



Cardiff Park Series 2018 - Race 6

Cosmeston Country Park

Please note this event includes picnic and prize giving

Wednesday 18 July 2018

Location	<p>The final race of the series. We will have prize giving about 7.30. Bring along a picnic and enjoy a relaxed evening.</p> <p>Cosmeston Country Park on the north side of Penarth. We will be on the far side of the lake from the car park (north side) on the grassy area. A five minute walk from parking. Probably quicker to walk round the right side of the lake.</p> <p>Grid Reference ST178692 Nearest Post Code CF64 5UB.</p> <p>http://streetmap.co.uk/map.srf?X=317850&Y=169250&A=Y&Z=110</p>
Parking	<p>Parking is free. It often gets very busy with plenty of children and dogs running around, so take care when parking.</p>
Time of starts and prize giving	<p>Starts will be open between 6.00 pm and 6.45 pm. Courses close at 7.30 p.m. We will then have a prize giving. Bring along a picnic and we are trying to arrange for hot dogs to be available. Will confirm later.</p>
Courses	<p>Novice / junior course The novice /junior course is about 1.3 km as the crow flies with 8 controls.</p> <p>Medium The second course is about 3.2km long and has 15 controls.</p> <p>Long The longest course is about 5.3 km and has 17 controls.</p>
What to wear	<p>Most of you will want to wear normal running gear. If you intend to walk than stout shoes will do. You will mostly be running/walking on tarmac and grass but it could be muddy, so come prepared.</p> <p>If you have a compass you can bring it but you do not normally need one for this kind of racing.</p> <p>Bring a waterproof if it looks like being wet.</p>
Map	<p>The map is a special orienteering map prepared at a scale of 1:7,500. Courses will be on waterproof paper.</p>



Children under 10	Children under 10 are welcome to take part on the novice/junior course. However, a responsible person should accompany them.
Cost of running	<p>There is no charge for juniors .</p> <p>The cost to adults will be:</p> <ul style="list-style-type: none"> • Club members £4 • Non members £6 <p>If you want to join SWOC follow the link below stating SWOC as the club you wish to join. https://www.britishorienteering.org.uk/join_online</p>
Results	<p>Results will be posted on the SWOC website. http://www.swoc.org.uk/</p>
For anyone who has not tried the sport before	<p>7 steps to completing your first course</p> <p>1 Register at enquires (the table at the tent) where you will be given a small E-card you put on your finger and use to confirm you have visited all the controls.</p> <p>2 – Ask any questions you may have. One of the helpers will talk you through the novice course and explain what the key symbols on the map mean.</p> <p>3 -Go to the start where you will be given your map and told when you can start.</p> <p>4 – Punch the start control. If you do not you will not have a time for the race.</p> <p>5 – look at your map and plan how you will get to the first control. Run/walk as fast as you can to the first control. Do not run faster than you can navigate. Keep your map orientated (facing where you are going). Keep track of where you are as you run. Punch the first control with your e-card.</p> <p>5 - Complete the rest of the course, remembering to punch at each control and the finish.</p> <p>6 – Go back to enquiries to download, get your results and return your e-card.</p> <p>7 – make a note of when the next race is.</p>



Cardiff Park Series 2018 - Race 6
Cosmeston Country Park