



# SWANSEA BAY ORIENTEERING CLUB

- **Sat 7<sup>th</sup> Sept 2019 – Senior Home International Individual Races and Welsh League Event (Regional Event) on Broughton Burrows**
- **Sun 8<sup>th</sup> Sept 2019 – Senior Home International Relays and Welsh League Event (Regional Event) on Whiteford Burrows**

## Final Details

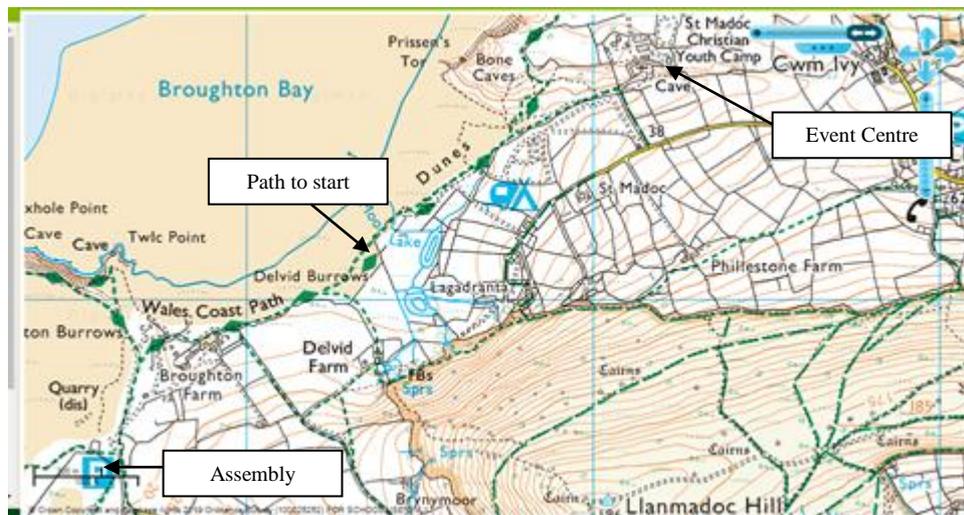
### Weekend Information:

<b>Introduction</b>	<p>Swansea Bay Orienteering Club is delighted to welcome the 4 nations to this beautiful part of Gower for the Senior Home Internationals 2019. We hope you will enjoy the challenging dune orienteering and the warm hospitality provided at the event centre. The event will follow the BOF SHI rules from November 2016.</p> <p>We will also be hosting two Welsh League Events to run on the same areas to give club Orienteers the chance to run on this lovely terrain.</p> <p>On the Saturday it is also the SBOC 2019 Club Championships.</p>
<b>The Event Centre</b>	<p>The weekend is centred on the St Madoc Centre (Post Code: SA3 1DE, NGR SS 431 936) at Llanmadoc, Gower. The SHI squads will be arriving on Friday night and will leave again on Sunday. The traditional Saturday SHI dinner will be located at the centre and will be provided by the Welsh Junior Squad.</p>
<b>Directions to the event centre – for SHI teams and all Day 2 competitors.</b>	<p>St Madoc is about a half hour drive from Junction 47 of the M4. From M4 Junction 47 - head toward Swansea · At the next roundabout take the exit signed the Gower A484.</p> <p>At the next roundabout continue straight – still the A484 · At next roundabout turn first left onto the B4296. Here the road goes under the low railway bridge. As soon as you go under the bridge, get into right lane and turn right at the traffic lights on to the (B4295).</p> <p>Keep going on this road for several miles. Pass through the village of Penclawdd towards the village of Llanrhidian. Drive past the School on your right and the old pub on the left. Just past the pub take the right turning. This road is a little narrow but has passing places.</p> <p>You then arrive in the village of Llanmadoc. Pass The Britannia Inn on your right and drive up the hill passing the red telephone box on your left. You will see a prominent white Swiss style house in front of you. Take the road that runs between this house and the ancient village Church. Go straight on. This is narrow.</p> <p>Half a mile on and you will see an entrance to Whitford Bay Caravan Park on the right hand side. St. Madoc's is just to the right of this entrance. <a href="https://www.stmadoc.co.uk/">https://www.stmadoc.co.uk/</a></p>
<b>Location of competition areas</b>	<p>Broughton Burrows is located to the west of the Event Centre and Whiteford Burrows is North East of the Event Centre. Both offer fantastic views of the Welsh coastline.</p>

