



## Compass Sport Cup / Trophy Heat and Welsh League

Date – March 12<sup>th</sup> 2017

### Venue – Cwm Lickey between Cwmbran and Pontypool

**Car Parking:** At Pontypool Campus, Coleg Gwent, Pontypool SO279001 (Post Code NP4 5YE)  
Coming from the Cwmbran bypass (A4042) take the A472 and leave at the next exit (SO291003).  
Follow the brown college signs or the O signs from here for approximately 3/4 mile.

**Map:** 1:10,000 5m contours updated 2017. Courses will be pre marked and on waterproof paper.

**Terrain:** Open moorland with areas of former workings. Mixed runnability

#### Courses:

		CS Courses	CS Age Classes	Length	Climb
1	Brown	Brown	Men Open	8.0k	375m
2	Short Brown	Short Brown	M20- M40+	6.6k	295m
3	Blue Women	Blue Women	Women Open	5.4k	280m
4	Blue Men	Blue Men	M50+	5.5k	290m
5	Green Women	Green Women	W20- W45+	4.2k	180m
6	Green Men	Green Men, Junior Men	M60+ M18-	4.2k	180m
7	Short Green	Veteran Short Green, Junior Women	M70+ W60+ W18-	3.0k	130m
8	Light Green			2.9k	110m
9	Orange	Orange Men , Orange Women	M14- W14-	2.4k	95m
10	Yellow			1.9k	70m
11	White			1.5k	50m

All course lengths / climb subject to final controlling

. All Compass Sport Cup and Trophy competitors must be pre entered.

All Welsh league competitors running for a non Compass Sport Cup club enter as normal requesting a preferred start window and will be allocated start times one week prior to the event. Light Green, Yellow and White courses are not used for Compass Sport Cup or Trophy and will have entry on the day available.

**Registration:** This will be open between 10.00 and 12.00 and starts will be between 10:30 and 12:30. All competitors will be allocated start times and it is their responsibility to ensure that they allow sufficient time to get to the start.

**Start / Finish:** The start and finish are almost adjacent to each other. They are approximately 1.5k and 50m climb from car parking along mostly quiet roads. About halfway there is a road crossing. Although there is negligible traffic please ensure juniors cross safely.

**Entry:** Pre Entry via Fabian4 [www.fabian4.co.uk](http://www.fabian4.co.uk) and Ltd EOD Light Green, Yellow and White only

**Entry fee:** Up to 4<sup>th</sup> March Senior £9 / Junior £4.50 / Senior on Orange, Yellow and White £6

5<sup>th</sup> March and after Senior £11 / Junior £5.50 / Senior on Orange, Yellow and White £7

£2 supplement for senior non BOF members on all courses except Orange, Yellow and White

**Punching:** SI electronic punching: Hire Juniors free Seniors £1 Lost cards £30

**Safety:** All competitors take part at their own risk and are responsible for their own safety. The carrying of whistles is strongly recommended. The area consists of open moorland rising to a height of nearly 500 metres. There is the potential for poor weather conditions in early March. There is likely to be a requirement for competitors to carry hooded waterproof garments. If so notices to that effect will be on display on the exit from the assembly area leading to the start.

**Dogs:** On leads only

**Facilities:** First Aid. Coleg Gwent have given us permission to use the toilets within the main college building. We plan to have a portaloo approximately 250m from the start / finish. Priority will be given to helpers.

The Welsh Junior squad will be selling cakes and hopefully hot drinks. The Race Social and Labour club opposite assembly will be open from midday. Potentially sausage and chips to be to be available for pre booking - email the organiser if you are interested.

**Officials: Organiser:** Peter Ribbans SWOC – 01633 265537 [ribbo57@gmail.com](mailto:ribbo57@gmail.com)

**Planners:** Kevin and Jane Bush SWOC

**Controller:** Roger Stein SBOC