

Original Frequency	New Frequency	Primary Use	Secondary Use	Max Use Level
129.975	129.980 118.685	Common Glider Field Frequency Situational awareness / control frequency within a 10NM radius and up to a height of 3000' above certain approved airfields		FL40
130.100	130.105	Situational Awareness	Competition Start/Finish	FL40
130.125	130.130	Cross Country Training	Competition Start/Finish	FL40
130.400	130.535	Cloud Flying	Other Situational Awareness	FL100
129.900	129.905	Ground to Ground (Ground Retrieval Purposes Only)	Para/Hang-Glider	FL40
	129.890	Coaching		FL40
	130.405	Coaching		FL40

Designation Lateral limits	Vertical Limits	Operator/User Tel No	Remarks Activity times
1	2	3	4
ABOYNE GLIDER SITE, GRAMPIAN (T) 570430N 0025005W		Phone: Deeside Gliding Club 013398-85339.	Freq: 118.665 Site elevation: 460 FT AMSL. Hours: HJ
ASTON DOWN GLIDER SITE, NR STROUD, (AD) (W AND T) 514228N 0020750W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Cotswold Gliding Club 01285-702100 (Office) Mon-Sat 1000-1500 (0900-1400) / 01285-702101 (Clubhouse).	Freq: 118.665 Strictly PPR. Site elevation: 600 FT AMSL. Hours: HJ
BURN GLIDER SITE, SELBY, YORKSHIRE (AD) (W AND T) 534445N 0010504W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Burn Gliding Club 01757-270296.	Freq: 130.290 Site elevation: 20 FT AMSL. Hours: HJ
CAMPHILL GLIDER SITE, BUXTON, DERBY (W) 531818N 0014353W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Derby Lancs Gliding Club 01298-871270.	Freq: 124.965 Site elevation: 1350 FT AMSL. Hours: HJ
CHALLOCK GLIDER SITE, NR ASHFORD, KENT (W AND T) 511230N 0004945E	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Kent Gliding Club 01233-740274.	Freq: 122.915 Site elevation: 600 FT AMSL. Hours: HJ
CRANWELL (NORTH) GLIDER SITE, LINCS (AD) (W AND T) 530231N 0002936W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Cranwell Gliding Club 01400 261201 Ext 7230.	Freq: 129.060 Site elevation: 220 FT AMSL. Hours: HJ Sat, Sun, PH & 1700 (1600)-SS Mon-Fri.
CURROCK HILL GLIDER SITE, NORTHUMBERLAND (W AND T) 545602N 0015043W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Northumbria Gliding Club 01207-561286.	Freq: 125.185 Site elevation: 800 FT AMSL. Hours: HJ
EYRES FIELD GLIDER SITE, GALLOWS HILL, DORSET (W AND T) 504233N 0021310W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Dorset Gliding Club 01929-405599.	Freq: 132.910 Site elevation: 205 FT AMSL. Hours: HJ
FALGUNZEON GLIDER SITE, DALBEATTIE, DUMFRIES (W) 545638N 0034424W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Dumfries & District Gliding Club 01387-760601.	Freq: 129.965 Site elevation: 600 FT AMSL. Hours: HJ
HAESLAND GLIDER SITE, AVON (AD) (W AND T) 511544N 0024356W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Mendip Gliding Club 01749-870312.	Freq: 129.060 Site elevation: 870 FT AMSL. Hours: HJ
KEEVIL GLIDER SITE, WILTS (AD) (W & T) 511850N 0020643W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Bannerdown Gliding Club 01380-870411.	Freq: 130.290 Site elevation: 200 FT AMSL. Hours: HJ
LLANTISILIO GLIDER SITE, LLANDEGLA NR WREXHAM (W) 530239N 0031315W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: North Wales Gliding Club.	Freq: 133.565 Site elevation: 1120 FT AMSL. Hours: HJ
LLEWENI PARC GLIDER SITE, DENBIGH, CLWYD (W AND T) 531239N 0032312W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Denbigh Gliding Club 01745-812062.	Freq: 129.060 Site elevation: 200 FT AMSL. Hours: HJ
LONG MYND GLIDER SITE, SALOP (W AND T) 523108N 0025233W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Midland Gliding Club 01588-650206.	Freq: 123.815 Site elevation: 1411 FT AMSL. Hours: HJ
MILFIELD GLIDER SITE, NORTHUMBERLAND (T) 553514N 0020510W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Borders Gliding Club 01668-216284.	Freq: 124.965 Site elevation: 150 FT AMSL. Hours: HJ
PARHAM GLIDER SITE, W SUSSEX (W AND T) 505532N 0002828W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Southdown Gliding Club 01903-746706.	Freq: 124.965 Site elevation: 110 FT AMSL. Hours: HJ
POCKLINGTON GLIDER SITE, EAST YORKSHIRE (AD) (W AND T) 535541N 0004751W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Wolds Gliding Club 01759-303579.	Freq: 122.915 Site elevation: 87 FT AMSL. Hours: HJ
PORTMOAK GLIDER SITE, TAYSIDE (AD) (W AND T) 561121N 0031945W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Scottish Gliding Centre 01592-840243.	Freq: 122.915 Site elevation: 360 FT AMSL. Hours: HJ
RATTLESDEN GLIDER SITE, SUFFOLK (AD) (W AND T) 521001N 0005216E	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Rattlesden Gliding Club 01449-737789.	Freq: 130.290 Site elevation: 305 FT AMSL. Hours: HJ
RIDGEWELL GLIDER SITE, ESSEX (AD) (W AND T) 520253N 0003330E	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Essex Gliding Club 01440-785103.	Freq: 132.910 Site elevation: 273 FT AMSL. Hours: HJ
RINGMER GLIDER SITE, KITSONS FIELD, SUSSEX (W AND T)	Upper limit: 2500 FT AGL	Phone: East Sussex Gliding Club 01825-840347.	Freq: 129.965

