

World Rowing Coastal Championships

Saundersfoot

7 – 9 October 2022

Crew Captains' Manual

Welcome/Croeso

A warm welcome to all the crews and supporters to the 2022 World Rowing Coastal Championships. We hope you have a great experience and make the most of the local hospitality. If you have any questions, please ask.

Please make sure you read the information that has been gathered into this Crew Captains' Manual, to help guide you through the event.

Good Luck on the water.

A handwritten signature in dark ink, reading "Rachel J. Dulai". The signature is written in a cursive, flowing style.

Rachel Dulai
Organising Committee, Event Director

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1. Organising Committee Contacts

- **Competition Manager:** Samantha English
Email: communications@worldrowingcoastals2022.org
Mobile Phone: +44 7967 502055
- **Athletes Services Manager:** Nicola Thomas
- **Race Health & Safety:** Chris Harding
- **Race Directors:** Andrew Richards and Richard Dennis
- **Event Director:** Rachel Dulai
Email: rachel.dulai@britishrowing.org
Address: British Rowing, 6 Lower Mall, Hammersmith W6 9DJ
- **Website:** www.worldrowingcoastals2022.org

2. Emergency, Contacts & Protocol

- **Saundersfoot Police:** Telephone +44 1267 222020
<https://www.google.com/maps/place/Dyfed+Powys+Police+-+Saundersfoot+Police+Station/@51.7130223,-4.7000909,17z/data=!3m1!4b1!4m5!3m4!1s0x486ecc54377645f7:0x6007ce743debc662!8m2!3d51.7130412!4d-4.6979534>
- **Ambulance:** Telephone 999
- **Any Emergency:** Telephone 999

Nearest Hospital

- Glangwili Hospital, Dolgwili Road, Carmarthen SA31 2AF
- Telephone: +44 1267 235151
- <https://hduhb.nhs.wales/healthcare/hospitals-and-centres/hospitals/glangwili-hospital/>
- <https://www.google.com/maps/place/Glangwili+Hospital/@51.868099,-4.2861126,17z/data=!3m1!4b1!4m5!3m4!1s0x486ee148f25db3dd:0xfee211158e67e8ea!8m2!3d51.868099!4d-4.2839239>

Medical Cover

There is an athlete only medical tent situated to the rear of the athlete lounge. Additionally there will be a 4x4 ambulance on the beach during training and racing.

Nearest Pharmacy

- B M Patel & Son, Saundersfoot Pharmacy, Pharmacy Court, The Strand, Saundersfoot SA69 9ES
- Telephone: + 44 1834 812343

- <https://www.google.com/maps/place/B+M+Patel+%26+Son/@51.7120195,-4.7003025,17z/data=!3m1!4b1!4m5!3m4!1s0x486ecc543944c8b7:0xca1b7c31d72d3ba3!8m2!3d51.7120195!4d-4.6981138>

Emergency Dental Care

See: <https://www.pembrokeshire.gov.uk/emergency-care/emergency-dental-treatment>.

Sports Injury Clinic

<https://www.rotheryhealth.com/>

3.Transport, Accommodation & Food Services

Event Transportation

There will be several transport options at the event operating on training and race days:

- [On demand private transfers from your accommodation to the venue](#) through our official World Rowing Coastal Championships travel provider, Nirvana. There is an information desk where you can book your transfers, this can be found in the Athlete Tent.
- Local Bus Service [from Tenby/Kilgetty and other local areas to Saundersfoot](#)
- [Park & walk options from Tenby](#)
- There is limited car parking available at [Regency Hall](#) & [Coppet Hall](#) in Saundersfoot
- [TukTuk time](#) - zero emissions vehicles dropping off and picking up in the Harbour.
- [Bicycle Hire](#)

Please note you must check all travel plans. There is a national train strike on Wednesday 5th and Saturday 8th October.

Restaurants

Lunches

If you would like to pre-order your lunch during race days, order here: <https://tickets.worldrowingcoastals2022.org/athletes-add-ons/> **N.B. Orders must be placed by midnight on Sunday 2nd October.**

Saundersfoot has an increasing reputation as a gourmet resort, thanks to the high-quality restaurants and cafes and the local Pembrokeshire produce. The locally produced food not only tastes fantastic, but also reduces greenhouse emissions and carbon footprint. For more information click here <https://www.coastalcottages.co.uk/inspiration/food-drink/where-to-eat-in-saundersfoot/>

We suggest booking your meal before you arrive as the restaurants book up fast.

Accommodation Booking

Our official accommodation provider for the World Rowing Coastal Championships is Nirvana.

If you haven't already booked your accommodation, then in Saundersfoot, you will find a variety of accommodation ranging from 4* hotels to small and friendly bed and breakfasts, houses to share or static caravans. We encourage everyone to stay in Saundersfoot if at all possible. The most cost-effective way is to book a house and share it with your crew mates.

For more information on accommodation for the event, please click here:

<https://www.nirvanaeurope.com/en/booking/?eventSeries=52&event=457&token=eu-4pAA7P> or, speak to Nirvana directly: Tel: +44 (0)191 257 1750 Email: coastals22@nirvanasportstravel.com

The Harbour Lounge

For athletes and spectators, the Harbour Lounge is THE place to hang out for the day - there is shelter, fantastic food options, a big screen and seating overlooking the beach. Tickets can be bought here: <https://tickets.worldrowingcoastals2022.org/athletes/>

4. General Information

COMPETITOR INFORMATION AND SERVICES

Accreditation

- Crew members and team officials will receive their accreditation at the Regency Hall, Saundersfoot.
- Please note all requests for accreditation for team coaches and support staff must have been submitted here by no later than midnight on Tuesday 27th September: <https://asc.lap2go.com/en/group/bcc0906a839546f9b8bcc28a16add162>
- Crew Captains must bring photo identification (passport, driving licence or international identification card) of all crew members to collect the accreditation for their crews.
- All competitors must carry their accreditation with them throughout the event.

Accreditation Office:

- Regency Hall, Milford Street, Saundersfoot SA69 9EW
<https://www.google.com/maps/place/The+Regency+Hall/@51.7105538,-4.703129,17z/data=!3m1!4m5!3m4!1s0x486ecc55dcd27b15:0xc6076617f15f496e!8m2!3d51.7105538!4d-4.7009403>

Opening Hours:

- **Wednesday 5th October: 09:00 - 17:00**
- **Thursday 6th October: 09:00 - 17:00**

Crew Registration

All crews need to confirm their race entries and crew changes with World Rowing at the crew registration desk. This is located in the Regency Hall.

