SWOC ORIENTEERING EVENT: HENSOL FOREST, VALE OF GLAMORGAN

Sunday 4th January 2026

Heading	Detail
Organiser	jamessclemence@gmail.com 07771558681
Location	**Hensol Forestry Car Park** 600 metres North of Welsh St Donats What 3words: ///enable.snowboard.glides Grid reference: ST030768 Please park as directed by marshals
Event type / Area description	Forestry with track and path network. Recently mapped and used for first time earlier this year. Courses maximise the most interesting and runnable stands of forest. Areas of thick brambles & big tracts of 'fight' have either been completely avoided or there will be an obvious 'bypass' via the optimal route. Only the longest 3 courses cross the road bisecting forest. The road must be crossed rather than ran along & the relevant legs broadly go straight across the road. Please take care crossing. The map shows areas of windblown trees as dark green. Hides are not mapped.
Dogs	Dogs allowed, but only on a lead
Entries	Entries online only via Fabian4. Entries close at midnight, Sunday 28th December 2025. Late entry online after this date will be subject to map availability. Maps only guaranteed by online pre-entry before 28/12/25 Entry on the day subject to map availability.
Courses	A wide range of courses are provided. Details as below subject to final tweaks: **Yellow**- 2.1km, 55m climb, 8 controls- Using paths, aimed at beginners. **Orange**- 2.3km, 65m climb, 10 controls- Using paths, aimed at beginners, slightly more 'decision points' than the Yellow. **Short Green**- 3.0km, 75m climb, 15 controls- Aims to provide the very best technical challenge with very little track running and enjoys decent underfoot conditions in interesting stands of forest. **Green**- 3.9km, 100m climb, 16 controls- Technically challenging, visiting all the most interesting parts of the forest. **Red**- 4.6km, 90m climb, 14 controls- Designed for those who are decent runners but are not experienced orienteers. 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 a great introduction to basic navigation skills. **Blue**- 5.7km, 125m climb, 21 controls- The longest and most technically challenging course. Visits all the best areas with plenty of twisting and turning around the forest.
Starts Time	10:30 – 12:00. (Courses close at 14:00). The Start is 200 metres from the Car Park and Finish/Download adjacent to the Car Park. **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.**
Cost	SWOC/BO members: Juniors £3 (M/W 20 or younger or full time students), Senior £6 Non-member supplement: Junior +£1, Senior +£3 (Short Green/Green/Red/Blue), Senior +£2 (Yellow & Orange), Families £15. Dibber hire: Free for Juniors, Seniors + £1
Toilets	No toilets on site. The nearest public toilets are to the rear of the Town Hall in Cowbridge.
Other	Thoroughly wash all footwear prior to attending the event and before leaving the area, ensuring that all mud, soil and leaf litter is removed.