Swansea Bay Orienteering Club Invites you to:

The Glyndwr Gambol

Cefn Bryn, Gower

Sun 20th March 2022

**EVENT DETAILS**

| Part of The Trail Challenge 2022, the Glyndwr Gambol is a trail race around Cefn Bryn. |
| Suitable for trail, fell and road runners who enjoy off getting off the beaten track, with some basic navigation requirements to add a bit of challenge. |
| There are two courses: a 10km and a 5km trail. |
| Using basic navigation, you must choose your route and visit each check point in turn. You use an electronic ‘dibber’ to record that you have visited each check point. For those who do not own a ‘dibber’ one will be issued to each pair at the start. |
| You can run solo or as a pair. |
| Under 15’s will only be allowed to enter the 5km course. |
| Non experienced juniors must be accompanied by an adult. |

**Location:**

OS Grid Ref: SS 4907 9002 (nearest postcode SA3 1AD)

W3W: ///civil.assets.surpasses

**Travel directions:**

Limited parking is available at the top of road over Cefn Bryn. If this car park is full, extra parking is available in Reynoldston alongside the Green.

The event start is adjacent to the parking at the top of Cefn Bryn. If walking to the start from Reynoldston please do not walk on the road, there is a well-worn path just to the south of the road to the top of the hill, which for your safety we recommend you use.

There will be a tent to drop off bags/clothing at the start.
### Terrain:
Open heathland with numerous paths, rocky outcrops, various Neolithic, Stone and Bronze Age features. Also, the location of Arthur’s Stone, a pre-historic monument, a 25-ton capstone sitting majestically on top of Cefn Bryn Common. Cefn Bryn offers stunning views across the Gower, over to Carmarthenshire and Devon on a clear day.

### Map:
You will be issued with an orienteering map of the area A4. 1:10000. 5m Contours. Version 2018
Maps will be pre-marked with the courses and the checkpoints you need to visit.

### Courses:
- 5km Trail
- 10km Trail

### Event Registration:
Entries are via the SBOC website - [https://www.sboc.org.uk/events](https://www.sboc.org.uk/events)
Click on “Enter Here” for each event and use the pre-entries system.
Newcomers will need to ‘hire’ a dibber through this.
There will be NO Entry on the Day.
This event will be run in line with Welsh Government Covid-19 rules.

### Starts:
- 10km 9.30 am mass start
- 5km 9.45 am mass start

### Entry Fees:
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<tr>
<th></th>
<th>BOF Member (or BOF member in team)</th>
<th>Non BOF Member</th>
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<tr>
<td>Solo</td>
<td>£5</td>
<td>£6</td>
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<tr>
<td>Solo Junior/Student</td>
<td>£3</td>
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<td>Adult Pair</td>
<td>£10</td>
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<td>Adult &amp; Student/Junior Pair</td>
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<tr>
<td>Student or Junior Pair</td>
<td>£6</td>
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All payments to be made when entering the event online.
(BOF Member – Member of British Orienteering)
There will be NO entries on the day

### Organiser:
Kerina Lake [kerinalake@gmail.com or 07811419972]

### Safety Information:
A risk assessment has been completed but it should be noted that competitors take part at their own risk, and are responsible for their own safety during the event.
Competitors are reminded that they are required to report to the finish and/or download once they have started a course, whether or not they have completed the course.
Stout shoes and full leg cover is recommended, if the weather looks to be bad cagoules will be made compulsory so bring those with you in case.
The 10km course has a road crossing. Notices will be placed on the road informing drivers of the presence of runners, but please check for traffic before crossing.
The common is home to sheep, horses and cattle. Please pass wide and with care.
A number of dogs off leads use the area, some can be aggressive towards runners.
Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.

Please follow good hygiene practices and maintain physical space between each other. Hand sanitiser will be made available for use by participants.

Please do not attend if:
- You are unwell with a cough, fever or other respiratory symptoms
- You have been in close contact with a suspected or confirmed case of COVID-19 and you have not completed the prescribed quarantine period, even if you are completely symptom free.
- You have returned from any overseas country which is not on the Governments exemption list until you have completed the self-quarantine period for 14 days, even if you are symptom free.
- You are undergoing COVID-19 testing, until you have received negative results and are symptom free.
- If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others.
- If you have been advised to stay at home by a health professional
- We also advise competitors who fit within the higher at-risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19 |
| Medical Information: | Any competitor with a high-risk medical condition is invited to complete a form available at the event and hand it in to Registration in a sealed envelope.

Envelopes will only be opened if required for a medical emergency, and unopened envelopes can be collected from registration after your run or they will be destroyed immediately after the event. |
| Additional information: | King Arthur Hotel in Reynoldston offers drinks and a wide selection of home cooked food – booking is advised if the weather looks fine, as it can get very busy.
Dogs allowed provided they are on leads. |
| Personal Information: | Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners, used in case of medical emergency and to trace missing SI cards. |
| Event cancellation or postponement | For the latest information check [www.sboc.org.uk](https://www.sboc.org.uk) especially in case of forecasted weather warnings. In the case of cancellation or postponement a notice will be put on the website and through the SBOC Facebook group. |