



Welsh Orienteering Championships Weekend
Newborough Forest, Anglesey
3rd & 4th March 2018
Event Details



Two days of superb orienteering on one of the best areas in the UK.

Saturday 3rd March 2018 – Welsh League regional event, Yvette Baker Trophy qualifier and Cwpan y Draig (Welsh Junior inter-club competition) (C)

Sunday 4th March 2018 – Welsh Championships (Classic Race, B)

The area: “Newborough Forest”, a newly revised map for the event, on intricate, mostly runnable, forested sand dunes, but unusual for sand dunes, the area also has a rocky ridge, with steep crags. The area is a working woodland of Natural Resources Wales (NRW have taken over forestry responsibility in Wales), as well as a very popular outdoor area. It is bounded by an excellent beach with views over to Snowdonia and the Llyn Peninsula. Map scale 1:7,500, with contours at 2.5m. Different areas of the same map will be used for the two days. The event centre is the same for both days.



Entries: Entries are through Fabian on-line entry system until 25 Feb 2018.
<http://www.fabian4.co.uk/default.aspx?EventID=1840>



Eligibility for the Welsh Championships shall be:

EITHER (a) by birth - either self or one parent born in Wales;

OR (b) by residence - at least one year's current permanent residence in Wales;

AND (c) membership of the Association [at the date of the Championships].

(i.e. either (a) or (b) and, in addition, (c))

Eligible runners should register as “CYM” when entering to compete in the Welsh Championships and will also get Welsh League points. You can change your registration details on Fabian4 or contact the organiser if necessary.

Colour coded courses are available on both days for any competitor.

For the Yvette Baker Trophy / Cwpam y Draig the rules are [here](#).

Entry fees: Adults - £12.00 each day (BOF Non-member Supplement £2.00)

Juniors - £6.00 each day (BOF Non-member Supplement £1.00)

SI card hire £1 each day (£40 charge for lost e-cards)

Start times: Registration and enquiries will be open from 10:00 till 15:00 each day for collecting hired e-cards and any registration changes on the day. Limited entries on the day subject to map availability.

Starts from 11:00 till 13:30 on Saturday and 10:30 till 12:30 on Sunday.

Start times will be allocated in advance in the final week before the event, following your choice of a general time slot. Please check the entries website if you have not been notified.

Courses close at 15:30 on Saturday and 15:00 on Sunday.

Event web page: <https://www.eryri-orienteering.org/events>

Courses (distances and climb may be adjusted slightly after final checks):

Saturday 3rd March 2018 – Welsh League

Course number	Standard	Description (Welsh league points are accredited whichever course is entered, see here for league rules)	Length km	Climb m
2	Blue	Hard, long	4.9	125
3	Green	Hard, medium	3.6	70
4	Sht Green	Hard, short	2.9	75
5	Lt Green	Medium difficulty, medium length	3.0	75
6	Red	Suitable for advanced beginners, long	4.5	65
7	Orange	Suitable for advanced beginners, short	2.1	40
8	Yellow	Suitable for beginners and juniors, short	1.6	10

Sunday 4th March 2018 – Welsh Championships

Course number	Standard	Age group for Welsh Championships Entry (Runners are competitive if they run up. Anyone may run down to a shorter course but will not be competitive)	Length km	Climb m
1	Brown	M18, M20, M21, M35, M40, M45, W21	9.5	375
2	Blue	M16, M50, M55, M60, W18, W20, W35, W40, W45	5.3	185
3	Green	M65, M70, W16, W50, W55, W60	4.1	165
4	Sht Green	M75, M80, W65, W70, W75, W80	3.0	105
5	Lt Green	M14, W14	3.1	95
6	Red	Suitable for advanced beginners, long	5.3	150
7	Orange	M12, W12	2.5	60
8	Yellow	M10, W10	1.5	30

Access: From Newborough village on Anglesey: "O" signed from LL61 6SG. Parking and Event Centre in public forest/beach carpark at SH406635.

[Google map location.](#) [Streetmap location.](#)

In the unlikely event this is full, event staff will help you park. Toilets are in the permanent block at the car park. Distance to starts to be announced.

