



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. It is at the SI Download point.
Assembly	There are toilets close to the assembly which is at the old visitors centre. Traders (Podium Catering and Ultrasport) are available near Registration
Entry Fees	Late entries Seniors £14 Juniors £6 by Closing Date 18/2/2018 Entry on Day possible subject to map availability
Starts & Finish	Start times: 10.30am to 12.30pm Start 1km flat walk from Car park NW following tapes to start, crossing one quiet internal park road (approx 15 mins) <i>Start times will be pre-allocated though the start will use a punching start. Competitors are asked to keep to their times as some courses are very full.</i> Start times will be available to view on Fabian4 Finish is 750m flat walk back to Car Park/Download If you have selected a split start time you will have an open start.
Map & Control Descriptions	1:10000 with 2.5m contour. Map has been updated within the competition area in 2017/18 to reflect the current vegetation and to ISOM 2017. Non standard symbols are shown on the map: single black line on fence for stiles (with double lines (crossing point symbol) being used for gates), and two variations for tunnels depending on size. Maps are A3 and printed on waterproof paper, control descriptions are printed on the map and available loose in the start lanes.
Terrain	The event is using parts of the Country Park, Forest and Dune areas. The combination of Forest, Park and Dunes provides an interesting combination of terrain. Whilst courses are planned to use the most runnable parts, bramble continues to encroach on the area and has overtaken some sections of woodland.

Courses Details	Yellow maps will be available to view prior to start				
	Course	Length (km)	Climb (m)	Controls	Normal Age classes
	Black	10.2	210	25	M21
	Brown	9.2	205	25	M35, M40
	Short Brown	7.8	180	16	M18, M20, M45, M50, W21
	Blue	7.2	170	18	M16, M55, M60, W35, W40
	Short Blue	5.1	130	16	M65, W18, W20, W45, W50
	Green	4.7	135	14	M70, W16, W55, W60
	Short Green	3.4	120	10	M75, M80, M85, M90, W65, W70, W75, W80, W85, W90
	Light Green	3.3	95	11	M14, W14
	Orange	2.7	40	11	M12, W12
Yellow	2.1	25	10	M10, W10	
Courses Close	2.30pm				
Health and Safety	<p>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> <i>Longer courses also use the Country Park area, competitors are advised to take care on the roads.</i></p> <p><i>Please ensure all finishers (even if you do not complete the course) report to Download before leaving.</i> <i>Gaiters advised.</i></p> <p>Whistles should be taken on all courses and Cagoules may be deemed necessary in case of adverse weather. Competitors travelling alone should leave keys at Enquiries 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> <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	Organiser: Allan Lasky (SBOC) (allan@bnc2018.uk) Tel 07891 656 381 Planner: Steve Quinton (SBOC) Controller: Mark Saunders (BOK)				
Thank you	National Resources Wales for access to Forest Carmarthenshire County Council for use and access to the Country Park and for access to Pembrey Burrows and Saltings Local Nature Reserve.				