Crew registration closes at 17:00 6th October. Crews failing to register their crews by this time risk not being able to race.

Crew Captains Briefing

The crew captains briefing will take place at 09:00, Friday 7th October at the Regency Hall. All crew captains are expected to attend with their accreditation.

Responsibilities of Crew Captains

- Teams are reminded that coastal rowing is an assumed risk sport, and the crew captain shall be responsible to assess the risks and the ability of the crew to cope with the prevailing and forecast conditions.
- Crews that feel that they are not competent or confident to train or race in the conditions, are expected to not go on the water and to inform the organising committee at the earliest opportunity of their decision.

Competition Race Format

- The competition will run in accordance with the World Rowing Rules of Racing, and specific departures related to Coastal Rowing (*Appendix 18 – Coastal Rowing Competition Regulations*).

For Information and Updates During Event

- A WhatsApp Group for Crew Captains will be set up for communications by World Rowing. A QR code for joining will be available at registration.
- Updates will also be on the event website and on social media as well as on the information boards at Registration and in the Athlete Tent.
www.worldrowingcoastals2022.org
- Our radio partner is Pure West Radio <https://www.purewestradio.com/>

5. Competition Venue Information

VENUE LOCATION

- **Address:** Saundersfoot Harbour, SA69 9HE

- https://www.google.com/maps?q=sa69+9he&um=1&ie=UTF-8&sa=X&ved=2ahUKEwjH37zq-Kz5AhWIX8AKHf-ODqYQ_AUoAXoECAIQAw

Venue and Course Opening Times

- The venue will officially open at 09:00 on Wednesday 5th October.
- The 4km race course will be open for training from 09:00 to 17:00 on Wednesday 5th and Thursday 6th October, also 10:00-11:30 on Friday 7th October.
- Racing will be from 12:00 to 17:00 on Friday 7th October, 08:00 to 17:00 on Saturday 8th October and 09:00 to 17:30 on Sunday 9th October.
- The victory ceremonies will be on Sunday 9th October at 18:00.

Boat Weighing and Boat Numbers

- All boats are required to display Boat Number stickers on both sides of the bow. The Organising Committee will provide and apply these stickers. They will be permanently displayed on each boat.
- Boats arriving at the venue will need to be checked in, weighed, labelled with their boat number and had the Toblerone fixing added before they go to their parking spot. The Organising Committee will apply the stickers and fixing but crews are responsible for transporting and carrying their own boats.
- Crews are reminded that they are responsible for ensuring their boats are at or above weight.
- During the competition days, boats can be randomly selected for weighing by the President of the Jury. A Jury Member will advise crews that their boat has been selected for weighing immediately after their race. Crews will then be escorted to the Boat Weighing Area.

Crew Numbers

All crews are required to display their country code and rank (FRA02) during racing. This will be a Toblerone fixed to the top of the bow canvas of the boat, closest to the bow rower, using 3M Dual Lock. Crews should have their 3M Dual Lock placed on their boat before control commission. See below under Racing - Control Commission 1 for more details.

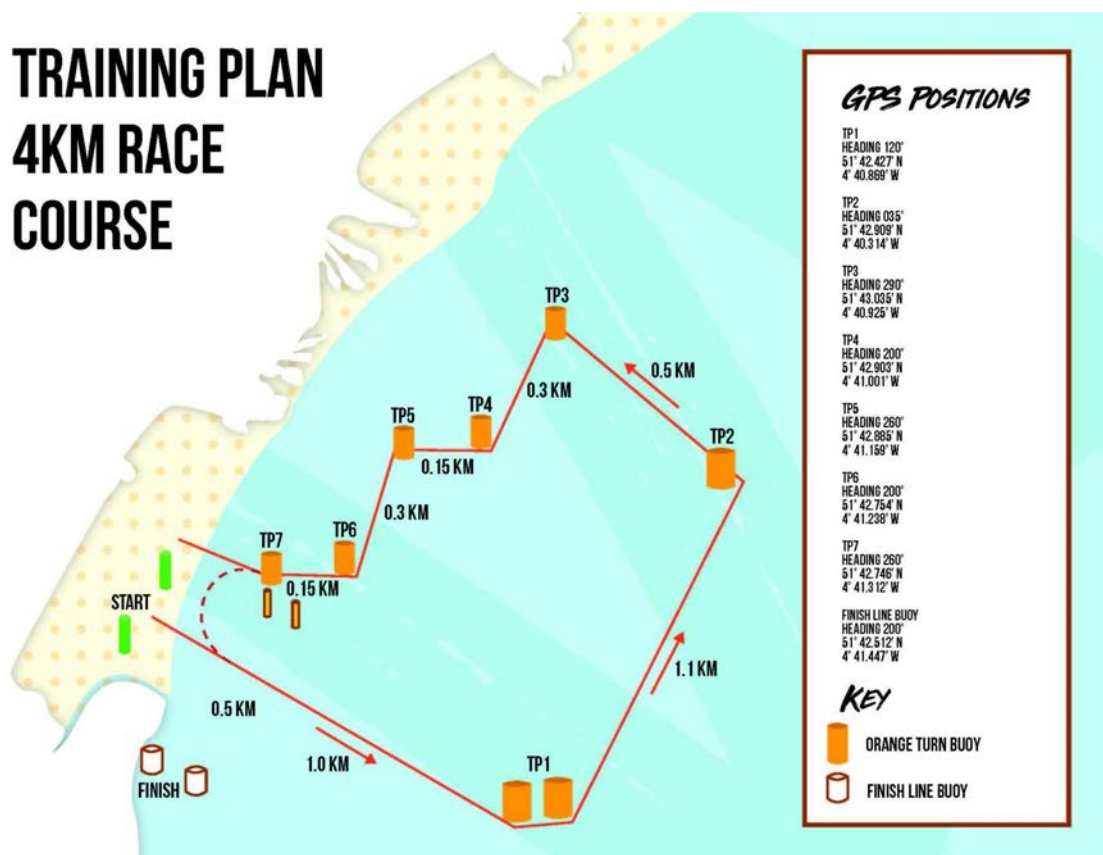
Official Training

- The 4k course will be open for official training from 09:00 to 12.00 and 13:00 to 17:00 on Wednesday 5th October and Thursday 6th October, on Friday 7th October from 10:00 to 11:30.

