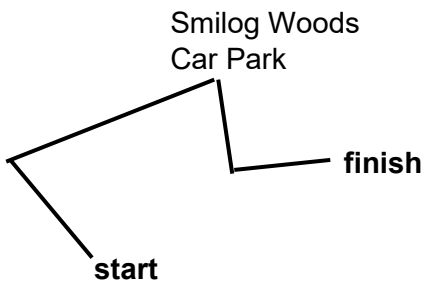
# SWOC Local Event – Sunday 8th February 2026

# Llantrisant Forest UPDATED v1

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| **Organiser** | John Townsend<br>07432088954 send a text and I will respond to your query<br>john.townsend63@outlook.com |
| **Location** | Parking: meet Smilog Woods Car Park, located off a narrow road<br><br>What 3 words: ///guards.shoppers.earphones<br>Grid reference: ST 025 847<br>Nearest post code CF72 8LN<br><br>Parking is **very** limited so please share transport where possible.<br><br>**MOST SUITABLE ACCESS** for Smilog Woods Car Park<br>is via a roundabout on the A4119, [Ely Valley Road]<br>What 3 words: ///curiosity.aliens.flexed<br>1 ½ miles past the Royal Glamorgan Hospital. |
| **Event type / Area description** | Forestry with track and path network.<br>Courses maximise the most interesting and runnable stands of forest, the steep slopes, areas of plantation, thick brambles & big tracts of 'fight' have been avoided.<br><br>Dogs allowed, but only on a lead |
| **Entries** | Entries online only via Fabian4<br>Entries close midnight Sunday 1st February<br>Limited online entry subject to map availability after that. |
| **Courses** | **Map scale 1 :10 000 for all courses contour interval 5m**<br>**Yellow**- 2.5km, 60m climb, 9 controls<br>Using paths, aimed at beginners.<br>**Orange**- 2.9km, 110m climb, 13 controls<br>Using paths, aimed at beginners, slightly more 'decision points' than the Yellow.<br>**Short Green**- 3.3km, 100m climb, 13 controls<br>Aims to provide the very best technical challenge with very little track running and enjoys decent underfoot conditions in interesting stands of forest.<br>**Green-** 4.2km, 120m climb, 14 controls<br>Technically challenging, visiting all the most interesting parts of the forest.<br>**Blue**- 5.7km, 200m climb, 18 controls.<br>The longest and most technically challenging course. Visits all the best areas with plenty of twisting and turning around the forest.<br>**Red**- 4.4km, 100m climb, 16 controls<br>Designed for runners but are not experienced orienteers.<br>The course visits all parts of the forest with the control sites either on or close to paths. It has been planned so that most of the running should be along paths and is an introduction to basic navigation skills. |
| **Start Times** | Starts Time 10:30 – 12:00. (**Courses close at 13:30**).<br>To avoid the significant climb and steep slopes, the start and finish are both located 900m from the car park along forest roads.<br><br><br><br><br>The start and finish are approximately 500m apart |

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| **Terrain** | In the northern most parts of the map, the areas mapped white are more challenging for running.<br>Paths are mapped only where they are clear. In the southwest section of the map there are additional mountain bike trails and ramps that are not mapped.<br>The original controls sites have been moved to improved sites to avoid areas of bramble and fight.<br>The brown knoll features are often unclear. |
| **New orienteers** | If you are new to the sport and want some initial coaching, please arrive early and someone will be there to show you the basics.<br>Please let the organiser know. |

| | | | SWOC/BOF members | Non-members |
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| **Cost**<br><br>for £20 you can be become a SWOC, WOA, and BOF member | Junior | SWOC member M/W 20 or younger | Free | N/A |
| | Junior | M/W 20 or younger or full time students | £3 | £4 |
| | Senior | Short Green / Green / Red / Blue | £6 | £9 |
| | Senior | Yellow / Orange | £6 | £8 |
| | Family | | £12 | +£1, +£2, +£3 dependent on each individual in the family |
| | **Dibber hire**<br>Juniors<br>Seniors | | | <br>free<br>£1 |
| | **Pairs/Groups** – for those wishing to go round together using one Si Dibber (timing device) enter the pair/group leader as a solo entrant and specify the names of the others in the group in the special request box.<br>One map will be provided but you can order extras map @ £1 in the step 3 Event Options section when entering. | | | |
| **Toilets** | No toilets on site.<br>The nearest public toilets are:-<br>M4 Junction 33 services, 7 miles away<br>Supermarkets or fast food restaurants on route 2 miles away | | | |
| **Bio security** | Thoroughly wash all footwear prior to attending the event and before leaving the area, ensuring that all mud, soil and leaf litter is removed. | | | |
| **Non members** public liability | Please note: Participants who are **not members of British Orienteering** are **not covered by British Orienteering's public liability insurance**. By entering this event, you acknowledge that you are **taking part at your own risk**. For example, if you were to accidentally injure a member of the public or damage property during the event, you would not be covered. | | | |