




Canolbarth
Cymru

**Mid Wales
Orienteering Club**

Foel Goch nr Tre'r-ddôl
Level C Welsh League Event

13th November 2016

Final details v.3

Directions and grid references	Approach the access track along the A487 between Tre'r-ddôl and Furnace (1.75 km South of the bridge at Furnace). O Signs will be visible at the end of the track where it joins the A487. The grid reference for the turning is: SN 672 940, hyperlink: http://streetmap.co.uk/grid/267227,294064,120 Follow the track for 3 km to the parking. The A487 can be very busy, so please take care.		
Parking	Park as directed. The parking will be in the vicinity of grid reference: SN 688 943 The hyperlink for the parking is: http://streetmap.co.uk/grid/268637,294299,120		
Entries Registration Download	Entry On the Day (EOD) only. Registration from 10.00 to 12.00 nearby the parking. Enquiries and Download will be there as well.		
	Fees:	Junior	Senior
	MWOC	£3	£6.00
	BOF	£5	£8.00
	All others	£7	£10.00
	SI Dibber hire		£1.00
Starts & Finish	Starts from 10.30 to 12.30 The start and finish will be less than 5 minutes from registration.		
Results	All competitors to report to download after running. Results will be posted on the MWOC website.		
Map & Control Descriptions	1:10,000 with 5m contours for Light Green, Green, Blue and Brown and 1:7500 for Yellow and Orange. Maps will be A4, printed on waterproof paper. Control descriptions will be printed on the maps and there will be loose ones at the start.		
Terrain	The area contains steep, open hillside with excellent views over the Dovey estuary. Runnability on the hillside is mixed, with contour, crag, rock and marsh detail. There are grassy, sheep-cropped fields and with 2 small reservoirs bordering the hillside, as well as some old mine workings and shafts in the area. The shafts are fenced but the ruins are unfenced and care needs to be taken in their vicinity.		
Safety Bearing	Northwest off the hillside to the fields, then North to the forest track.		
Safety	Competitors must carry a whistle, No Whistle No Go.		
Cagoules	Due to the exposed nature of much of the area, please bring cagoules as they may be compulsory, depending on the weather. Be alert for advisory signs at registration and the beginning of the route to the start.		
Ticks	Full body cover must be worn. Checking for ticks after you have competed is advisable.		
Courses	Course	Length	Climb
	Yellow	1.7 km	60 m
	Orange	2.7 km	110 m
	Light Green	3.0 km	160 m
	Green	3.6 km	120 m
	Blue	5.4 km	260 m
	Brown	7.4 km	300 m
	Fences and field boundaries: Yellow and Orange courses must use marked crossing points or gates to cross boundaries. Longer courses will encounter crossable fences on the open hillside as well as one uncrossable fence, marked as such, bordering the fields and open hillside, towards the south of the map.		
			
Courses Close	14.30 hrs		
Toilets	Portaloo in parking / registration area Public toilets at Tal y Bont near the Black Lion pub.		
Dogs	Dogs on a lead, please, at all times AND restricted to the parking only.		
Catering	There may be cakes.... Also there is a community cafe and shop 'Cwmni Cymunedol Cletwr' where the service station used to be at Tre'r-ddôl.		
Officials	Clive Thomas: Planner. Bridget Stein: Controller. Mike Kay: Organiser and proxy Controller 01970 820421 , 07810 205047, mikekay@clara.co.uk		
Thank you to	All MWOC helpers and the landowners		
Participants take part at their own risk and are responsible for their own safety during the event. Also if coming across someone in difficulties, there is an obligation to help injured competitors.			

