

- Thank you for supporting our event in the beautiful Pembrokeshire National Park in South West Wales for two days of orienteering in contrasting terrain. Day 1 is a Welsh Level C Ranking event on Mynydd Preseli (East) near Crymych which was last used for orienteering in 2006. Day 2 is a UK Urban League Ranking event in the seaside town of Tenby; this is the first use of Tenby for urban orienteering. There is limited entry on the Day; **entry lists are shown** via the BAOC landing page under the 'Who at this link: <http://www.athlinks.com/event/pembrokeshire-weekend-189758>

What you need to know [**Please read this**]:

Preseli East

- **If wet/windy** please be **prepared to carry a waterproof/cagoule** and whistle.
- Recommended footwear is dob-spikes.
- Safety bearing is South East to farm fields / minor road.
- Brown and Blue course control descriptions **are not on the map** – in start lanes only.
- **Ultrasport** kit suppliers and **O Nosh** event catering are **attending on Saturday** only.
- At the request of the landowner, **Dogs on leads in the parking field** only.
- On return to download, competitors will be issued with their EMIT touch free and **Race number** for the Tenby urban.
- Tenby Urban **start list** allocation (Early, Medium, Late) will be on display on Saturday.

Tenby Urban

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- **Race numbers** are to be worn by all competitors.
- **First Start** 0930 hrs; **last start** 1130 hrs; courses close at 1230 hrs to avoid the incoming tide!
- **Juniors (under 16)** who are competing without a parent/guardian are requested to start early (0930 – 1015 hrs) in order to reduce volunteer marshalling at the road crossing.
- **High Cliffs - Do not climb any walls or fences**; the drop below could be considerable; find another route via footpaths and steps.
- Please be prepared to give way to members of the public; take care when negotiating narrow passageways and steps and slow down at blind bends.

Enjoy the weekend!

Day 1 – Mynydd Preseli East – Saturday 20 May 2017

- **Travel/Assembly:** Please approach the Parking and Assembly area from the A478 between the villages of Llandissilio and Crymych. Event signage will direct you along minor unclassified roads from the junction at [Glandy Cross](#) a further 6 kms via Mynachlogddu to the parking field at **Grid Ref** SN159323, for satnav users the **nearest postcode** is SA66 7SA. If travelling from the North through Crymych follow the signs for Mynachlogddu from the junction south of Crymych. Please beware of farm traffic along the minor roads as you approach the event. The [parking field](#) is well drained and accessed via a wide farm gate and concrete track running uphill. Officials will direct you to park facing downhill. The event parking is **not suitable for large buses/coaches**; if you wish to bring a coach please contact the organiser and alternative parking arrangements will be advised. Assembly, EoD registration and download are co-located with parking.

- Please have a £1.00 coin ready on arrival as a contribution to the parking fee.
- **Start:** The start is a 10 minute walk from parking/registration initially uphill via a temporary stile that crosses the boundary between the farm fields and adjacent woodland. A clothing dump will be available next to the stile (please use your own plastic bag). Note that the walk back from the finish passes the same crossing point.
- **Finish:** The finish is remote and approx 10-15 minutes downhill walk via the same temporary crossing point used for the walk to the start. **All competitors are to report to download** so that we can ensure that all have been safely accounted for.
- **Start Times:** 1130 – 1500 hrs, EOD registration **from 1100 – 1430 hrs.**
 - Early Starts are 1130 – 1230 hrs
 - Middle Starts 1230 – 1400 hrs
 - Late Starts 1401 – 1500 hrs
 - **Course closure is 1630 hrs** whereupon controls will be collected in.
- **Terrain / Safety points:** Mynydd Preseli is remote and **rises to 380 metres above sea level** with excellent views over West Pembrokeshire and Cardigan Bay. In the event of wet weather, the carrying of a cagoule and whistle by all competitors may be compulsory. Whilst the majority of the area is open hillside, all courses will negotiate a small area of plantation forest that has changed significantly since the last use of the area in 2006. The plantation has undergone significant clear felling and thinning in recent years however, many of the original earth-wall and rock features are clearly identifiable, there are extraction lanes and brashings however, route choice selection will avoid these areas. The open hillside is **predominantly fast open sheep cropped grass** although there are large areas of marsh and some heather. The most striking features are the **monolithic rock features** that are visible from some distance, in the event of wet weather the associated rocky outcrops and boulder fields will be very slippery; please exercise caution when negotiating these areas. The safety bearing is South East until you meet the farm fields and minor road that approaches the event.
 - The blue stones of Stonehenge are known to have originated from the Preseli – were they moved by stone-age man or by the movement of ice? ... there is further information available here: <http://www.history.com/news/new-study-reveals-source-of-stonehenge-rocks>
- **Map:** The scale for this event is 1:10,000 with 5m contour interval based on the original 1:15,000 map by Peter Seward (SBOC). Further amendments have been completed in 2016 by Peter, with updates by Richard Barrett (BAOC) and Ben Mitchell (SBOC). The revised map is A4 landscape, it will not include a map key/legend however; the original map will be on display in the assembly area and the revised map in the start lanes. A limited printed supply of the Map key will be available at registration. All courses will be printed on waterproof paper and loose control descriptions will be available at the start. **Brown and Blue** course descriptions will not be on the map.
- **Courses:**
 - Brown 7.8 km 285m climb
 - Blue 6.3 km 160m
 - Green 4.3 km 140m
 - Light Green 4.0 km 130m
 - Orange 3.0 km 90m (suitable for adult novices)
 - Yellow 2.2 km 70m (suitable for children)
 - **Club runners, new participants** to orienteering. Please note that course distance is measured straight line and therefore the distance you actually run can be significantly further; the Brown, Blue and Green courses are navigationally difficult with checkpoints (controls) placed near features that demand close attention to the orienteering map and good use of a compass. The