TRAINING PLAN

4KM RACE

COURSE



- All crews are expected to check the weather and tide conditions and the traffic pattern before they go on the water. Each boat must have a mobile phone in a waterproof case, a lifejacket for each crew member, and a tow line for training. Coxes must wear a lifejacket.
- Crews **must not** attempt to row the 6k course during training as there will be no safety provision on this section.
- **Remember**, before getting on, and as you get off the water, your crews **must** sign your crews out and in with officials on the beach.
- Checks will be made to ensure that crews have been accredited and that boats have all appropriate equipment on board before being allowed to go on the water.
- The Organising Committee may change training times, limit the number of crews on the water, and the length of the training course, subject to weather conditions and safety crew availability.
- The Athlete Area including Bag Drop will be open 30 minutes before the course opens for training and will close 1 hour after the course closes.
- There will be no official training during racing.

Racing

- Racing will take place in accordance with the World Rowing Rules of Racing and Appendix 18 - Coastal Rowing Competition Regulations. See www.worldrowing.com/technicalrules/

- The course length is 4 km for Heats and B Finals, and 6 km for A Finals with a mass beach start and water finish. See Appendix 1.
- Note: Crews must bring two experienced boat handlers for the start and for the retrieval of boats from shore after the finish. It is the responsibility of crews to arrange their own boat handlers, they will not be provided by the event or organising committee. Boat Handlers shall wear matching kit that is mostly different to the colour of the crew kit.

Penalty Box

Crews awarded penalties are required to serve their penalty before they cross the finish line. The Penalty Umpire will be located on the water - see race course maps for the position.

Control Commission

Each crew must pass Control Commission before they go on the water to warm up before their race. Control Commission is made up of 2 steps.

Control Commission 1 - in the Athlete Tent

At least one hour before their race, the whole crew shall report to the Control Commission tent with their photo ID to be checked and receive a wristband.

Crews are responsible for collecting their:

- Crew Number Toblerone (GBR01)

This must be attached to their boat using the 3M Dual Lock.

These must be returned immediately after racing to control commission 1 in the Athlete Tent. Failure to do so may mean a fine. See below:



- GPS Tracker. This can be collected from Control Commission 1 and must be returned to this location immediately after their race. Please note there will be a £100 charge for lost trackers. Please ask for instructions on how to attach the GPS Tracker to your boat securely.

Control Commission 2 - on the beach

Between 30min to 10min before race time, crews should pass Control Commission 2 with their boats. (This means checking in with the umpire and clipboard who is checking boats on and off the water) The boat will be checked for safety equipment, boat number, country code and rank, Toblerone and GPS Tracker.

After the race crews must report to Control Commission 2 on the beach.
Teams are reminded that athletes doubling up between events do so at their own risk.

Race Schedule

Crews are reminded that race times can change due to the weather. Changes will be communicated via the World Rowing website and WhatsApp group.

The latest race schedule can be found here: <https://worldrowing.com/event/2022-world-rowing-coastal-championships>

Tides

The tidal current typically flows around the bay, parallel with the shoreline (West to East) with a peak flow of 1 knot.

Date	Wed 5/10	Thurs 6/10	Fri 7/10	Sat 8/10	Sun 9/10
HWT/Height	15:23/6.43m	16:35/7.02m	17:27/7.65m	18:10/8.17m	18:48/8.5m
LWT/Height	09:03/2.99m	10:25/2.49m	11:23/1.86m	12:09/1.3m	12:49/0.88m

*Taken from Navionics - Tenby

The full tidal forecast for Saundersfoot can be found here:
<https://www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times/gchwjjmtd#?>

Weather

The predominant wind direction is from the South West. Average daytime air temperature for October is 15 degrees Celsius maximum and 8 degrees Celsius minimum. The average sea temperature for October is 15 degrees Celsius.

For up to date weather, tidal information and sea forecast, see
<https://www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times/gchwjjmtd#?>

See also: <https://www.saundersfootharbour.co.uk/visit/tide-weather/>

Weather forecast updates will be posted daily on the information board in the Athletes Tent.

Safety Briefing

Please be aware of the following hazards:

Exposed Rocks at Low Tide: Risk of damage to hull when landing between Saundersfoot and Coppet Hall. Also, the beach behind the Marine Centre of Excellence which will be used for Quads.

Marine Traffic: Saundersfoot is a working harbour so please be mindful and familiarise yourself with traffic flow and traffic going in and out of the harbour.

Leisure craft: The course will be patrolled but please keep a good look out and take action to avoid collision. Call to other rowing craft if they are out.

Walkers and swimmers: The course will be patrolled but again please keep a watchful eye out and take action to avoid. Call to other rowing craft if they are out.

Marine creatures: Please bring suitable footwear to protect your feet from weaver fish and razor shells. Do not feed the seagulls and do not go near sick or dead birds on the beach. Please report these to a Marshall.

Cold: please bring suitable clothing for:

- standing around on the beach all day.
- getting in and out of the water either as a rower and boat handler. Neoprene booties are advisable.

Sun: please bring cream, long sleeves and a hat to protect you from the sun.

Shelter: please bring your own beach tents as the event shelters will be limited.

Capsize: Should you capsize and require assistance, please wave to get the attention of the on-water safety crews. Whilst waiting for assistance, stay with your boat if safe to do so. Lifeguards will be on the beach monitoring the shoreline for crews in need of assistance

If you need help on the water: Raise your hand to get the attention of safety crews. Please note, once help is provided, the crew may no longer be eligible to continue racing, so you may be asked to confirm you want assistance.

Water Evacuation: Crews should follow the safety/umpire boat instructions.

6. Team Facilities and Services

BOATS AND EQUIPMENT

Hire Boat and Oar Rental Procedure:

- Please note that for the 2022 WRCC, Swift, Nelo, Ave, Filippi and Kanghua are our Official Boat Suppliers. Our Oar Suppliers are Concept2, Braca and Croker. For contact

information and further details see:

<https://www.worldrowingcoastals2022.org/athletes#boat-hire>

- All will have a presence in the harbour and can help you with any questions you have.
- Official suppliers will provide hire boat support. If you have made a private hire arrangement with a non-official supplier, your boat will be treated as a private boat and the supplier will not be able to have a support presence in the harbour boat park. You will need to have already purchased and informed the Organising Committee if you are bringing a private boat.
- Hire boats & oars will be available for shared use on a rental basis. All boats and other equipment shall comply with World Rowing Rules of Racing, including specified safety equipment. All hire boats & oars will be shared between teams, and the Official Suppliers cannot guarantee that crews will have the same equipment each day within their rental fleet.
- As per World Rowing Rules, it is **compulsory** to carry in the boat a life jacket for all crew members and a towline. Teams may bring their own life jackets and if they are bringing their own boats, must supply their own life jackets and tow line.

