



SWANSEA BAY ORIENTEERING CLUB

British Night Championships Weekend Day 2: Pembrey Forest, Country Park and Burrows National Event (incl. UKOL and Welsh League) February 25th 2018

Directions	Either from Carmarthen or Llanelli follow the A484 to Pembrey village. Follow signs to Pembrey Country Park. O signs will be used to direct participants once in the Park.			
Car Parking	SN403000 (nearest postcode SA16 0EJ) Parking is in car parks near the main beach access point and is on hard standing. There is an entrance fee of £2 to enter Pembrey Country Park (this includes parking).			
Registration	This is located in enquiries and is open from 10.00am to 12.00pm.			
Assembly	There are toilets close to the assembly which is at the old visitors centre.			
Entry Fees	Entry via Fabian4 (www.fabian4.co.uk). Seniors £12 Juniors £5 by Closing Date 4/2/2018 Late entries Seniors £14 Juniors £6 by Closing Date 18/2/2018			
Starts & Finish	Start times: 10.30am to 12.30pm Start 1km flat walk from car park <i>Start times will be automatically allocated</i> Finish 750m flat walk back to Car Park/Download			
Map & Control Descriptions	1:10000 with 2.5m contour. Maps are A3 and will be printed on waterproof paper. Control descriptions will be on maps and available in the start lanes.			
Terrain	The event is using parts of the Country Park, Forest and Dune areas.			
Courses Details	Please enter on Fabian4 by class, only enter colour if running down.			
(subject to final controlling)	Course	Length (km)	Climb (m)	Normal Age classes
	Black	10.0		M21
	Brown	9.0		M35, M40
	Short Brown	7.6		M18, M20, M45, M50, W21
	Blue	6.8		M16, M55, M60, W35, W40
	Short Blue	5.0		M65, W18, W20, W45, W50
	Green	4.5		M70, W16, W55, W60
	Short Green	3.4		M75, M80, M85, M90, W65, W70, W75, W80, W85, W90
	Light Green	3.1		M14, W14
	Orange	2.7		M12, W12
Yellow	2.1		M10, W10	
Courses Close	2.30pm			
Health and Safety	A risk assessment has been carried out and is available at the Assembly area. <i>The longer courses may include areas where livestock is grazed please take care in these areas.</i>			

	<p><i>Please ensure all finishers (even if you do not complete the course) report to Download before leaving.</i></p> <p><i>Gaiters advised.</i></p> <p>Whistles should be taken on all courses and Cagoules may be deemed necessary in case of adverse weather.</p> <p>Competitors travelling alone should leave keys at Enquiries area with Car registration and contact number.</p>
Dogs	<p><i>There will be other dog walkers using the area so please respect their use of the park.</i></p> <p><i>Dogs not allowed on the courses but are allowed on a lead in Assembly and car parking.</i></p>
Results	Will be displayed at the Download area and on SBOC website
Officials	<p>Organiser: Allan Lasky (SBOC) (allan@bnc2018.uk)</p> <p>Planner: Steve Quinton (SBOC)</p> <p>Controller: Mark Saunders (BOK)</p>
Thank you	<p>National Resources Wales for access to Forest</p> <p>Carmarthenshire County Council for use and access to the Country Park</p> <p>and for access to Pembrey Burrows and Saltings Local Nature Reserve.</p>