

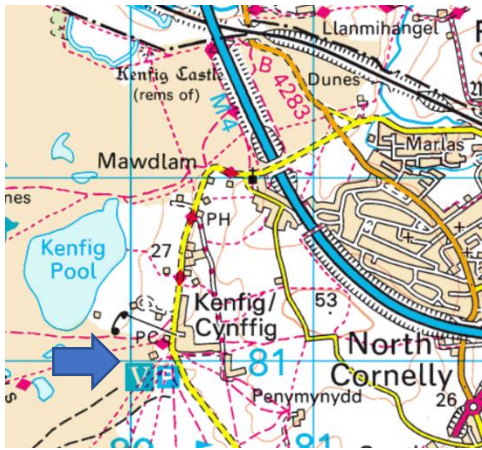


Swansea Bay
Orienteering Club

SBOC Welsh League Event

Kenfig Burrows

Sunday 2nd June 2019

EVENT DETAILS																	
Location:	NGR: SS 802810, Post Code: CF33 4PP																
Travel directions:	<p>Parking in the overflow car park at Kenfig Nature Reserve Visitor Centre.</p>  <p>From the West leave the M4 at Jct 38, take the A48 towards Margam Park. Turn right onto B4283 (signed for Cornelly). Follow this road and turn right about 1 mile after passing under the railway line. Signed for Kenfig Nature Reserve Visitor Centre.</p> <p>From the East leave the M4 at Jct 37 and turn onto the A4229. At the first roundabout turn right onto the B4283. Follow this road and turn left, just after leaving North Cornelly. Signed for Kenfig Nature Reserve Visitor Centre.</p>																
Terrain:	Technical orienteering at its best. Complex sand dunes, very runnable with wooded areas and seasonal marshes. Cattle graze the area and there are numerous paths. The ruins of Kenfig Castle in the North of the area are half hidden by the encroaching sands, which swallow the village of Kenfig in late 14 th century.																
Map:	Produced by Peel Land Surveys 2016 Pre-printed at a scale of 1 : 10000, 2.5m Contours. Updated 2019																
Courses: (Subject to final planning)	<table border="1"> <thead> <tr> <th>Course</th> <th>Distance (km)</th> </tr> </thead> <tbody> <tr> <td>Yellow</td> <td>2.0km</td> </tr> <tr> <td>Orange</td> <td>2.9km</td> </tr> <tr> <td>Light Green</td> <td>3.3km</td> </tr> <tr> <td>Short Green</td> <td>3.3km</td> </tr> <tr> <td>Green</td> <td>4.7km</td> </tr> <tr> <td>Blue</td> <td>7.0km</td> </tr> <tr> <td>Brown</td> <td>9.5km</td> </tr> </tbody> </table>	Course	Distance (km)	Yellow	2.0km	Orange	2.9km	Light Green	3.3km	Short Green	3.3km	Green	4.7km	Blue	7.0km	Brown	9.5km
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	SI electronic punching will be used. SI cards available to hire if required																
Assembly:	Located adjacent to the Car Park. Toilets available in the Visitor Centre.																
Registration:	Located at Assembly and open from 10:00 to 12:00																

Starts:	From 10:30 to 12:30 Courses close at 14:30
Entry Fees:	Entry by 29 th May 2019 (£2 adult/£1 junior supplement for entry on day) BOF Seniors £10.00 - Non BOF Seniors £12 BOF Juniors / Students £4.00 / Non BOF Juniors/Students £5 SBOC Juniors – Free SI Hire £2 for Adults, free for Juniors/Students Entries preferred via http://fabian4.co.uk Entry on the Day will be accepted provided those intending to come notify the organiser by 29 May 2019 at kerinalake@onetel.com which course(s) they intend to run to ensure sufficient maps are available
Officials:	Organiser: Kerina Lake, 07811 419972, kerinalake@onetel.com Planner: Ben Mitchell Controller: Mike Forrest
Safety Information:	A risk assessment has been completed but it should be noted that competitors take part at their own risk and are responsible for their own safety. 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. Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included. 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.
Additional Information:	The car park can be busy, please park considerately and take care when walking to and from registration, start and finish. Adders have been spotted in the area – full leg cover recommended. Check for ticks after the event. Dogs allowed on leads – livestock graze in the area
Acknowledgements:	We are very grateful to Kenfig National Nature Reserve and Bridgend Borough Council for the generous use of their land.

www.s boc.org.uk