505423N 0000618E	Lower limit: SFC		Site elevation: 72 FT AMSL. Hours: HJ
SALTBY GLIDER SITE, LINCS (AD) (W AND T) 524947N 0004245W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Buckminster Gliding Club 01476-860385.	Freq: 129.965 Site elevation: 480 FT AMSL. Hours: HJ
SEIGHFORD GLIDER SITE, STAFFS (AD) (W AND T) 524940N 0021212W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Staffordshire Gliding Club 01785-282575.	Freq: 132.910 Site elevation: 321 FT AMSL. Hours: HJ
SNITTERFIELD GLIDER SITE, WARWICKS (AD) (W) 521406N 0014310W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Stratford on Avon Gliding Club 01789-731095.	Freq: 125.185 Site elevation: 375 FT AMSL. Hours: HJ
SUTTON BANK GLIDER SITE, N YORKS (W AND T) 541338N 0011249W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: Yorkshire Gliding Club 01845-597237.	Freq: 118.665 Site elevation: 920 FT AMSL. Hours: HJ
TALGARTH GLIDER SITE, POWYS (T) 515848N 0031215W		Phone: Black Mountain Gliding Club 01874-711463.	Freq: 122.915 Site elevation: 970 FT AMSL. Hours: HJ
THE PARK GLIDER SITE, KINGSTON DEVERILL, WILTS (W) 510742N 0021445W	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Bath, Wilts & North Dorset Gliding Club 01985-844095.	Freq: 133.565 Site elevation: 697 FT AMSL. Hours: HJ
TIBENHAM GLIDER SITE, NORFOLK (AD) (W AND T) 522724N 0010915E	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Norfolk Gliding Club 01379-677207.	Freq: 133.565 Site elevation: 186 FT AMSL. Hours: HJ
WORMINGFORD GLIDER SITE, ESSEX (AD) (W AND T) 515630N 0004723E	Upper limit: 3000 FT AGL Lower limit: SFC	Phone: Essex & Suffolk Gliding Club 01206-242596.	Freq: 123.815 Site elevation: 236 FT AMSL. Hours: HJ
YORK/RUFFORTH GLIDER SITE, N YORKS (AD) (W AND T) 535651N 0011116W	Upper limit: 2000 FT AGL Lower limit: SFC	Phone: York Gliding Centre 01904-738694.	Freq: 123.815 Site elevation: 65 FT AMSL. Hours: HJ