



Canolbarth
Cymru

Mid Wales Orienteering Club

Welsh League Event, Gwanas, nr Dolgellau

Saturday 16th May 2015 FINAL DETAILS v.3

Directions	Navigate towards the Cross FoXes 'pub' at the junction of the A470 and the A487. If driving from Machynlleth in the S, please do not use the A487 through Corris (in order to keep O traffic turning across the flow of traffic to a minimum at the Gwanas turn in). Travel via Cem maes Rd and Mallwyd instead. Access to the event is via a lane by Gwanas Fawr which turns S off the busy A470, 350m E of the Cross FoXes pub. Signed from 200m either side of the lane entrance. Take great care at the turning and on the lane which becomes a moderately stony track, OK for cars and medium sized camper vans. Follow track up for 1km to the parking / registration field.																		
Grid references	The turning off the A470 is at SH 769 167 .The parking is at SH 775 163.																		
Entries	Entry On the Day EOD only. NB Please could you email which courses you intend to run to Terry Smith at terrybeval@aol.com to aid in knowing how many maps to produce. Thanks.																		
Registration	Registration is from 10.30 to 12.30 in a tent in the parking field along with Enquiries																		
Enquiries	<table border="0"> <tr> <td>Fees:</td> <td>Junior</td> <td>Senior</td> <td></td> </tr> <tr> <td>MWOC</td> <td>£2.00</td> <td>£4.00</td> <td>£1.00 fee will be collected when parking,</td> </tr> <tr> <td>BOF</td> <td>£3.00</td> <td>£6.00</td> <td>proceeds to go to the landowner</td> </tr> <tr> <td>All others</td> <td>£4.00</td> <td>£8.00</td> <td>SI Dibber hire £1.00</td> </tr> </table>			Fees:	Junior	Senior		MWOC	£2.00	£4.00	£1.00 fee will be collected when parking,	BOF	£3.00	£6.00	proceeds to go to the landowner	All others	£4.00	£8.00	SI Dibber hire £1.00
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Starts & Finish	11.00 to 13.00 The start is 1.6km from the parking field with 175m climb. Allow 30 minutes from the parking field. There will not be any clothing transfer, The finish is 350m from the parking field.																		
Results	Results will be displayed on the MWOC website.																		
Map & Control Descriptions	1:10,000 with 5m contours. 1995 map by Simon Beck, cartography by Peter Seward, re-surveyed and re-drawn in Spring 2012 by OmapZ. 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 courses are run on the N and W facing slopes of Gwanas hill, mostly on open fell, with very brief shelter at the start in the forest. Only one course re-enters the forest. There is considerable climb in the blue and brown courses and there are several water courses and well-mapped marshes, plus some very large crag formations on the fell. The vegetation on the fell is sheep-grazed, offering reasonable runnability.																		
Safety Bearing	Due W off the fell.																		
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.																		
Cagoules	Bring cagoules as they may be compulsory, depending on the prevailing weather. Be alert for advisory signs at registration and the beginning of the route to the start.																		
Ticks	Full body cover must be worn, There is a risk of tick infestation. Checking for ticks after you have competed is advisable.																		
Courses Details (subject to controlling)	Course	length	climb																
	Yellow	1.8 km	40m																
	Orange	2.1 km	90m																
	Lt Green	3.8 km	150m																
	Green	4.9 km	180m																
	Blue	5.5 km	240m																
	Brown	6.9 km	280m																
	NB Use crossing points where marked (L Green see below). There may be last minute advice given out at registration. There is one small gate near the finish that All courses use. It probably will need to remain shut and will not be openable. Please climb over it with care. The L Green course has a fence to cross (no barbed wire) into the forest , after control 9, with no marked crossing points. The Yellow course goes through one gate that will be wedged slightly open. Please leave it that way. Thank you.																		
Courses Close	15.00 hrs																		
Toilets	Portaloo in parking field.																		
Dogs	Dogs on a lead , please, at all times AND restricted to the parking field only.																		
Catering	There will be a 'cake stall', proceeds going towards Welsh Junior Squad funds. You are welcome to bring a cake to add to this effort. There will be not be drinks at the finish. Bring your own and be ready for possible dry conditions.																		
Officials	Organiser: Mike Kay MWOC Planner: Kate O'Sullivan MWOC Controller: Niall Reynolds SBOC Deputy: Ben Mitchell SBOC																		
Thank you to	All MWOC helpers and Niall for controlling at short notice. Geraint Evans - landowner.																		

Participants take part at their own risk and are responsible for their own safety during the event.

Any queries, please contact the organiser Mike Kay on 01970 820421, 07810 205047 email mikekay@clara.co.uk