

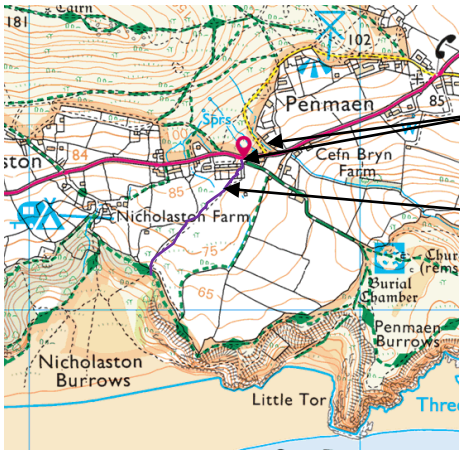


Swansea Bay
Orienteering Club

SBOC Summer League Event 7

Nicholaston & Penmaen Burrows

Wednesday 19th June 2019

EVENT DETAILS			
Location:	NGR: SS526884, Post Code: SA3 2HJ		
Travel directions:	<p>From Swansea follow the A4118 towards Port Eynon. Limited parking is available by the Old Post Office Penmaen, extra parking is available on the road up to Cefn Bryn, on the left after the cattle grid.</p>  <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px;">Parking</div> <div style="border: 1px solid black; padding: 5px;">Route to Start/Finish</div> </div>		
Terrain:	Complex sand dunes and wooded slopes, some spiky undergrowth in areas. Full leg cover is recommended.		
Map:	Pre-printed at a scale of 1 : 5000 updated April 2015		
Courses: (Subject to final planning)	Course	Distance	Climb
	Yellow (easy)	1.3km	65m
	Orange (easy/medium)	2.2km	75m
	Light Green (medium)	3.2km	90m
	Green (harder)	4.2km	110m
Registration:	From 17.45 to 19.00 in the car park by the Old Post Office, Penmaen SI Cards available for hire.		
Starts:	From 18.00 to 19.15. The start and finish are 600m from registration. Courses close at 20.30		
Entry Fees:	Seniors £6.00 Juniors / Students £3.00 SBOC Juniors – Free <i>Non-members are welcome and guidance for novices available.</i>		
Organiser:	Diana McClure, 07968 827893, dianamclure81@hotmail.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>Take care crossing the road to/from registration. Cars travel quite fast at times along this stretch of road.</p> <p>Adders are sometimes found in the dunes in summer months.</p> <p>Bridges in the area may be slippery when wet.</p> <p>There are large crags in the area but the courses have been planned to avoid them.</p> <p>Check for ticks after the event.</p>
Additional Information:	<p>Dogs are allowed on the area, but please keep on a lead.</p> <p>There are a number of small unmapped paths in the area; all significant tracks have been mapped.</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>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p>

www.s boc.org.uk