# Saturday 7<sup>th</sup> September: SHI Individual Races and Welsh League Event (Regional Event) including SBOC 2019 Club Championships

## Broughton Burrows, North Gower, Swansea.

### Directions



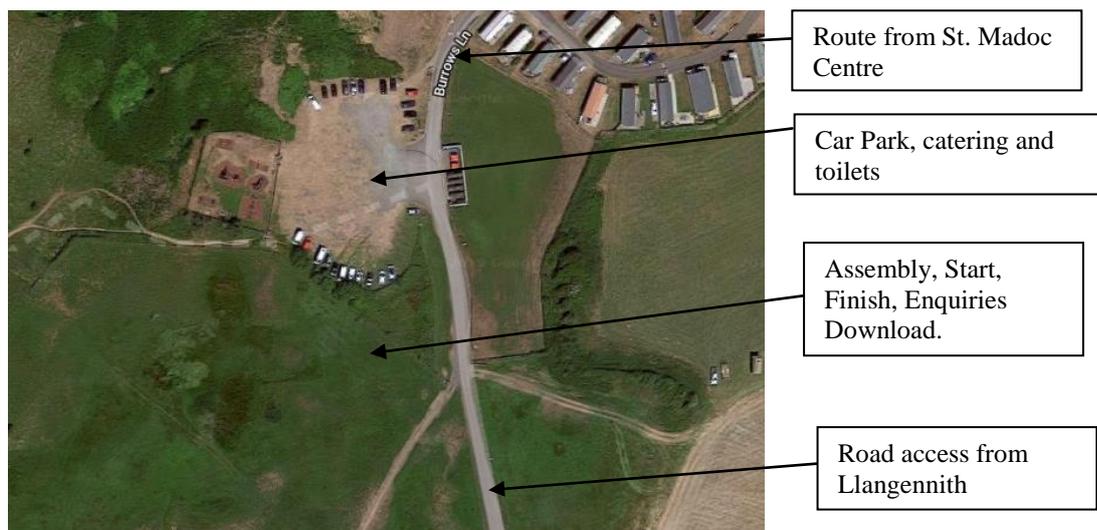
**For SHI competitors.** From the Event Centre there is a 2km walk along the Wales Coast Path to the west, through Broughton Farm Caravan Park to the main entrance where the event car park and assembly will be.

**For others.** Head for Llangennith at NW end of Gower peninsula. Drive through village past the King's Head pub. At mini roundabout go straight ahead, signed "1 mile Broughton". Car park is at end of this road on left. (Lane is quite narrow in places with some passing places, so take care.)

### Car Parking and Assembly

The Assembly and car parking is at Broughton Farm Caravan Park public car park. (NGR SS415925/Nearest Post Code SA3 1JP)

There will be no car parking charge for Orienteers (mention you are competing if there is someone at the gate). Please follow Car Park Marshalls instructions. There may be other non-Orienteers using this car park.



Start and finish are adjacent to assembly area.

