



SWANSEA BAY ORIENTEERING CLUB

SUMMER LEAGUE EVENT 5

Oxwich Burrows

Saturday 1 June 2019

Location:	Parking at Oxwich Beach car park, grid ref SS 501865, post code SA3 1LS
Travel directions: 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. A parking fee will be payable.	
Terrain:	Technical, mostly open sand dunes, with some rough low growing vegetation. Some patches of woodland, an extensive path network and fenced areas. Full leg cover is recommended.
Map:	2016 (updated in 2019) Pre-printed at a scale of 1:7500 for all courses.
Registration:	10.30 – 12.30 p.m A club tent will be available at registration for clothing and bags.
Starts: Registration and Starts will be 500m from the car park along a flat path. This will be marked from the car park entrance. The area to the South East of the path is Out of Bounds to runners. Do not use any other paths to reach the start.	11.00 to 13.00 p.m Courses close at 14.00 pm
Entry fees:	Seniors £6.00, Juniors/students £3.00, SBOC juniors – FREE Entries preferred via http://www.fabian4.co.uk/

	Entry on the Day will be accepted provided those intending to come notify the organiser by 29 May 2019 at dave_and_ann.mitchell@ntlworld.com which course(s) they intend to run to ensure sufficient maps are available.
Courses:	<p>Approximate Distances subject to final planning:</p> <p>Blue 5.0km, technically difficult and some rougher terrain Green 4.0km, technically difficult and some rougher terrain Light Green 3.0km, medium difficulty and some rougher terrain Long Orange 4.5km, technically easy to medium mostly on paths or near fences Orange 2.5km, technically easy to medium mostly on paths or near fences Yellow 2.0km, technically easy mostly on paths or alongside fences</p> <p>SI electronic punching will be used. SI cards available for loan if required.</p>
Organiser / Planner	David Mitchell, 07870 895096, dave_and_ann.mitchell@ntlworld.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>Cagoules and whistles may be compulsory depending on weather conditions.</p> <p>Competitors are required to report to the finish and download once they have started a course, whether or not they have completed the course.</p> <p>Safety bearing: Head SE to the beach then head SW back to the car park.</p>
Important information:	<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>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p> <p>All competitors take part at their own risk and are responsible for their own safety.</p>
Additional Information:	<p>The car park can be busy, please park considerately and take care when walking to/from registration/start/finish.</p> <p>There are a lot of small unmapped paths in the area, all significant tracks have been mapped.</p> <p>There are ponies in some fenced areas of the dunes, please keep all dogs on a lead.</p> <p>Adders have been seen in the area.</p> <p>Check for ticks after the event.</p>
Acknowledgements	We are very grateful to the Natural Resources Wales for generous use of their land for this event.