

Eryri Orienteers

Old Colwyn Evening Score – Thursday 28th July 2025

Event organiser: Lizzie Irvine lizzie.irvine@hotmail.co.uk

Time:

Event registration is from 6:00pm and **closes at 6.55pm**. Staggered starts between 6.30pm and 7.00pm with a mass start at 7pm for any remaining competitors. Please do not be late as it will be getting dark!

Location:

Registration will be at The Red Lion, Old Colwyn, LL29 9PL.
what3words.com/flags.forgiven.aimlessly

Getting there:

The nearest train station is in Colwyn Bay, 1.3 miles away, approximately 30 minutes walk. There are good bus links to Old Colwyn and Colwyn Bay with links to Llandudno and Prestatyn.

There are 10 bonus points for getting to the event without a car!

Parking is available on surrounding roads. There is a small car park nearby at [at//guides.realm.below](http://guides.realm.below) (3 mins walk); or a much larger car park at Eirias park which is a 10-15 minute walk. Please park considerately.

The Event:

The event is a 60 minute score course using the MapRun App. 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) within 60 minutes. 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!

The terrain is urban with streets, pavement, parks and footpaths. There is a mix of both surfaced and unsurfaced paths with some footpaths getting muddy.

You must not cross walls, fences, private land or areas not on a footpath except in open access areas and parks.

Controls are indicated on the map. They will usually be an obvious feature eg path junction. Use the MapRun app on your phone or Garmin watch to record your run - the device will emit a signal when you are near the control.

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".

Maps will be pre-printed and each control will have a points value which will be revealed at the start. You will have 60 minutes to score as many points as possible visiting any of the controls in any order

Participants with dogs must keep the dog on a lead at all times

Safety:

Please read the Event Safety Notice overleaf.

- **High vis clothing is compulsory. No high vis = no run.**

- **Sunset is at 20:13 so be aware it could be getting dark in areas.** If you are the kind of person who loves to get off the beaten track **consider bringing a headtorch.** It could be very dark in the trees.
- **Under 16's must be accompanied by an adult at all times.**

Entries:

Entries are available online at <https://pre-entries.co.uk/dl/events>

Enter by midnight 26th August. Entry-on-the-day is available, but there will be a limited supply of spare maps on a first come, first served basis.

If paying on the night it's £5 cash payment for members or £6 non members. Half price for juniors and students.

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Safety Information

In case of injury or problems:

- Ring the emergency number on your map. 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:

- You are recommended to carry a mobile phone in case of emergency. Please don't use gps to navigate unless it is an emergency.
- Dress according to the weather. **High vis clothing is compulsory**
- Headtorches recommended – particularly if on a later start
- Be mindful of slippery muddy paths and streams. Though it is urban there are still plenty of places to trip.
- Under 16s **MUST** be accompanied by an adult.
- **Take extreme care crossing roads** - even when racing to the finish!
- Take care in parks, alleyways, near bins for rubbish and in particular, broken glass.

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.

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.