Please comply with Out of Bounds notices to avoid entering the competition area

<b>SHI Team Registration</b>	SHI team declaration and Event administration will be at the event centre so any changes to running order must be declared in advance of the first start.
<b>Entry Fees</b>	<p><b>Welsh League (Regional Event)</b></p> <p>Seniors £10.00, Juniors/students £5.00, SBOC juniors - FREE</p> <p>Entries closed midnight 1<sup>st</sup> September 2019. Late entries possible subject to map availability and an additional £2.00 per adult fee.</p> <p>Using normal SI electronic timing. There are SI cards to hire at registration.</p>
<b>Starts &amp; Finish</b>	<p><b>Senior Home International</b></p> <p>Starts are close to the Assembly. First start at 10.30. There is a -3min call up. Runners on same course will be at 4 min intervals. Please be sure to turn up at your allotted time as while it is a punching start there will be limited opportunity to insert late runners.</p> <p>Finish adjacent to Assembly, please download after you have finished.</p> <p><b>Welsh League (Regional Event)</b></p> <p>Registration 12:00-13:30</p> <p>Starts: 12:30 to 14:00</p> <p>Runners on same course will be started at 2min if possible, otherwise at 1min intervals. It is a punching start so please turn up early to ensure a space.</p> <p>Finish adjacent to assembly, please download after you have finished</p> <p>Courses close 16:00</p>
<b>Map &amp; Control Descriptions</b>	<p>A4. 1:7500. 2.5m Contours. Surveyed 2009, with some updates in 2017 &amp; 2019. Maps will be pre-marked and printed on waterproof paper.</p> <p>Both SHI and Welsh League competitors will use the same map.</p> <p>Senior men, Senior Women and M20 will have double sided map. Black and Brown will have a double sided map.</p> <p>Control descriptions will be available in the start lanes.</p>
<b>Terrain</b>	<p>Broughton is an extensive, 1.9 x 1.3 km, challenging, open area of large irregular dunes with a height difference of about 75 m from the beach to the higher plateau in the north. There are few paths and nearly no water features or woodland. The Controller considers the contours to be a good representation of the ground and for the higher technical difficult course the orienteering experience similar to that of a 'Brown only' map.</p> <p>The area is generally covered in typical dune grasses and plants with a few isolated thickets. In late summer the vegetation is more prolific and physically challenging than in Spring. There are some areas of bracken in the North East and the marram grass is heaviest in the strip adjacent to the beach. Low briar can snag the ankles.</p> <p>The map represents the spring condition and vegetation has not been recently updated. Impassable Buckthorn thickets are in the process of being removed from the area; this is an intermediate state and is depicted rather than re-surveyed in detail. There are some areas of additional erosion. These details are for information</p>

	and should not significantly affect the competition.			
<b>SHI Course Detail</b>	Course	Length (km)	Climb (m)	No of controls
	Men 20	9.8	400	28
	Senior Men	11.6	425	31 Ensure your SI dibber has capacity
	Women 20	5.9	245	16
	Senior Women	8.6	340	25
<b>Welsh League Course Detail</b>	Course	Length (km)	Climb (m)	No of controls
	Black	11.6	425	31 Ensure your SI dibber has capacity
	Brown	8.6	340	25
	Blue	5.9	245	17
	Green	4.3	175	12
	Light green	3.2	120	13
	Orange	2.5	60	10
	Yellow	2.6	45	13
<b>SBOC Club Championships</b>	Club members can run the appropriate technical courses and the results are calculated using the BOF handicap system. Full details are available on the SBOC website. If you wish to compete for a different class then you must declare before you run.			
<b>Toilets</b>	There are toilets at the Event Centre and at Assembly.			
<b>Dogs</b>	Dogs are welcome, but must be kept on a lead at all times.			
<b>Safety</b>	<p>A risk assessment has been completed but it should be noted that competitors take part at their own risk.</p> <p>A wire fence bisects the area. It is topped with a strand of barbed wire and was erected in 2002. It is now in a state of some disrepair in particular some fence posts are now rotten. Take care crossing. Stiles are mapped, visible, but are now often a poor place to cross. Four optional crossing points have been marked on the map to identify easy crossing points for the Light Green course.</p> <p>Please check for ticks after the event, keep an eye out for snakes and avoid disturbing any livestock on the area. In case of extremely hot weather a drinks station will be provided for the longer courses and this will be identified on their control descriptions.</p> <p>Competitors are reminded that 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>			
<b>Photography</b>	BOF approved photographer Steve Rush will be taking pictures, so if you would not want to have your picture taken, please let the Organiser know.			
<b>Officials</b>	<p>SHI Coordinator: Margaret Reynolds (SBOC)  Event Organiser: Niall Reynolds (SBOC) 01792 527566  nm.reynolds@hotmail.co.uk  Planner: Mark Saunders (BOK)  Controller: Charles Daniels (BOK)</p> <p>Jury for SHI</p> <p>David May (SLOW), Chris Kelsey (BOK), Peter Ribbans (SWOC)</p>			
<b>Thank you</b>	Mr Elson, Broughton Farm Caravan Park, St. Madoc's Centre. All members of SBOC who helped			

# Sunday 8<sup>th</sup> September: Senior Home International Relays and Welsh League Event (Regional Event)

## Whiteford Burrows, North Gower, Swansea.

<b>Directions</b>	As for event centre under Weekend Information
<b>Car Parking and Event Centre</b>	<p>The car park will be at St. Madoc Centre in Llanmadoc, Gower. We are not using the normal car park at Cwm Ivy. The route to the Centre is along a narrow lane. Please drive carefully.</p> <p>Post code is SA3 1DE. NGR SS 433 937.</p> <p><b>Car parking fee of £2.00 per car. Please have change ready.</b> And please follow car park marshal's instructions.</p> <p>The main building contains toilets. There will be refreshments after the event and plenty of space to gather and leave bags.</p>

**The Arena**

The route to the Arena, leaves to the north of the Event Centre and follows a sandy path down onto the Whiteford Burrows. Here it joins the tarmac and gravel path that heads out onto the point past the National Trust rental bunkhouses. These are out of bounds and please be quiet passing these.

