



Canolbarth  
Cymru

# Mid Wales Orienteering Club

## Welsh League Event, Gwanas, nr Dolgellau

### Saturday 16<sup>th</sup> May 2015 FINAL DETAILS v.3

<b>Directions</b>	Navigate towards the Cross FoXes 'pub' at the junction of the A470 and the A487. If driving from Machynlleth in the S, please <b>do not use the A487</b> 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.																		
<b>Grid references</b>	The turning off the A470 is at SH 769 167 .The parking is at SH 775 163.																		
<b>Entries</b>	<b>Entry On the Day EOD</b> only. <b>NB</b> Please could you email which courses you intend to run to Terry Smith at <a href="mailto:terrybeval@aol.com">terrybeval@aol.com</a> to aid in knowing how many maps to produce. Thanks.																		
<b>Registration</b>	Registration is from <b>10.30 to 12.30</b> in a tent in the parking field along with <b>Enquiries</b>																		
<b>Enquiries</b>	<table border="0"> <tr> <td><b>Fees:</b></td> <td>Junior</td> <td>Senior</td> <td></td> </tr> <tr> <td>MWOC</td> <td>£2.00</td> <td>£4.00</td> <td><b>£1.00</b> 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>			<b>Fees:</b>	Junior	Senior		MWOC	£2.00	£4.00	<b>£1.00</b> 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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<b>Starts &amp; Finish</b>	<b>11.00 to 13.00</b> The start is 1.6km from the parking field with 175m climb. <b>Allow 30 minutes</b> from the parking field. There will not be any clothing transfer, The finish is 350m from the parking field.																		
<b>Results</b>	Results will be displayed on the MWOC website.																		
<b>Map &amp; Control Descriptions</b>	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.																		
<b>Terrain</b>	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.																		
<b>Safety Bearing</b>	Due W off the fell.																		
<b>Safety</b>	Competitors must carry a whistle, <b>No Whistle No Go</b> . Use a whistle to summon assistance, if badly injured, seriously in distress or in need of help.																		
<b>Cagoules</b>	Bring cagoules as they <b>may</b> be compulsory, depending on the prevailing weather. Be alert for advisory signs at registration and the beginning of the route to the start.																		
<b>Ticks</b>	Full body cover <b>must</b> be worn, There is a risk of tick infestation. Checking for ticks after you have competed is advisable.																		
<b>Courses Details</b> (subject to controlling)	<b>Course</b>	<b>length</b>	<b>climb</b>																
	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																
	<b>NB</b> 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 <b>All</b> courses use. It probably will need to remain shut and will not be openable. Please climb over it with care. The <b>L Green</b> course has a fence to cross (no barbed wire) into the forest , after control 9, with no marked crossing points. The <b>Yellow</b> course goes through one gate that will be wedged slightly open. Please leave it that way. Thank you.																		
<b>Courses Close</b>	15.00 hrs																		
<b>Toilets</b>	Portaloo in parking field.																		
<b>Dogs</b>	<b>Dogs on a lead</b> , please, at all times <b>AND</b> restricted to the parking field only.																		
<b>Catering</b>	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.																		
<b>Officials</b>	Organiser: Mike Kay MWOC Planner: Kate O'Sullivan MWOC Controller: Niall Reynolds SBOC Deputy: Ben Mitchell SBOC																		
<b>Thank you to</b>	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](mailto:mikekay@clara.co.uk)