



Canolbarth
Cymru

Mid Wales Orienteering Club

VHIs and Welsh Championships 2015

Llynnoedd Teifi Sat 3rd & Sun 4th Oct

Directions



From B4343 in Pontrhydfendigaid OSGR SN730664 take the minor road in a SE direction signposted to Strata Florida. After 1.1 miles(1.8km) at Strata Florida turn left. after a further 0.75 miles(1.2 km)turn left to Troed y Rhiw.

There should be parking for approx. 5 minibuses/campervans/low clearance sports cars here. Email chairperson@mid-wales-orienteers.org .uk to reserve a space. (900m and 60m climb to assembly) Cars and 4WD can proceed to parking near to assembly. Maximum 400m and 20m climb. Past Troed y Rhiw the track has a gravel surface and is steep in places. Drive slowly and carefully on this and do NOT STOP if possible. Starting on loose steep surface can be tricky and loosen the gravel.

Minibus parking fee £5 and car parking £2 to be collected on the day by the marshal and will be given to the Farmer for track maintenance, other assistance and goodwill.

Please check website for updates before the event in case of bad weather.

We will be operating a one way system with

No entry after 12.45 and no exit from car parks before 13.15 .

Assembly

In a large flat field close to Frongoch farmhouse. The views are good but the area is exposed. There is plenty of room for club tents. Grid Reference SN766667 It is adjacent to the parking field. This will be used for Saturday 3rd and Sunday 4th.

Entries

Entries through Fabian 4 for

Saturday 3rd VHI Individual, Welsh Long Distance Championships and Colour coded entries

Sunday 4th Oct for VHI Relay, Score event open to all

For those with a Welsh nationality wishing to compete in the Welsh Championships ensure you enter your nationality as CYM on Fabian 4. Those with a CYM nationality running in the VHIs can have their results included into the Welsh Champs for the same age category. Entries close 15/9/15 for VHIs and 27/9/15 for Welsh Champs/Colour coded Entry on day Saturday 3rd October also available for Colour coded courses Yellow, Orange and Lt Green and Sunday 4th October for the Score if maps available.

Saturday 3rd Starts & Finish

Starts 10.00 - 12.00 VHI, 12.00- 2.00 Welsh Championships /Those entered by course colour
NB You need to arrive by 12.45pm at the latest.

Red start for courses black to light green 1.9km and 60m climb. (route passes blue start)

Blue start for courses orange, yellow and white 0.6km and 25m climb. No clothing transfer.

Sunday 4th Starts & Finish

9.30 VHI Relay Start/Changeover/Finish is 0.4km and 70m climb from assembly.

11.00 Mass start for 60 minute score event open to all. Start/Finish is 0.4km and 70m climb

Results

Results will be displayed on the MWOC website

Map

Survey and cartography OmapZ for Croeso in 2012, 1:10,000, 5 metre contours, magnetic north 2012. Slight update and extra features by Robert Griffiths 2015. Control Descriptions will be printed on the back for longer courses and on the front for shorter courses.and relay/score. Maps will be A4printed on water resistand paper and will not be bagged. **Please do not show your map to those yet to run.**

Terrain

A large scenic area of open moorland at an elevation of between 300m and 550m. It is mainly rough pasture interspersed with small lakes and areas of marsh. Whilst you will undoubtedly get your feet wet, most of the marsh is readily crossed. There are numerous rock features. Only the most significant of these– in the context of the area immediately around them– are mapped. There are few paths and these are often indistinct. The area is hilly but careful route can reduce the amount of climb. The individual day area will be different to the area used by the relay/score event.

