

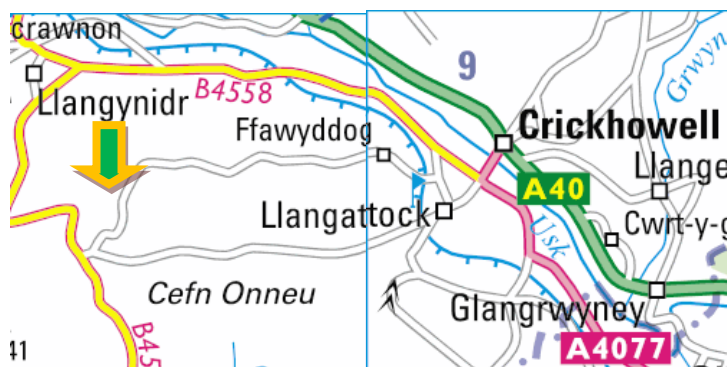
SWOC Level 2 Regional & Welsh League – 21st March 2010

Mynydd Llangatwg

FINAL DETAILS (version 1.2 19/03/10)

Location:

Assembly: See arrow on map. Map reference SO162170.



Directions For cars:

Cars may approach on the B4560 from the North (Llangynidr) or South (Beaufort), or from the East (Llangattock). Please approach the minor road itself from the western end. The event will be signed from the A40 in Crickhowell and from Llangynidr.

Parking:

The minor road is a single track with passing spaces on the grass verge. Please park on the East side of the minor road only (allowing the west side to be used for passing and for pedestrians). Cars will be parked both to the North and South of the assembly area, with a parking free zone near to assembly itself.

Early Departure: To avoid congestion please depart to the North via Ffawyddog if traffic is still arriving from the South. Turning may be difficult so you may prefer to depart in that direction anyway.

Assembly Area:

Enquires, Download and the String Course will be located to the edge of the minor road.

Dogs:

Dog must be kept under strict control at all times (preferably on a lead). This is sheep country.

Facilities:

Portaloos.

Butchers Grill Catering – unfortunately due to the low pre-entry figure it was not financially viable for the Butchers Grill to attend.

However - **The Welsh Junior Squad will be selling Hot Dogs, Cakes and Hot Drinks.** Please support them.

Start Times:

10:30 – 12:30

All Courses close at 15:00

Course Details:

Course Number	Course	Length (km)	Height Gain (m)	Difficulty
1	Brown	8.2	200	Very Hard
2	Blue	5.6	140	Very Hard
3	Green	3.8	100	Very Hard
4	Light Green	2.8	70	Hard
5	Orange	2.7	60	Medium
6	Yellow	2.6	50	Easy

Unfortunately it was not possible to plan a White course on this technical area.

Entry on the day:

Entry on the day will be available for all courses subject to map availability. Please pre-enter online to avoid disappointment (see Late Entry below).

Brown, Blue, Green & Light Green:

British Orienteering members Junior £4.50 / Senior £10.50

Non British Orienteering members Junior £4.50 / Senior £12.50)

Orange & Yellow course:

British Orienteering members Junior £3.00 / Senior £6.00

Non British Orienteering members Junior £3.00 / Senior £8.00)

SI Hire: Juniors 50p Seniors £1

British Orienteering and SWOC Membership is available at the following rates for newcomers:

Membership Type	Junior	Senior	Family
Newcomer	£ 7.50* (Club £ 7.50 + British Orienteering £ 0.00)	£ 17.00* (Club £ 17.00 + British Orienteering £ 0.00)	£ 22.00* (Club £ 22.00 + British Orienteering £ 0.00)

If you wish to join after your run please come to enquires and receive a £2 refund per Senior entrant.

Newcomers may wish to go around together and pay a single entry fee. Extra maps are available at £1.

Free String Course:

There will be a free string course adjacent to the car park from 10:30 to 13:30. This is for the younger children (they follow a 600m piece of string with controls along the way).

Map:

All courses will use A3 pre-marked maps printed on waterproof pretex. The map is 1:10,000 for all courses.

Terrain:

The competition area comprises a limestone plateau on the South side of the River Usk Valley. The area is dissected by roads into 3 zones: W, NE and SE zone.

All courses will use the same start and finish located close to the car parking an adjacent to each other. The string course will be separate but in close proximity to the car parking.

Care should be exercised in this area especially in extreme weather. Though it may be warm in the lowlands, this area is exposed and subject to cold and inclement weather. The organiser reserves the right to make cagoules mandatory.

The W zone consists of a rolling limestone plateau with shallow hills. There are several pitted areas, some of the pits being very deep and wide with crags on some sides.

The SE zone becomes progressively marshier in nature and this area is an SSSI. Courses have been planned to avoid sensitive marshes.

Crossing Points and Roads: The Brown, Blue and Green courses will cross the busy main road that dissects the map north to south. Please take extra care when crossing this road. The Light Green will also cross a minor road, but please take care all the same.

Safety:

Whistles advised in all conditions and compulsory in foggy / low cloud weather.

Whistles and Cagoules compulsory in bad weather.

Look for any notices at assembly. The weather conditions can change suddenly in this open high area, so you are advised to take a whistle and cagoule with you anyway.

BOF Rule 1.7.1 applies: All competitors take part entirely at their own risk. Competitors shall take into account their own ability to compete safely.

Control Descriptions: All courses have pictorial control descriptions printed on the map. Paper Control descriptions will be available at the start. The paper versions for the Orange and Yellow courses will have written descriptions.

Controls and SI punching: Each control has a three-digit number. Insert your SI card into the hole in the top of the unit. You must wait until you hear the bleep and see the light flash (this takes less than 0.3 seconds). It is your responsibility to punch correctly. If a unit fails, please punch your map with the manual punch at the control site, and report the problem at the download marquee.

SI Clear Stations: These will be located at the start.

Start & Finish:

Both the start and finish are near assembly (less than 3 minutes walk).

Start Procedure:

Start times are allocated in 4 Blocks as follows:

Block 1: 10:30 – 10:59 (V Early & Early)

Block 2: 11:00 – 11:29 (Middle 1)

Block 3: 11:30 – 11:59 (Middle 2)

Block 4: 12:00 – 12:30 (Late & V Late)

Start at any time within your allocated block as directed by the start team. If you have a preference for a start time then amend your entry as described in “Last minute changes”.

Download: Download is located in one of the tents at assembly. You must go to download even if you retire.

Results: Provisional results will be displayed in the assembly area. Full results will be available on line at www.swoc.org.uk as soon as possible after the event.

Late entry: Fabian4 online entry closes at midnight on Friday 19th March. See www.fabian4.co.uk.

Last minute changes: Changes may be made online using the Fabian4 View/Amend Entry feature that you will find in the top left hand corner of www.fabian4.co.uk. Online changes close at midnight on Friday 19th March. Course changes will be subject to map availability.

Protests and Complaints: If you have a comment or protest, please discuss it with the Organiser in the first instance.

Cancellation: Standard Fabian4 refunds will be issued to all cancellation requests received prior to midnight on Sunday 14th.

Event Officials:

Organiser: Adrian Moir 07775 781549 adrian.moir@btconnect.com

Planner: Mark Andrews

Controller: Peter Ribbans (SWOC)