Most competitors will travel west along A55 (signed “Holyhead”). Exit at first junction after Britannia Bridge (Junction 8A), taking care in restricted speed zone when dual carriageway reduces to single carriageway. Travelling from Holyhead direction, you will need to leave at Junction 7. Initially follow signs for Llanfairpwll, then A4080.

Head for Newborough village, turning off a small roundabout just before the village, signposted “Aberffraw”. On Newborough village main street, an “O” sign will direct you left towards main beach car park, also signed “Llys Rhosyr” and “Llandwyn Island”, nearest postcode LL61 6SG. Follow narrow road to barrier (with daily parking charge of £4, manned after 9am). **Speed limit is 15mph.**

Starts: **Saturday 3rd March** – East edge of car park, 1 min walk

Sunday 4th March – Follow tapes to west of car park, 500m, 10 min walk.

The course finishes are within 200m of the car park, and download.

Out of bounds: The areas around the car park will be used for competition. Please follow tapes to the starts and avoid the wooded areas around the car park before you run. The access south to the beach is not OOB.

Beginners: There will be experienced orienteers on hand, in Enquiries, to help if required. Courses are available for beginners on both days.

Buggies: The yellow courses are suitable for all-terrain children’s buggies.

Electronic punching: This event uses the SportIdent (SI) electronic punching system. SI Beacon mode will NOT be activated on any control. SI cards will be available for hire through the online registration and on the day. SI cards must be used by the same person each day. **Note: The Brown course on Sunday has 29 controls, so we recommend not to use SI-card model 8. We have SI model 5 cards at registration if you need to borrow one.**

Map specification: Index contours have been replaced with ordinary contours. Magnetic N lines are blue (not black). A Black “X” is used on the map for play equipment & fitness stations. Otherwise, the ISOM 2017 mapping specification will be used for the map. **Scale – 1:7500.**

Approaching from the East, you will cross the Britannia Bridge, designed by George Stephenson, and erected in 1850 to support the earlier crossing to Ireland at Menai Bridge. The novel construction (tubular wrought iron box sections) was quickly superseded, but another example is the railway bridge at Conway, still in use today.

Travelling along the southern Anglesey coastline, take a look to the left at the Snowdonia massif. Originally higher than the current Alps, this range has been subjected to massive erosion leaving the rugged peaks there today. Glacial erosion has also played a big part in shaping the landscape, with its wide valleys and cwms.

Course Descriptions: Control descriptions will be 2018 spec ISOM symbols for Light Green & above; 2018 ISOM symbols & (English) text for Orange & Yellow. They will be marked on the map and available loose in the start lanes.

Results: Interim results will be on display in Results/Download as they are processed. Final results will be uploaded onto the ERYRI website, and then onto the British Orienteering website.

Welsh Champs Prize-giving: **All current holders please return trophies to enquiries on Saturday or Sunday. If you are not defending your title please arrange for the trophy to be returned.** The Prize giving is planned for 2:30pm on Sunday, but actual time will be dependent on final compilation of results. Please come along.

When the Princes of Gwynedd ruled the area, they administered their kingdom by setting up courts (“Llys” in Welsh). Approaching the main beach, you will pass by “Llys Rhosyr”, one of the royal courts of Llywelyn Fawr, in the 13 th century.	Newborough means “New borough”, a new town built by Edward I after his invasion of North Wales. He built fortresses and the Welsh were not permitted to live nearby. Newborough was to house those moved out when Beaumaris was completed.
Llanddwyn Island is only an island at high tide and is named for St Dwynwed, the Welsh patron saint of lovers, with her feast day being on 25 th January. The site has numerous archaeological remains, notably related to the lighthouse, and to the houses of sea pilots who guided local slate carriers.	Approaching Llanddwyn Island, some exposed rocks are remains of volcanic lavas from the Precambrian age. Precambrian rocks are the oldest on the planet, preceding the Cambrian when life first appeared. Cambrian rocks were named after the latinised form of Wales, Cambria.

Clothing and Equipment: Body cover in accordance with British Orienteering rules. Whistles are compulsory. There will be no clothing dump.

First Aid: Anyone requiring assistance should report to Enquiries, where event first aiders will be available (or will call emergency services as required).