Safety	Competitors must carry a whistle, No Whistle, No Go. Use a whistle to summon assistance, if badly injured, seriously in distress or in need of help. Full body cover required and please check for ticks after your run. Competitors must bring a wind and water resistant cagoule and may need to wear this if conditions are bleak. Participants are responsible for their own safety and take part at their own risk.																																																																								
Course details (Provisional Subject to Controller)	<p>Saturday 3rd October VHI / Welsh Championships/ Colour Coded Courses Classes marked in italics are in Welsh Long Distance Championships and VHIs.</p> <table border="1" data-bbox="325 342 1474 965"> <thead> <tr> <th>Course</th> <th>Class</th> <th>Start</th> <th>Length/km</th> <th>Climb/m</th> <th>Controls</th> </tr> </thead> <tbody> <tr> <td>Black</td> <td>M18, M20, M21</td> <td>Red</td> <td>10.1</td> <td>350</td> <td>20</td> </tr> <tr> <td>Brown</td> <td><i>M35, M40, W21</i></td> <td>Red</td> <td>9.2</td> <td>285</td> <td>20</td> </tr> <tr> <td>Short Brown</td> <td><i>M45, M50, W35</i></td> <td>Red</td> <td>7.7</td> <td>230</td> <td>15</td> </tr> <tr> <td>Blue</td> <td><i>M55, M60, W40, M16, W18, W20</i></td> <td>Red</td> <td>5.9</td> <td>150</td> <td>12</td> </tr> <tr> <td>Short Blue</td> <td><i>M65, W45, W50</i></td> <td>Red</td> <td>4.7</td> <td>150</td> <td>10</td> </tr> <tr> <td>Green</td> <td><i>W55, W60 M70, W16 M75, M80</i></td> <td>Red</td> <td>3.9</td> <td>85</td> <td>11</td> </tr> <tr> <td>Short Green</td> <td><i>W65, W70, W75, W80</i></td> <td>Red</td> <td>3.3</td> <td>70</td> <td>8</td> </tr> <tr> <td>Light Green</td> <td>M14, W14</td> <td>Red</td> <td>2.8</td> <td>95</td> <td>9</td> </tr> <tr> <td>Orange</td> <td>M12, W12</td> <td>Blue</td> <td>2.5</td> <td>70</td> <td>12</td> </tr> <tr> <td>Yellow</td> <td>M10, W10</td> <td>Blue</td> <td>1.8</td> <td>50</td> <td>11</td> </tr> <tr> <td>White</td> <td></td> <td>Blue</td> <td>1.8</td> <td>50</td> <td>13</td> </tr> </tbody> </table> <p>VHI runners and Welsh Champs runners must enter by age class, others may enter by colour of course.</p> <p>Sunday 4th October</p> <p>VHI Relays—There are two relay classes MWM and WMW—aggregate ages of 145 or greater. Countries may enter 4 teams, three teams to score.</p> <p>Score event level D will use the same controls as VHIrelay and with additional controls. Penalty will be 10 points per minute or part minute over the 60 minutes. Only one course and 60 minutes to find as many controls as you can .</p>	Course	Class	Start	Length/km	Climb/m	Controls	Black	M18, M20, M21	Red	10.1	350	20	Brown	<i>M35, M40, W21</i>	Red	9.2	285	20	Short Brown	<i>M45, M50, W35</i>	Red	7.7	230	15	Blue	<i>M55, M60, W40, M16, W18, W20</i>	Red	5.9	150	12	Short Blue	<i>M65, W45, W50</i>	Red	4.7	150	10	Green	<i>W55, W60 M70, W16 M75, M80</i>	Red	3.9	85	11	Short Green	<i>W65, W70, W75, W80</i>	Red	3.3	70	8	Light Green	M14, W14	Red	2.8	95	9	Orange	M12, W12	Blue	2.5	70	12	Yellow	M10, W10	Blue	1.8	50	11	White		Blue	1.8	50	13
Course	Class	Start	Length/km	Climb/m	Controls																																																																				
Black	M18, M20, M21	Red	10.1	350	20																																																																				
Brown	<i>M35, M40, W21</i>	Red	9.2	285	20																																																																				
Short Brown	<i>M45, M50, W35</i>	Red	7.7	230	15																																																																				
Blue	<i>M55, M60, W40, M16, W18, W20</i>	Red	5.9	150	12																																																																				
Short Blue	<i>M65, W45, W50</i>	Red	4.7	150	10																																																																				
Green	<i>W55, W60 M70, W16 M75, M80</i>	Red	3.9	85	11																																																																				
Short Green	<i>W65, W70, W75, W80</i>	Red	3.3	70	8																																																																				
Light Green	M14, W14	Red	2.8	95	9																																																																				
Orange	M12, W12	Blue	2.5	70	12																																																																				
Yellow	M10, W10	Blue	1.8	50	11																																																																				
White		Blue	1.8	50	13																																																																				
Toilets	Portable toilets in the assembly field																																																																								
Dogs	Dogs on a lead at all times AND restricted to the parking field ONLY																																																																								
Catering	There will be a Welsh Junior Squad Stall selling cakes, hot drinks You are welcome to bring a cake to contribute to the fundraising effort!																																																																								
Officials	Planner - Robert Griffiths MWOC brynhendre@hotmail.co.uk Controller - Pete Ribbans SWOC ribbo57@googlemail.com Event co-ordinator - Gabriella Walsh MWOC gabriella_walsh@btinternet.com /Clive Thomas Download and Results – Steve Walsh MWOC steve_walsh@talk21.com																																																																								
Thankyou to	All officials, Niall Reynolds & Bridget Stein SBOC, and all helpers for their contribution and especially to Mr Owen at Ty'n ddol and Mr Owen at Frongoch for allowing the events to take place and giving considerable help in the preparation at no cost.																																																																								
Contact	Gabriella Walsh chairperson@mid-wales-orienteers.org.uk 01970828863 97851326145																																																																								