Private Boats

All crews bringing their own boats **must** have purchased a Boat Park Ticket and are reminded that they must bring their **OWN TROLLEY** to move boats between the Boat Park and the race area. Remember sufficient boat straps to secure boats to racking - it is the crew's responsibility to make sure their boats are left securely.

Trailers will be parked off-site and your own car parking must be arranged.

Appendix 4 shows the Trailer route into Saundersfoot and Appendix 5 shows the route to the Trailer Park.

If bringing your own boat you must have already informed the Organising Committee as well as having purchased a Boat Park Ticket. We need to know how your boat(s) will be arriving, the number of trailers and size, your estimated time and date of arrival, departure date, driver name, contact telephone number and vehicle registration. Email communications@worldrowingcoastal2022.org if you are yet to have supplied these details.

If traffic in Saundersfoot is busy, you will be contacted prior to your arrival and directed to a holding area until traffic in Saundersfoot has cleared. See Appendix 6.

Cox Weighing

- Weighing will take place in the Athlete Tent.

- Coxswains will be weighed wearing only their racing uniform on official scales not less than one hour and not more than two hours before the first race in each event in which they are competing on each day of the competition.

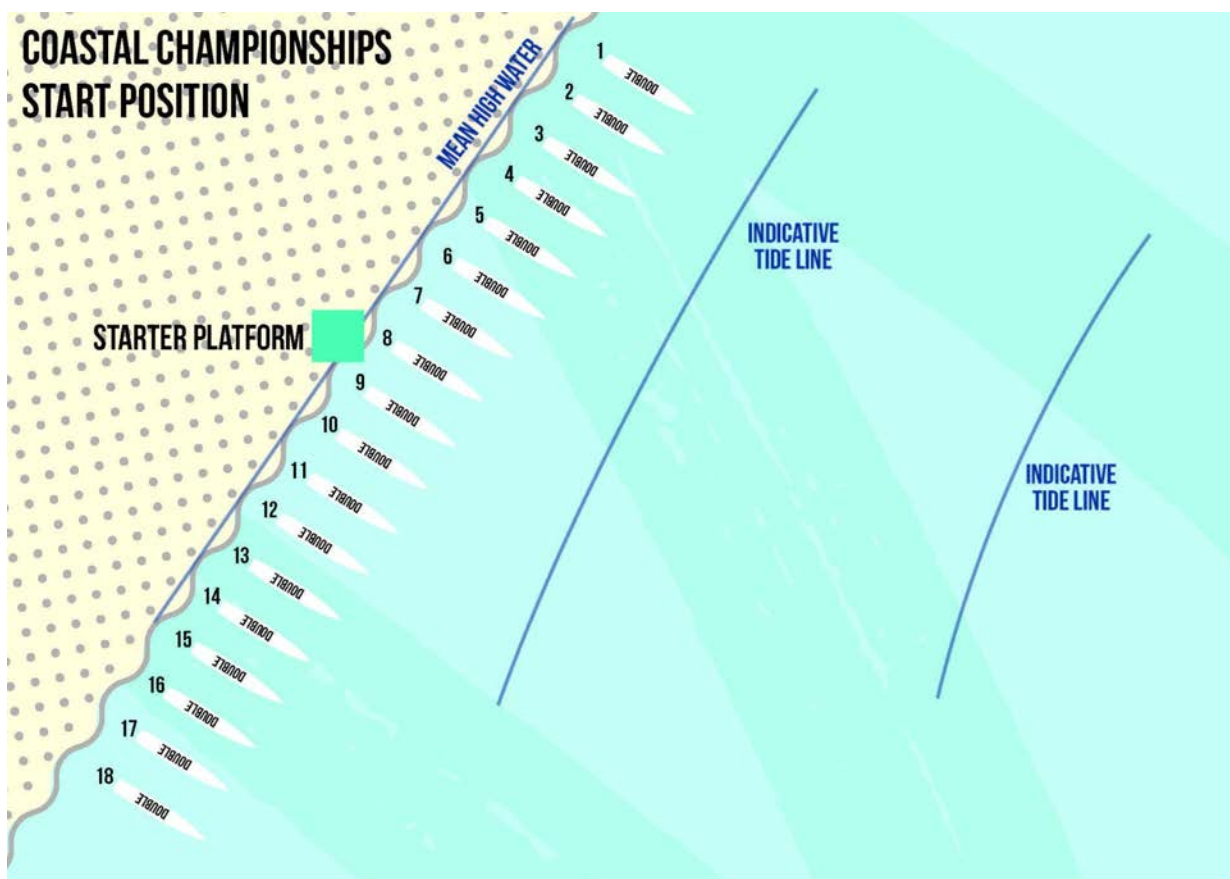
Warm Up

- Concept2 rowing machines will be available in the Athlete Tent.
- Crews may warm-up on the water 30 minutes before their race time, in the warm-up area only. Please see the course maps in Appendices.

Start

The start is a beach start. Crews shall be on the beach, in their allocated lane, at least 5 minutes before the start time.

Crews are reminded that the penalty for a false start is 2 minutes.



Launching and Landing

Please ensure all crews launch and land with experienced boat handlers. It is the responsibility of crews to arrange their own boat handlers, they will not be provided by the event or organising committee. Crews must familiarise themselves with the circulation patterns on water and on land see Appendices.

Changing Area

There is a changing area in the athlete tent for male, female and junior male and female competitors.

Bag Drop

There will be a bag drop in the Athlete Tent where competitors can leave their bags securely during venue opening times. The Athlete Area including Bag Drop will open 2 hours before racing and close 1 hour after the last race. On Training Days, Bag Drop will open 30 minutes before the course is open, and close 1 hour after the course has closed.

World Rowing and Organising Committee Offices

World Rowing and the Organising Committee are located in the International Coastal Centre. Area N on Site Map.

Internet

There is generally a good 4G connection in Saundersfoot however competitors are encouraged to check with their mobile internet provider coverage and costs, prior to travelling.

Laundry Services

See <http://www.pembslaundry.wales/>

Concessions and Exhibitor Stalls

Throughout the event there will be a variety of exhibitors and stalls ranging from food to sustainable beach wear and kit.

