

## FBOR'25 – ELITE – Intended Course Description

**START** from the beach to the east of Ocean Lab (SA64 6DE) and Inner Breakwater. All craft to line up on beach for final checks. Competitors stand knee deep in the water with boat on your right side. Start signal – siren.

**Leg 1)** Start to Lighthouse.

The breakwater is to your left - ahead is the lighthouse at the end of the outer breakwater.

**Leg 2)** Lighthouse to Cow & Calf.

Turn left around the lighthouse and stay close to the breakwater – there are often plenty of reflections. Cow & Calf are the inner and outer rocks - head between them and turn hard right back to the East when in clear water.

**Leg 3)** Cow & Calf to Pen Anglas.

Continue with cliffs to your left – beyond the end point of Pen Anglas a support boat will be by the rounding mark. In any wind there is a rough patch just off the point, this is where you turn East.

**Leg 4)** Downwind to Dinas Head.

With winds from the west quadrant this leg will give you wind waves and ground swell - happy surfing – 5.6km. There are usually multiple reflections of swell and chop bouncing off the cliffs at Dinas Head. Cutting close will give the straightest line to Cerrig Edrywy but the flood tide runs faster 200-300 hundred meters further out, the choice is yours.

**Leg 5)** Downwind to Cerrig Edrywy (Druid's Rock).

More downwind swell and wind waves for 4.3km, often building as you approach Cerrig Edrywy. The rock is difficult to pick out from a distance so see the attached photograph. At a distance you can pick out three 'corries' in the cliff, Cerrig Edrywy is under the right hand one of these three. Here's an old brief video clip of the approach: <https://www.youtube.com/watch?v=kuPPrA8128>  
The rock is there all the time at mid right but you often can't see it into the sun.

**Leg 6)** Cerrig Edrywy to Finish Line. 1.6km.

There are shallows inshore = extra chop. To get through the rough, either head straight for the beach (steep cross chop) or turn right between Cerrig Edrywy and adjacent reef to clear the rough patch sooner and get a cleaner run to the beach.

**FINISH** line is directly under the SLSC building, the only one on the beach. There will be feather flags to show the exact location.

Tray bakes will be provided - just hand in your GPS TRACKER and Bib to qualify!

Caffi Mawr Café is right in the carpark to top up your caffeine and carbs!

Newport Sands SLSC car park is run by National Parks and is about **£6/day** - make sure you pay when you drop off your car BEFORE the race. Fees are cheaper than fines!

**Note:** It takes a good 25 mins to get there by road from Goodwick so allow AT LEAST an hour for the round trip to be sure you're back for briefing and pre-race checks.

This course is weather dependent and may have to be changed a few days before the race!