	Orange	2.2km	40m
	Green	3.3km	85m
<b>Registration:</b>	From 18:15 to 19:15 in the car park		
<b>Starts:</b>	From 18:30 to 19:30 Courses close at 20:30		
<b>Entry Fees:</b>	Seniors £5.00 Juniors / Students £2.00 SBOC Juniors – Free <i>Non-members are welcome and guidance for novices available.</i>		
<b>Organiser:</b>	Kerina Lake, 07811 419972, kerinalake@onetel.com		
<b>Safety Information:</b>	<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 previous orienteering experience.</p> <p>Night League event - please make sure that you carry a whistle and torch. Cagoules may be compulsory depending on the weather. You should also carry some form of backup light (e.g. small torch or mobile phone)</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: Head east to the beach then head south west back to the car park (Organisers mobile number is printed on the map)</p>		

<b>Additional Information:</b>	There are a lot of small unmapped paths in the area, all significant tracks have been mapped. There are ponies in some fenced areas of the dunes, please be aware that they may be startled by approaching runners in the dark
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