Athlete Farewell Party

Once the competition has taken place, we will be celebrating everyone's achievements with a traditional Welsh Twmpath (dancing). It will be held on Sunday 9th October 19:30 at the Regency Hall. The bar will be open throughout. Tickets are £12 and can be bought here <https://tickets.worldrowingcoastals2022.org/athletes-add-ons/> Friends and family very welcome.

7. Uniform

Each rower must display on their racing uniform their three-letter country code and their family name, following the format below:

Racing Shirt	Font	Height	Width	Case	Example
FRONT: Family Name	Arial	50mm	120-150mm	Uppercase	GARCIA
FRONT: Country Code	Arial	50mm	60-100mm	Uppercase	MEX
BACK: Country Code	Arial	100mm	150mm	Uppercase	MEX

The boat handlers shall wear matched uniforms in a colour that is different from the crew. See World Rowing Rules of Racing Appendix R18.

8. Official Ceremonies

The Opening Ceremony will take place on Thursday 6th October at 19:00 in the Athletes Tent - please do come and experience some traditional Welsh entertainment. It will be very short and finish at 18:30. It is free to attend.

The Victory Ceremonies will take place on Sunday 9th October at 13:45 and 18:00 in the Harbour Lounge.

9. Sponsors and Partners

The Organising Committee would like to extend our sincere appreciation to the many local sponsors and partners who are supporting these events.



10. Covid-19

There are no legal restrictions relating to Covid-19 in the UK (including Wales).

Given these facts, combined with the UK understanding of how COVID-19 can be prevented and treated, the UK government has implemented a "Living with COVID" strategy. This strategy means that:

- There is no distinction between vaccinated and unvaccinated.
- There is no legal duty to self-isolate if you have symptoms COVID-19.
- Face coverings are voluntary in public spaces or areas of high numbers of people.
- There is no free testing for anyone other than key workers.

There is, however, guidance provided by the UK Health and Safety Executive (HSE) that the event will be adhering to and implementing to ensure a COVID secure event can take place.

- outdoors is safer than indoors
- if you have symptoms, stay in your accommodation and test yourself and avoid contact with other people
- wear a mask in crowded indoor places
- hand sanitiser will be available in all shared indoor space

11. Environment

The event has achieved the international standard for environmental standards - the ISO2012-

1. This means that:

- Please could you bring a refillable water bottle, there will be re-fill stations in the Harbour
- Please also bring a refillable hot drink cup if you have one.
- Please ensure that you put correct rubbish in the labelled bins.
- Please wash and ensure that anything that is put in the recycled bins is clean otherwise it can't be recycled.
- If purchasing items on your journey, please, where possible, don't ask for bags.
- If you can, please share transport/use sustainable transport e.g. walking, buses provided etc.
- Once you return from training/racing, please check that your boat doesn't have anything stuck to it – e.g. plastic from the sea and if there is, please dispose of it in the correct bin or hand it to the boat manufacturer to dispose of, if hiring a boat.
- There will still be a hosepipe ban in Wales at the time of the event. Please only use buckets and sponges to wash down the boats.

There is Avian Flu present in Wales. If you see a dead or ill bird:

- Do not touch or handle sick or dead birds or their feathers or faeces.
- Report dead birds to Pembrokeshire County Council on 01437 764551 or an event official giving as many details of the location, number and species of bird as possible so that they can be collected.
- Report sick birds to the RSPCA on 0300 123 999.
- If the public report dead birds to you please ask them to ring Pembrokeshire County Council, or sick birds to the RSPCA.

12. Athlete Voting for Coastal Rowing Member of World Rowing Athletes Commission

Voting will take place at a designated booth for the election of one member of the Athletes Commission representing coastal rowers. Voting will take place:

WRCC Friday 7 October – 12:00 – 18:00 Athlete Tent

WRBSF Friday 14 October – 12:00 – 18:00 Athlete Tent

WRBSF Saturday 15 October 12:00 – 18:00 Athlete Tent

Information about all the candidates can be found at:

<http://worldrowing.com/athletes/athletes-commission/athletes-commission-election/>

Please ask your athletes to come by and cast their vote. Voting must be in person. No proxy voting is allowed (ie asking someone else to vote for you). Athletes must bring their accreditation card.

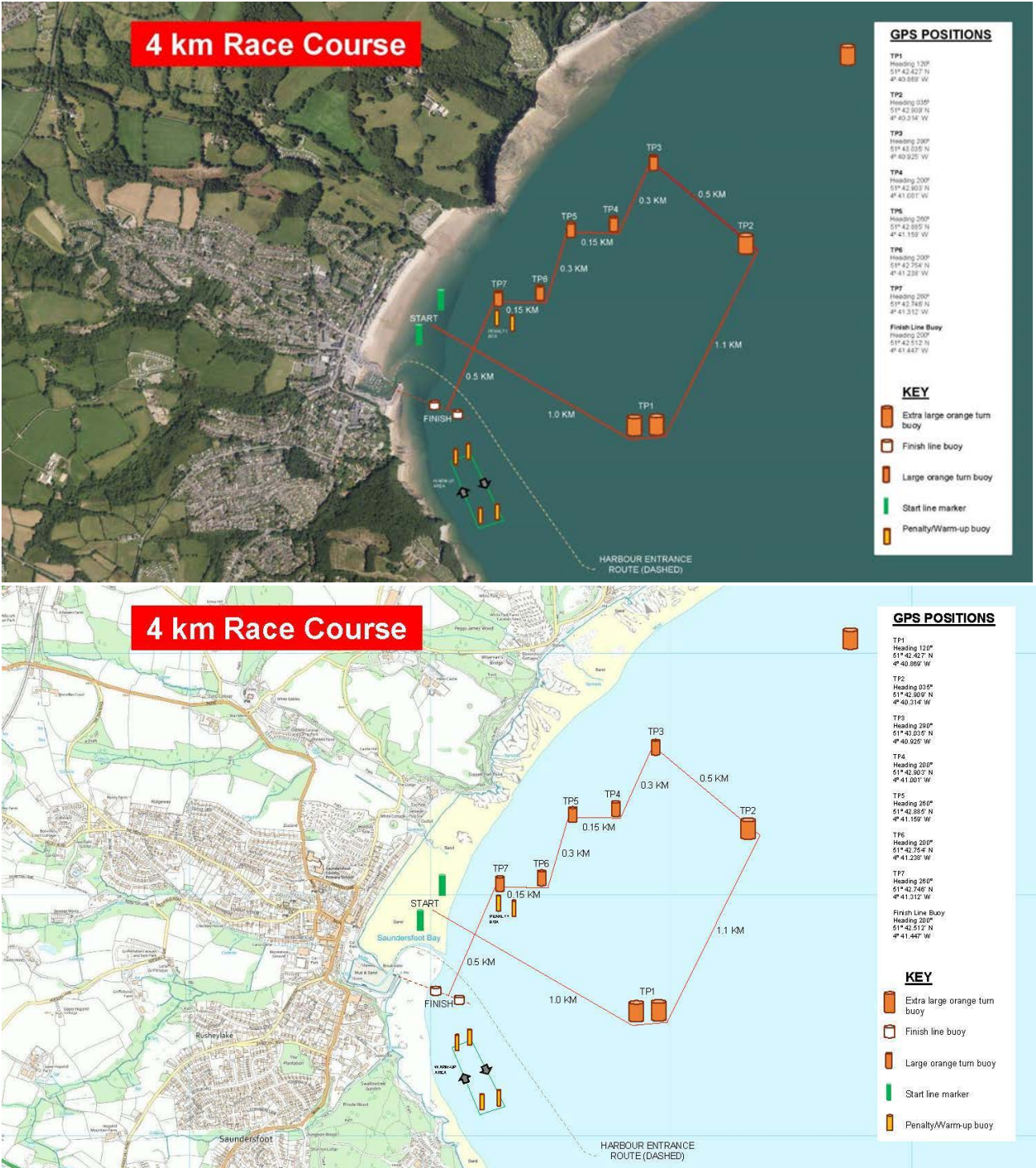
Voting will be done electronically. All accredited athletes at the 2022 World Rowing Coastal Championships & 2022 World Rowing Beach Sprint Final, including spares, are eligible to vote.