Light Green course is a transition between the navigationally easy Yellow and Orange courses.

British Orienteering has a newcomers guide here:

https://www.britishorienteering.org.uk/newcomers_guide

- **EMIT Timing:** All competitors will be timed using standard EMIT cards, further details are available via the EMIT UK website: <http://www.emit-uk.com>
- **Entries:** There will be limited entry on the day subject to a £2.00 surcharge. Online entries received to date are shown on the Chronotrack entry platform at the 'Who is running...' which can be downloaded via this link: <http://www.athlinks.com/event/pembrokeshire-weekend-189758>
- **Facilities:** **O Nosh event catering**, Welsh Junior squad cake stand and **Ultrasport** will be in attendance. Please support our event traders. The WC (3 x Portaloos) will be located at the south edge of the parking field.
- **Dogs:** On leads only, this is sheep farming land and we will be in the lambing season; please do not risk future use of the area by allowing your dog to run free.
- **Officials** - if you wish to help on the day, please contact the organiser or planner.
 - **Organiser** – [Alan Hoff](#) BAOC
 - **Planner** – [Richard Barrett](#) BAOC
 - **Controller** – Chris Huthwaite SARUM
- **Acknowledgments** – Carwyn 'Caz' Phillips for his help and assistance. Landowners - Mr and Mrs Holding for access to the plantation woodland and Mr Pat Waller for parking access, The Barony and the Sherriff, Mr John Thomas for access to the Preseli and thanks in advance to all volunteers and helpers.

Accommodation and places to visit – There are numerous options and too many to list here however, we would recommend you look for accommodation on the approach to, or on the outskirts of Tenby, thereby avoiding the competition area for the UK Urban League; please note that we have early starts for all competitors from 0930 – 1130 hrs. The [visit Wales/Pembrokeshire website](#) lists many attractions and accommodation options.

Day 2 – Tenby Town, UK Urban League and Welsh League – Sun 21 May 2017

We hope you enjoy your visit to Tenby on this, the first use of the town for urban orienteering.

- **Travel/Parking:** From the east proceed through Tenby on the A4139 avoiding the turns for the town centre, drive past the Five arches and cross two mini roundabouts. Take the junction immediately before the Saltern Caravan Park on the left off March Road (Signed 'Salterns Car Park 320') and follow the road to the 'Salterns' Pay and Display car park. This is the cheapest all day parking in Tenby at £3.00 and it avoids the competition area. The **nearest postcode** for Satnav users is: SA70 7NJ. The walk from the North East edge of the car-park to the South Beach Assembly/Start and Finish is approximately 750 metres via public footpaths which are suitable for buggies, the route will be marked with tape.
- **Assembly/Registration/Bag drop/Start and Finish** will all be located in the vicinity of the South Beach Bar and Grill and the beach directly in front of it. If it is a warm sunny day, the bar, restaurant and beach area will be relatively busy. Arrive early and set up your club tent or beach towel, there will be plenty of space available, we will endeavour to arrange a discount for competitors who choose to use the restaurant.
- **Limited Entry on the Day** subject to map availability and a £3.00 surcharge; online entries received to date are shown via the Athlinks/chronotrack landing page via the 'Who is running ... link.