Please stick to the path as this route passes through the competition area for the yellow and orange courses.

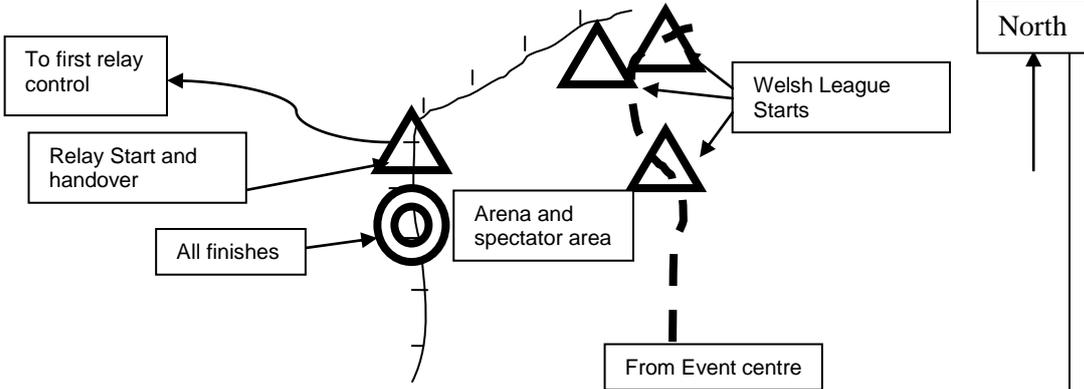
It is 2km. Allow 30 mins.



The Arena has been selected to provide good viewing to watch the relays and cheer on the teams. It is common for both the SHI relays and the Welsh League Event.

The SHI relay will be operated as a separate event with its own download and results station.

The Welsh League will start towards the end of the relay competition and will have separate starts. The download and results will also be separate.

<p><b>Arena Layout</b></p>	 <p>2 portaloos will be located enroute to the arena.</p>
<p><b>SHI Relay</b></p>	<p>Teams of three for men and women separately. Each team is to include at least one 20 or under, as determined by BOF age with courses planned to deliver a 40 minute leading time per leg.</p> <p>Teams must be declared by 17:00 on Saturday 7<sup>th</sup> September. Bib/Sealed Maps/Pins will be issued to team managers at this point and it is your responsibility to allocate the maps correctly to the team's runners. We expect you not to open maps beforehand.</p> <p>The final control, taped route and finish control is common between the SHI Relay and Welsh League courses.</p> <p>After punching finish control, Relay Leg 1 and 2 runners will run further 10-20m along the fence and handover to the runner waiting by the fence. This will be demonstrated before the event.</p> <p><b>PLEASE NOTE:</b> For third leg runners the finish line is before the finish control and the winning team will be the first over the line and not who punches finish control first.</p> <p>Legs are gaffed.</p> <p>On mens relay there is a spectator control around 70% way round the course.</p> <p>On womens relay the spectator control is around 80% way round the course.</p>
<p><b>Welsh League Event</b></p>	<p>The last control, taped route and finish control is common between the SHI Relay and Welsh League courses</p> <p>The Welsh League start has runners going in three directions (i) Yellow goes along track south, (ii) Orange and Light Green goes north along the track and (iii) Green, Blue and Brown goes west over the stile onto the dunes.</p>
<p><b>Entry Fees</b></p>	<p><b>Welsh League (Regional Event) Entries</b></p> <p>Seniors £10.00, Juniors/students £5.00, SBOC juniors - FREE</p> <p>Entries closed midnight 1<sup>st</sup> September 2019. Late entries possible but subject to map availability and an additional £2.00 per adult fee.</p> <p>Using SI electronic timing. There are SI cards to hire at registration.</p>
<p><b>Starts &amp; Finish</b></p>	<p>Starts and finish are adjacent to assembly area.</p> <p><b>Senior Home International Relay Starts</b></p> <p>Men's relay starts at 9.30. Call up is at 9.15.</p>