13. Competition Venue Map



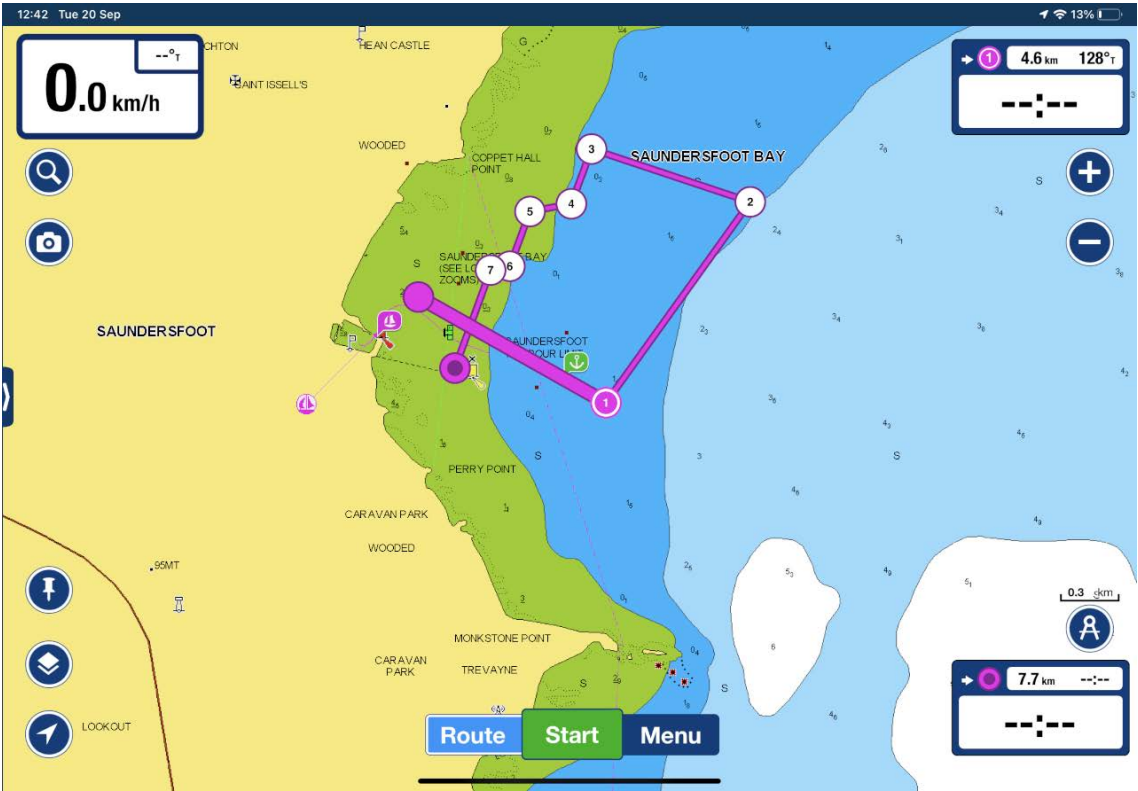
Appendices

Appendix 1 - Race Courses including Warm Up area (note Training is on the 4k Course)