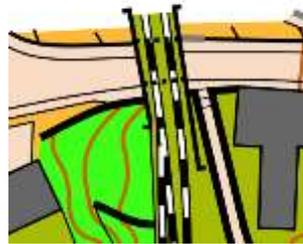
- **Start Times** are from 0930 to 1130 hrs; please **do not** plan to **run late** if you think you may take longer than 1hr as you will not be able to complete your course due to the **incoming tide!** Early starts are from 0930-1015 hrs, middle from 1015-1100 hrs, late starts are from 1100-1130 hrs. Courses close 12:30.
- **Race Numbers** are to be worn by all competitors; if you do not receive it on the Saturday after your run, please collect it from Registration along with your EMIT touch free timing card.
- **EMIT Timing:** All competitors will be timed using EMIT touch free; the timing device will be issued to all competitors at registration (on the Saturday for those competing on both days); it is attached to the wrist or forearm by a Velcro strap, it will flash red when you pass within 40 cm of a control. Further details are available here: <http://forum.nopesport.com/viewtopic.php?f=1&t=15029#p172470> and via <http://www.emit-uk.com>
- **Courses:**

Class	Distance	Climb
M/W 12-	1.6km	25m
M/W16-	2.9km	60m
W Ult Vet, M/W Hyp Vet	2.5km	50m
M Ult Vet, W Sup Vet	3.1km	60m
M Sup Vet, W Vet	4.3km	120m
W Open, M Vet	5.8km	160m
M Open	7.0km	195m

- **Planners comments/Safety:** Uncrossable features include walls, fences, hedges and the boundary to privately owned property. Please note that the Tenby cliffs are very high; do not cross boundaries marked with a thick black line on the map as the drop onto rocks/sand below could be considerable! There are numerous steps and cliff paths that both competitors and members of the public will have access to; please be considerate to other users and **be prepared to wait or give way** if necessary.
- **Road safety/Traffic:** Slow moving and light, traffic will be apparent on many of the town centre roads as visitors look to use town centre parking and shopping; please exercise caution must when crossing all roads. The longer courses have been planned to avoid crossing the busier traffic routes as much as possible, however, it has not been possible to eliminate it completely – please take care. Junior courses will be traffic free less for local businesses and residents who may require access (e.g. to the fishing harbour and private residences). Manned crossing points may be in place if there is any doubt about safety.
- **Map Scale** is 1:4,000 with contour interval of 2.5m drawn to ISSOM 2007. Surveyed and drawn in 2016 by Ben Mitchell of SBOC. Pavement lines have only been shown where they aid navigation. Seats, benches and street furniture have been omitted to aid clarity. Blank maps will be on display in the start lanes only; the map key will be on display at registration.
- **Further Map information** for those who are not familiar with Urban Orienteering maps:
 - **Out of Bounds (Standard Rules)** Walls, gates, fences, vegetation or cliffs mapped as impassable must not be crossed. Areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, private gardens or private paths. You may encounter openings (particularly gates) which are not indicated on the map. Do not pass through as they are likely to lead into private property and could result in your disqualification.
 - Pavement edges are only shown for major streets and significant paved areas, where they serve a navigational purpose. For clarity the small pavements on most roads are not shown. In the area of the beach and cliffs, cave entrances have had the surrounding black line cut (see below).



- There is some building work going on within the mapped area. In general, long term building works have been mapped using the solid purple symbol (Do Not Enter), which gives an effective picture of what to expect.
- The area has a good amount of urban detail – canopies, underpasses, steps, etc.
- Competitors should be aware of the standard IOF map symbol for an underpass. A typical example from the map is shown here, with a street level underpass (east-west) passing below an elevated railway line. When the elevated area is narrow the underpass can be difficult to read on the map.



- **Facilities:** There are public conveniences close to the assembly area (20p/visit); please refrain from using the restaurant WC unless you are purchasing their food or drink. A Burger van and Welsh Junior squad cake stand (TBC). Ultrasport attendance will be confirmed. Please support our traders.
- **Dogs:** On leads only - the southern end of the beach (away from the town) should be suitable for dog walking.
- **Officials** - We will need additional **volunteers** who are willing to assist with Parking, EoD Registration and Control Collecting, please contact the organiser or planner.
 - **Planner** – Alistair Powell OD **Organiser** – [Richard Barrett](#) BAOC
 - **Controller** – [Allan Farrington](#) BAOC
- **Acknowledgments and Appreciation to:** EMIT UK, Pembrokeshire County Council, Tenby Town Council, The Bar and Grill restaurant, all volunteer helpers and our event sponsors:
 - **Simply Seafoods**, the local Fishmonger
 - **The Dennis Café**
 - **Over Hang**, Indoor climbing centre
 - **The Nook**, Quality handmade goods.

Why not seek them out after your run and mention ‘Tenby Urban Orienteering’... to help you find them a map will be on display at registration after the last start...