

Entrant 2

Name _____

Route (A, B, C or O) _____

Address _____

_____ Post Code _____

Tel. _____ Mob. _____

Email _____

Car Reg _____

Signature _____

Signature of Parent/Guardian if under 18

Entrant 3

Name _____

Route (A, B, C or O) _____

Address _____

_____ Post Code _____

Tel. _____ Mob. _____

Email _____

Car Reg _____

Signature _____

Signature of Parent/Guardian if under 18

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How did you find out about the Gower Gallop?

Please feel free to copy this form if required. For further copies telephone:
01792 296219 (eve) or 01792 470886.

Conditions Of Entry

1. Entrants must be at least 12 years old. Those under 16 years old must be accompanied by a responsible adult.
2. Each entrant must carry the following items: Whistle; Compass; Emergency rations; Simple first aid kit; Waterproofs including over-trousers (this may be waived in good weather for runners / orienteers); Sensible footwear - boots with ankle support and good tread, or suitable running shoes.
3. Orienteers will require Explorer (1:25000) Map 164; Walkers must have either this, 1:25000 Map 10 or 1:50000 Map 159. (For walkers staying as groups for the entire route, one map and one compass for every three entrants is acceptable.)
4. **You may be refused entry if you do not have the items in (2) and (3) above.** Random spot checks may be made.
5. Any entrant retiring or in difficulty must telephone the organisers (the number is on the checkpoint/control card) or inform the nearest checkpoint, otherwise an unnecessary search may be instigated for you.
6. All entrants must observe the Country Code at all times.
7. Swansea Outdoor Group have the right to:
 - Refuse entry and to require entrants to retire for any reason, but especially on grounds of safety (including deteriorating weather conditions).
 - Postpone or cancel the event if weather conditions are considered to be too severe.
8. None of Swansea Outdoor Group, Swansea Bay Orienteering Club, any member of either, nor any sponsor or supporter associated with the event can accept any responsibility for any loss or injury, or any financial loss howsoever caused.

Gower Walking Festival 2009

The Gower Gallop is part of the Gower Walking Festival, which runs from June 6th to 21st. Details:
Mumbles Tourist Information: 01792 361302
Website: www.mumblestic.co.uk



Invite you to take part in

The 16th

GOWER GALLOP

Challenge

Saturday 13th June 2009

A test of stamina and navigation around Gower offering

- 3 walking routes - 12.5, 20 or 30 miles
- Orienteering route - 20 km

For further information:

E-mail:

gowergallop@swanseaoutdoorgroup.org.uk

Website: www.swanseaoutdoorgroup.org.uk

Phone: 01792 296219 (eve) or 01792 470886



Orienteering route provided by
Swansea Bay Orienteering Club
www.sbec.org.uk

Any profits will go to Wales Air Ambulance

Please Detach Along Dotted Lines And Return



GOWER GALLOP SATURDAY 13th JUNE 2009

Registration

- Entry fee: Adults **£5.00** in advance, **£6.00** on the day; under 16s and unwaged **£3.50**.
- To register in advance, send the completed entry form plus entry fee to the address shown, by **5th June 2009**.
- Registration/check in time: 30 minutes before start time in table below.

Route Details and Checkpoint Times (Please note – Runners on routes A, B and C should start 30 minutes later)

- Walkers should visit each of the checkpoints in the order shown in the table for your route.
- Orienteers will receive control details at the start – the course tests navigation skills more than the walking routes but is not a highly technical route for experienced orienteers. More info at www.sboc.org.uk.

Checkpoint	No	Grid Ref	A 30m	B 20m	C 12.5m	O 20 km	Opens	Closes
Registration from			6:30	7:30	9:00	9:00		
Start - Sports Pavilion Pennard	1	5533.8814	7:00	8:00	9:30	9:30	6:30	
Arthur's Stone Car Park	2	4921.9004	9:00	10:15	12:00	Orienteering controls provided at start	7:45	13:30
Llanrhidian	3	4958.9225	9:45				8:15	10:15
Llanmadoc Car Park	4	4396.9351	11:30				09:15	12:15
Rhossili Lookout	5	4036.8746	14:00				10:45	15:00
Near Burry (unmanned)	6	4554.9016		11:15			9:15	12:30
Paviland	7	4387.8606		12:45			10:00	14:15
Port Eynon Youth Hostel	8	4684.8478	16:00	14:00			10:30	17:30
Junction east of Hangman's Cross	9	4843.8684			13:15		10:30	15:30
Finish - Sports Pavilion Pennard		5533.8814	19:00	17:30	16:00		17:30	

- Timings given are typical - yours may vary from these but must be within the opening times shown. Note that the event is not competitive.

- Ensure that your entry number is recorded by the marshal at each manned checkpoint.
- Total distances are approximate; the exact distance will be determined by the route you choose between checkpoints.

- **Route A is a challenging walk and requires a sustained pace - be prepared!**

- Entrants must pass through checkpoint 9 by 15:30 or checkpoint 8 by 17:30, or they will be retired from the event and offered transport to the finish.

Procedure At The Finish

- Give your checkpoint/control card to the check-in desk to record your return.
- Please do not go home without checking in since this could mean an unnecessary search is carried out for you.
- **The Sports Pavilion will close and the car park will be locked at 21:00.**

Refreshments

Light refreshments will be available at checkpoints 2, 4 and 8, and at the finish until 20:30. Additional water will be available; however you are strongly advised to bring adequate provisions for the day. There are shops or cafés in Oxwich, Port Eynon, Rhossili, Hillend, Llanmadoc and Reynoldston

Accommodation

B&Bs and campsites are available near Pennard - ring Mumbles TIC on 01792 361302 for further information.

The 16th GOWER GALLOP Challenge



Saturday 13th June 2009

Entry Form

Please note that routes A, B, and C are anticlockwise this year.

Routes: A – 30 miles; B – 20 miles; C – 12.5 miles
O – 20 km orienteering.

Declaration

I/We wish to enter the Gower Gallop and have read the accompanying leaflet and agree to the conditions of entry. I/We enclose a cheque for £ _____ payable to **Swansea Outdoor Group**.

Entrant 1

Name _____

Route (A, B, C or O) _____

Address _____

Post Code _____

Tel. _____ Mob. _____

Email _____

Car Reg _____

Signature _____

Signature of Parent/Guardian if under 18 _____

(Please also see over.)

Please send completed entry forms to:
Gower Gallop, c/o 35 Huntingdon Way, Sketty,
Swansea SA2 9HN

If you wish to receive confirmation of your booking please enclose a SAE.

Please Detach Along Dotted Lines And Return