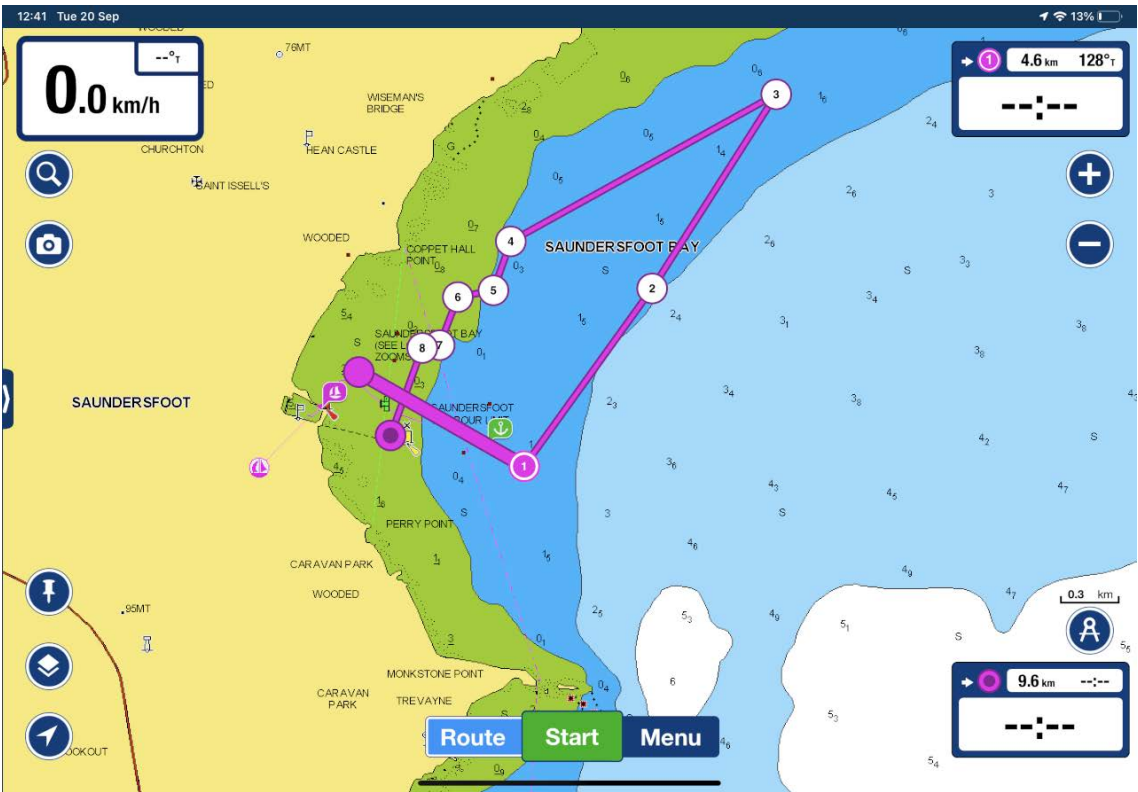




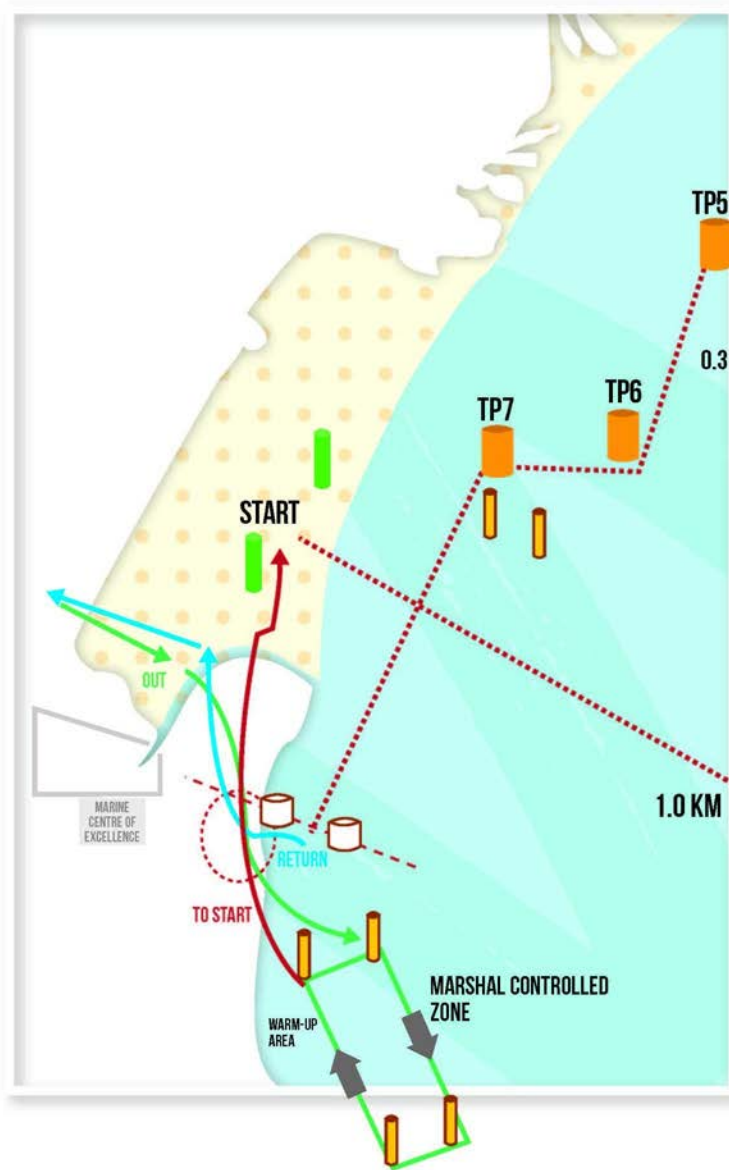
4km Charted Course



6km Charted Course

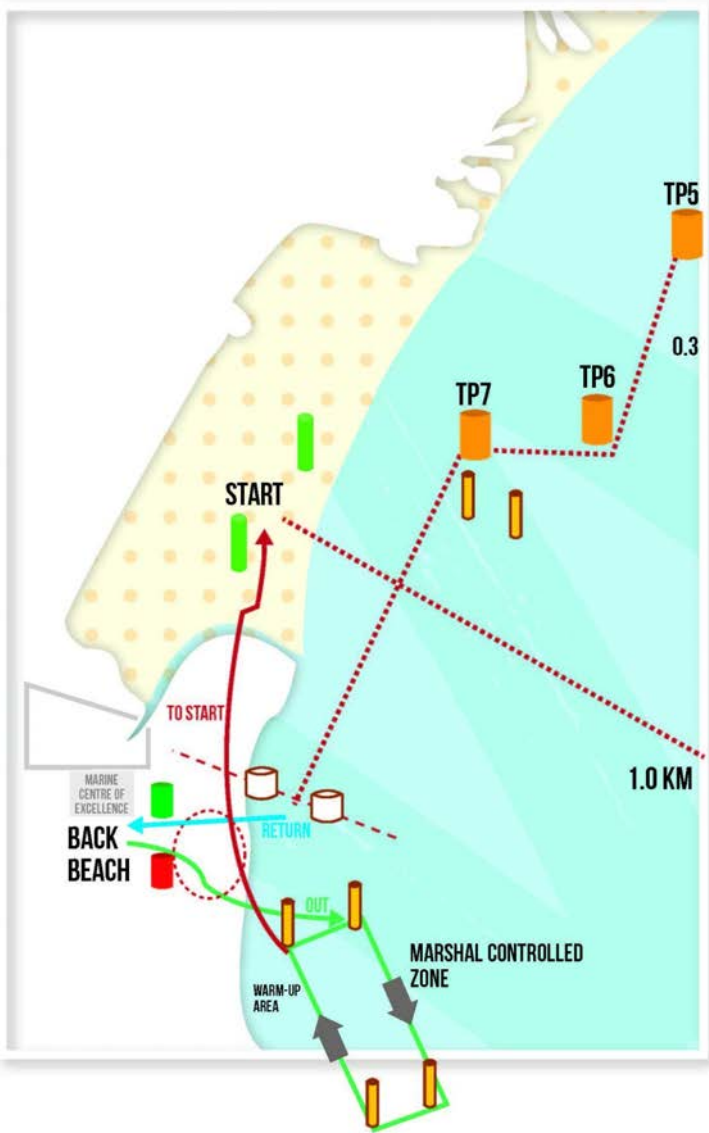


Appendix 2 - Circulation Pattern C1x C2x



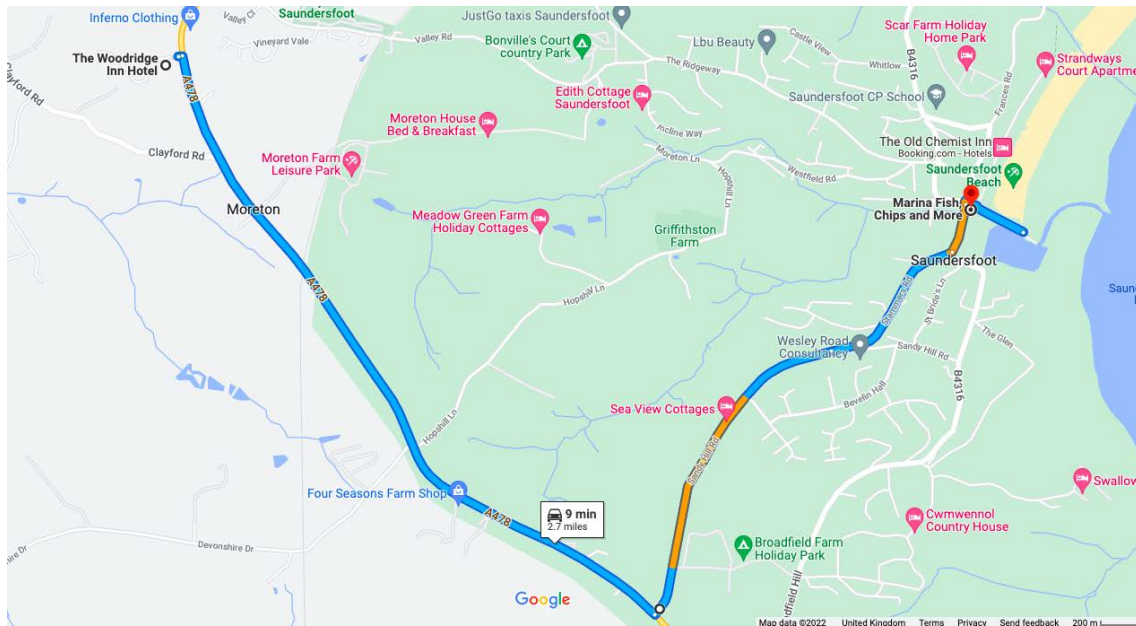
1x & 2x CIRCULATION

Appendix 3 - Circulation Patterns 4x+



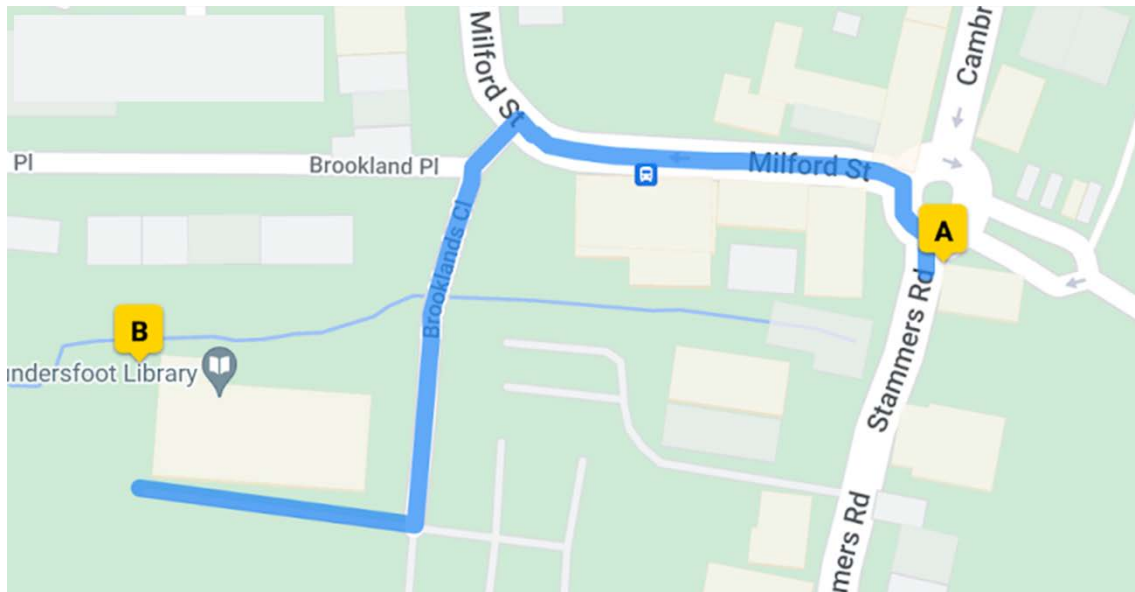
4x+
CIRCULATION

Appendix 4 - Trailer Route in to Saundersfoot



- From the A477 at the roundabout take the A478 signposted Tenby / Saundersfoot and continue on this road
- **DO NOT** take the B4316 to Saundersfoot via the Railway Station - go straight over the roundabout and keep following the A478
- After approximately 2 miles, turn left on to Sandy Hill Rd which will lead on to Stammers Road.
- Continue on this road until you reach the centre of Saundersfoot SA69 9HE
- Marshalls will be available to assist you from this point

Appendix 5 - Route to Trailer Park



- From the Harbour go straight across the mini roundabout
- Take your first left, continue with the Regency Hall on your right
- Turn right immediately as you pass the Regency Hall
- The Trailer Park will be signposted and a Marshall there to direct you

The map illustrates the proposed routes for the 2019 Gilgerris Festival. Key features include:

- Blue route to the event:** A blue line indicating the path to the festival venue.
- Parking Areas in Yellow:** Yellow-shaded areas designated for parking.
- Red route to the holding area:** A red line showing the path to the holding area.
- Route to Saundersfoot via New Hedges:** A red line indicating the route to Saundersfoot via New Hedges.
- Route in from Carmarthen:** A red line showing the route from Carmarthen.
- Local Landmarks:** Labels for 'King's Moor', 'Bridgely Cross', 'Gilgerris (Cilgerr)', and 'Saundersfoot Primary School'.

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