

**Eryri Orienteers**  
**Bangor Night Race – 4th December 2025**  
Event organiser: Math Roberts; balkangazelle@gmail.com

**Time:**

Event registration is from 6pm and **closes at 6.40pm**. Maps issuing and safety briefing at 6.50pm outside then a mass start at 7pm.

**Location:**

The event will start and finish at The Union Inn,  
217-219 Caernarfon Rd, Bangor LL57 4SB (What3Words:///caps.youths.spices)

**Transport:**

There are many locations for parking around the venue though no official parking site so just be thrifty and try not to park in any locals parking spot.

Bangor train station (What3Words:///above.protect.carefully) less than 5 minutes walk away and Caernarfon road bus stop 2 minutes walk away. You'll get 10 bonus points for getting to the event without a car!

**The Event:**

The event is a 60 minute score course starting at 7pm. You will try to visit as many controls (checkpoints) to collect as many points as possible and get back to the finish (same location as the start) before 8pm. If you are late back you will lose 20 points for every 60 seconds over the time limit. This is deliberately harsh, so don't be late!

Each control will be found using only the:

- Use the MapRun app on your phone or Garmin watch to record your run.

Using the MapRun method, please download the app to your phone in advance and then the event file, which can be found by tapping "Select Event" and browsing through to our folder UK/ Wales/ Snowdonia/ ERYRI Orienteering. The event file might not appear until a couple of days before the event. Once you have selected and downloaded the event file you are ready, do not tap "Go to Start".

Controls are worth either 10, 20, 30, 40, or 50 points, where the first number of the control tells you how many points it's worth. For example, controls 34 and 37 are worth 30 points each, but control 53 would be worth 50 points.

**Safety:**

Please read the Event Safety Notice overleaf.

- Head torches and high-vis top/jackets are compulsory. **No high-vis+head torch = no run.**
- For this particular night race there are more trail and path options than normal and so I'd advise wearing grippier road shoes or some less grippy trail shoes.
- **Under 16's must be accompanied by an adult at all times.**

**Entries:**

Enter online at <https://pre-entries.co.uk/dl/events> by 8pm Wednesday 3rd December to enter.

Entry-on-the-day is available, but there will be a limited supply of spare maps on a first come, first served basis. Cost £5 Eryri Orienteering club/BOF members, £6 non-members. Cash payment on the night only.

**Existing medical conditions:**

Please make the organisers aware of any existing medical conditions. If you wish the details to be kept confidential you can fill in a form, seal it in an envelope and leave it at registration. This can be opened in the case of an emergency or collected by yourself at the end of the race.

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**Safety Information**

**In case of injury or problems:**

- Ring the emergency number on your answer sheet. If necessary, ring 999 first.
- Give current location (e.g. nearest control number) if you need to be picked up.
- State if you need to be taken direct to A&E or to the finish.
- If you leave the event for whatever reason without checking back in at the finish you must inform the event organiser that you are no longer competing.

**General Notes:**

You take part at your own risk and you are responsible for your own safety at the event:

- Under 16s **MUST** be accompanied by an adult.
- All competitors **MUST** wear a high-visibility top.
- You **MUST** carry a torch and it is recommended that you carry a back-up light.
- You are recommended to carry a mobile phone in case of emergency. A phone could also be used as a back-up light, but please don't use gps to navigate unless it is an emergency.
- It is illegal to run on or cross railways and dual carriageways other than at safe, legal crossing places.
- Take extreme care crossing roads - even when racing to the finish!
- Dress according to the weather, it is a night event in winter so expect cold, wet, windy, snowy, icy conditions.
- Take care on slippery surfaces and uneven ground, some of the footpaths on the map are grassy/muddy and unlit, wear appropriate footwear.
- Take care in parks, alleyways, near bins for rubbish and in particular, broken glass.
- Take care carrying your pen/pencil to avoid injury.

You are also responsible for the safety of other competitors and members of the public while at the event:

- A person running around a 'blind' street corner is responsible for not colliding with another pedestrian - so please run wide and slow around corners.
- When sharing the pavement with others "Share the Space, Drop your Pace".
- Be aware of cyclists either on roads, pavements or cycle routes, they are fast but quiet.
- A person running across a road in such a way as to cause a road user to swerve, is likely to be held responsible in that their actions caused the incident.
- Give dogs a wide berth.