	<p>Women's relay starts at 9.45. Call up 9.30.</p> <p>Mini Mass start for any remaining runners will take place around 11.30 if needed.</p> <p><b>Welsh League (Regional Event) Starts</b></p> <p>Registration open 10.30 to 12.00</p> <p>Starts are 11.00 to 12:30 but may be extended if needed.</p> <p>Runners will be started at 2min if possible, otherwise at 1min intervals. It is a punching start so please turn up early to ensure a space. There is a -3 min call up.</p> <p>There are 3 start flags, so please check you are leaving the correct one for your course.</p> <p>Courses Close at 14:30</p>			
<b>Map &amp; Control Descriptions</b>	<p>The Whiteford Burrows map is 1:7500 with 2.5m contours. Minor updates in 2017 and 2019.</p> <p><b>Senior Home International and welsh League will use the same map.</b></p> <p>Maps will be issued to Team Managers on team registration on Saturday evening.</p> <p>Maps will be overprinted on waterproof paper.</p> <p>Control Descriptions will be available in the start lanes and are printed on the map.</p> <p>Special Symbols in the control descriptions are: X = fallen tree, O = post</p>			
<b>Terrain</b>	<p>Whiteford is a picturesque, generally flat spit of dunes 3.0 x 0.4km that doubles as a nature reserve. Please respect the area and be sensitive to its status. Senior National Trust Officials will be in the area over the weekend</p> <p>The dunes are mostly open but there are areas of mature conifer woodland The southern forest is overgrown but the main paths used by Orange and Yellow are passable. In general the area has many thickets (dark green); both these and areas depicted with dense hatching are best avoided. There have been recent mapping updates of vegetation. The general vegetation is slower than in spring and there are areas of marram grass particularly near the beach and in the far south but in general running speeds will be faster than Broughton.</p> <p>A main path and fences run the length of the area. Other paths can be small, so there is a taped section on Yellow course. Orange course runners might come across these but do not have to follow them. The fences are generally in good condition and occasionally topped with a barbed wire strand. An optional crossing point on a gate relevant to a Light Green has been marked on the map.</p>			
<b>SHI Relay Course Details</b>	Course	Length (km)	Climb (m)	Number of controls
	Mens	6.7	170	23 controls. Spectator control 70% way round course.
	Womens	5.5	140	19 controls. Spectator control 80% way round the course
<b>Welsh League Course Details</b>	Course	Length (km)	Climb (m)	Number of controls
	Brown	7.25	170	23 controls
	Blue	5.7	140	18 controls
	Green	4.5	110	17 controls

	Light Green	3.6	70	14 controls
	Orange	3.2	30	13 controls
	Yellow	2.0	30	12 controls
<b>Toilets</b>	There are toilets at the St. Madoc's Centre , but there will be portaloos en-route to the Arena and will be some 200m short of the Arena.			
<b>Safety</b>	<p>A full risk assessment has been completed and will be available at registration. Competitors take part at their own risk.</p> <p>Competitors should also not interfere with any metals objects seen on the ground.</p> <p>There are ponies, cattle and sheep on the dunes as part of vegetation management, please do not approach these or startle them. Occasional horse riders so please be courteous and it is a popular place for dog walkers. Keep an eye out for snakes as these frequent the dunes.</p> <p>Please check for ticks after your race.</p> <p>Whistles are advisory and in bad weather cagoules may be advised</p>			
<b>Photography</b>	BOF approved photographer Steve Rush will be taking pictures, so if you would not want to have your picture taken, please let the Organiser know.			
<b>Dogs</b>	Dogs must be kept on lead at all times due to sheep and other livestock in the area.			
<b>Officials</b>	<p>SHI Coordinator: Margaret Reynolds (SBOC)  Organiser: Niall Reynolds (SBOC) 01792 527566 nm.reynolds@hotmail.co.uk  Planner: Charles Daniels (BOK)  Controller: Alice Bedwell (BOK)</p> <p>SHI Jury</p> <p>David May (SLOW); Chris Kelsey (BOK), Richard Barrett (British Army)</p>			
<b>Thank you</b>	National Trust and Natural Resources Wales St. Madoc's Youth Centre All members of SBOC who helped			