Download: **All participants MUST report to Download even if you do NOT finish the course.** A search will be instigated for competitors not accounted for (and potential involvement of emergency services).

Safety Bearing: Generally travel south to area of beach, and return to main car park.

Risks: There are some high unstable dunes at the beach front. The courses avoid these as far as possible.

Dogs: Welcome, but under control, and kept away from runners in full flight.

Newborough Warren is a National Nature Reserve, a nationally recognised SSSI and an internationally recognised Special Area of Conservation (SAC). It includes Llanddwyn Island & Newborough Forest. The site is ‘notified’ for its geological and biological interest (plants, invertebrates and birds).	Newborough Forest was planted around 1947, to protect the village from the shifting sands of the massive dune system. Artificial dunes were created and the area was planted with mainly Corsican and Scots Pine. Plans to drastically alter its woodland cover have been proposed, and rejected.
Red squirrels have largely disappeared from most of the British mainland, including Anglesey. From 1997, the 3,000 – 4,000 grey squirrels have been reduced to below 30 by trapping. Consequently, red squirrel numbers have increased dramatically and they are relatively common, although hard	As evening comes in Newborough Forest, up to 800 ravens descend on the wooded area to roost. It is one of the largest raven roosts in UK, and at its height with over 2,000 birds, was one of the largest in the world. It is unclear why these intelligent birds roost in such high numbers, particularly as, for the

to see, in the wooded areas of Anglesey. They have recently spread back to the mainland (in around 2008) and are increasing in Gwynedd.	rest of their time, they occur in relatively small groups, or even pairs. Perhaps they use it to pass on information gained, or just for a gossip.
Sand dunes form when onshore winds bring dry sand, and obstacles such as seaweed, driftwood and plants cause the drifting sand to settle. The most important sand-binding plant is the Marram grass, which is very common on the local dunes. It was managed by grazing rabbits until the 1950's and now cattle are used to keep the sward short.	Marram grass formed the basis of a mat and rope making cottage industry for many centuries at Newborough. Dunes are very mobile, moving inland as the wind blows the sand, and this was a key reason for planting the forest – to protect the village of Newborough.

Horses: The area is popular with horse riders and carriage drivers. Most will be aware of our event, but you may come across riders. If the horse and rider have not seen you (especially coming from behind), please shout “GOOD MORNING” so that neither are shocked by a sudden appearance.

Catering and Equipment Suppliers: There will be on-site catering from the local trader team from about 9.30am (tbc), and Ultrasport, for those last-minute needs. The Welsh Junior Orienteering Squad will have a cake stall (tbc) to raise funds for their participation in orienteering.

Event Team: Contact the Event Organiser if anything further is required.
 Organiser: Ian Jones, ERYRI (07484 758466, jones.tynant@btinternet.com)
 Planners: Jim Wood, ERYRI (Welsh League), and Bill Teahan, ERYRI (Welsh Champs), Bill also completed the map updates,
 Controllers: Clive Richardson, WRE (Welsh League), and Richard Lewis, WRE (Welsh Champs).



Thanks for the support from Natural Resources Wales' rangers



Thanks to the Welsh Orienteering Association and our neighbouring clubs for boosting the ERYRI Orienteering Club's limited resources:
 Deeside Orienteering Club, Mid-Wales Orienteering Club,
 Swansea Bay Orienteering Club, South Wales Orienteering Club, Wrekin Orienteers

To join ERYRI or whichever is your local club, visit the web sites: [ERYRI](#), [British Orienteering](#), [DEE](#), [WRE](#), [MWOC](#), [SBOC](#), [SWOC](#).

Newborough village has limited but useful facilities:
 There is a comprehensive “corner shop” on the turning towards the main beach car park (Event Centre), open from early in the morning on both days.
 The “Red Squirrel Café” is on the same corner, open for drinks and snacks, between 10am & 3pm. There is a “chip shop” with limited seating area on the main street, open Saturday evening only. The “White Lion”, on the main street, will be open for food in normal hours
 Accommodation: Snowdonia - https://www.visitsnowdonia.info/where_to_stay-3.aspx
 Or Anglesey - <http://discoveranglesey.com/sleep>