SWOC Regional Event – Saturday 2nd May 2026

Mynydd Llangynidr Pre event update

Organiser	John Townsend 07432088954 If you have any queries please send a text and I will respond.
Location	To the eastside of the road heading 3km north of Trefil Village. Trefil is located 4km north of Tredegar on the A465. Parking: linear parking on the road, 3km north of Trefil Village What 3 words: https://what3words.com/flexibly.solo.risen **Please be vigilante with possible lorries travelling to and from the quarry.**
Risk assessment **Impact of weather**	Wind - The fell is exposed and if there is any wind, it will be felt! **Please consider a hat.** There is a 30 % chance of rain [Met Office], hence **waterproof jackets** may be required depending on the weather. Possible sunny intervals - you will be continuously exposed, use **UV protection** up just in case! **Whistles compulsory**
Parking	Parking is linear on the track to and beyond the assembly and download area. Please park sensibly and in the pattern of the cars already parked (perpendicular or parallel on one side, depending on the section). **Parking is not always marshalled.** Park when you reach the end of the line of cars. Please drive slowly on the approaching track as there are pot holes and rough patches. This track is open to the public and popular with walkers and cyclists, so please be courteous.
Dogs	**Dogs must be kept on a lead at all times, even on the mountain.**
Toilets	Toilets are available at the Trefil Rugby Welfare club, which you will drive past on the way to the parking. They are in the village 200m before the road barrier on the mountain road. These will be open from 8:45 till 1pm. **There are no toilets at the parking or event area.** Please make a purchase to support the club. https://what3words.com/sheepish.loved.stumps
Registration	From 10:00
Start Times	Starts Time 10:30 – 12:00. (**Courses close at 14:00**).
Start **finish**	The distance to the start is 500m plus parking. The distance back from the finish is 600m. For **Yvette Baker competitors** there is a separation of 4 minutes between members of the same club on the same course. It is a punching start and finish.
	There is no clothing dump, however the finish passes the start on route to the car park.
Download	Download will be located on the route to and from the start and the finish. **All participants must download even if they retire from the course.**
Entries	Entry available online until 9am on Saturday (subject to map availability). https://www.fabian4.co.uk/default.aspx?EventID=4240

Final course information	**Yellow to Green scale 1:7 500 contour interval 5m** Yellow - 2.4km, 60m climb, 10 controls. Orange. - 2.6km, 75m climb, 9 controls. Light Green – 4.0km, 100m climb, 12 controls. Short Green – 3.4km, 85m climb, 11 controls. Green – 4.8km, 85m climb, 11 controls. **Blue and Brown scale 1:10,000 contour interval 5m** Blue – 6.9km, 175m climb, 12 controls. Brown – 8.8km, 195m climb, 13 controls **There is no Red Course.** Control descriptions are also printed on all maps. **North Lines on the map are 500m apart** (not the IOF 300m standard). This has been done for clarity of the map. There is a 100m scale printed on the map. **ORANGE AND YELLOW COURSES** Due to the less than distinct paths in the area and abundance of additional animal tracks, **some paths on the yellow course have been taped**. This includes the path from the start. These will be encountered on the Orange course, but not necessarily a route choice. There is a **catching turn around** sign for the Yellow and Orange course that will only be encountered the furthest control is over shot. This is unlikely to be encountered by any other course and would not be a route choice.
Safety bearing	The safety bearing for all courses is West, until you either encounter the fence line, where you can follow it South West back to the start or you encounter the path to the start or the finish flag.
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. Please let the organiser know.
Animals	There are groups of horses, cows and sheep on the event area. These will likely move out of the way of active areas and should not cause any concern. However, if you do encounter any groups of animals, please consider running around them rather than through them to prevent distress.
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.
	We hope you enjoy the event. **The results will be published on the SWOC web site.**