




Swansea Bay
Orienteering Club

SBOC SUMMER LEAGUE EVENT 4

LLANMADOC HILL

WEDNESDAY 22nd MAY 2019

EVENT DETAILS			
Location:	Llanmadoc Hill, SA3 1DE OS Grid Ref: SS 442931		
Travel Directions:	 <p>Enter Llanmadoc (from B4271 or B4295 via Llanrhiddian). Entering the village, go past the Britannia pub (signed from here), all the way through the village and just before the church, bear right down the hill to the Cwm Ivy car park (the field just on the right). It is essential that everyone parks here and not in the village as this a condition of our use of the common land. An honesty-box parking fee applies.</p> <p>From the car park, go back up to the village and bear right past the phone box, following tape to the start (approx. 5 minutes walk).</p>		
Terrain:	Mainly open hillside, with patchy gorse vegetation, some rock features and reasonable path network. Runnability is generally good with low vegetation, but the gorse is prickly and bracken is growing fast, so leg protection is strongly advised.		
Map:	Pre-printed at a scale of 1:7500 with 5m contours. Updated 2017 Control descriptions are printed on the map and will be available at the start.		
Courses:	Course	Distance	Climb (m)
	Yellow (easy)	2.3 km	60m
	Orange (easy / medium)	2.7 km	110m
	Light Green (medium)	3.4 km	140m
	Green (harder)	4.5 km	170m
Registration:	From 17.30 to 18.45 by the start		
Starts:	From 17.45 to 19.00 Courses close at 20.15		
Entry Fees:	Seniors £6.00 Juniors / Students £3.00 SBOC Juniors – Free Non-members are welcome and guidance for novices available.		
Organiser:	Cris Arnold 07976 921055 j.c.arnold@outlook.com		

Safety Information	<p>A risk assessment has been completed but it should be noted that competitors take part at their own risk.</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>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p>
Additional Information:	<p>Please park considerately and take care when walking to/from registration/start/finish. There are sheep and horses on the hill. Leave plenty of room to pass and do so with care. The area is also used by horse riders – stay alert and step aside if necessary. Check for ticks after the event.</p> <p>The area is quite exposed, so cagoules may be compulsory in the event of bad weather.</p>