



# SWANSEA BAY ORIENTEERING CLUB

## SUMMER LEAGUE 11

Ogof Fynnon Ddu, Pen-y-cae, Swansea Valley

Wed. 9<sup>th</sup> August 2017

<b>EVENT DETAILS</b>	
<b>Location:</b>	NGR: SN856155 (SA9 1GQ)
<b>Travel directions:</b>	From Swansea A4067 travelling north, take turning right after <b>Pen Y Cae</b> village. (Left after <b>Craig y Nos Park</b> if travelling south). Continue to end of road, along rough track past quarry to car park on left before Caving Club.
<b>Terrain:</b>	Open hill, rough rocky terrain with tussock areas, small cliffs & sink holes
<b>Map:</b>	2015 revision; 1:10000 with 5m contours (printed at 1:7500). Printed on waterproof paper.
<b>Registration:</b>	5.30-6.30pm in car park
<b>Starts:</b>	5.45 -6.45pm Courses close at 8:00pm
<b>Entry fees:</b>	Seniors £5.00, Juniors/students £2.00, SBOC juniors - FREE Non-members are welcome and guidance for novices available.  Using SI electronic punching and there are SI units for hire at registration.
<b>Courses:</b>	Green 3.6k (150m climb), Light Green 2.8k (100m climb), Orange 2.6k (75m climb) and Yellow 1.5k (60m climb)  Control descriptions are pictorial (text descriptions available for yellow and orange)
<b>Organiser:</b>	Sasha & Tom Habgood      Contact no. 07901808537 / 07826518270
<b>Safety Information</b>	A risk assessment has been completed but it should be noted that competitors take part at their own risk.  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.
<b>Additional information:</b>	Dogs under control (sheep are in the area) Mountain terrain so Whistle & Cagoule may be required depending on weather.