



Swansea Bay  
Orienteering Club

## *SBOC Summer League 12*

**Location:** *Cribarth*

**Date:** *Sunday 21<sup>st</sup> September 2025*

### **EVENT DETAILS**

<b>Location:</b>	Craig Y Nos Country Park OS Grid Ref: SN 840 155 Post Code: SA9 1GL w3w: <a href="https://www.comedy.quack.printer">comedy.quack.printer</a>
<b>Travel directions:</b>	<p>The event car parking will be The Craig y Nos country park just off the A4067 between Ystradgynlais and Sennybridge.</p> <p>There is a bus service from Brecon and Swansea that stops at Craig Y Nos Country Park, the T6 TrawsCymru service.</p>
<b>Parking:</b>	There is a large car park with a compacted stone surface. This is a pay and display car park. The country park car park may be busy as there are a number of events on, it is advisable to arrive early.
<b>Toilets:</b>	
<b>Registration:</b>	The main toilet block and disabled access toilet is next to the visitor centre.
<b>Start:</b>	<p>Registration and download at Craig Y Nos Country Park Car Park</p> <p>The route from the car park crosses the A4067 so please follow the taped route from the car park and walk along the A4067 to the crossing point and follow the marshall's instructions.</p> <p>The start is approx. 1.5km walk from the parking. It is up a steep narrow path with around 140m climb.</p> <p><b>All Juniors under 16 must be accompanied by an adult to the start and from the finish as the route requires competitors to walk along a paved section of the A4067. Juniors must wait at the finish to be accompanied back to the car park with a suitable adult.</b></p> <p>About <math>\frac{2}{3}</math> way up to the start you must cross a fence into a field and follow the tape to the start. If the weather is inclement then a tent will be provided for competitors to wait in. Clothes and water can be left at the start/finish for collection after your run.</p>



<b>Terrain:</b>	The terrain is an interesting mix of crags, broken limestone pavement, shake holes, and disused quarry-workings and tramways. It's very runnable, thanks to the sheep, but there are plenty of steep climbs to slow you down!		
<b>Map:</b>	<p>Drawn to ISOM2017-2 in 2024 by Ben Mitchell</p> <p>Scale 1:10,000 / 1:7500 depending on course. 5m contours.</p> <p>Maps will be pre-marked and printed on waterproof paper.</p>		
<b>Course:</b> <b>(Subject to final planning)</b>	<b>Course &amp; difficulty level</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
	Yellow - Easy	1.9	75
	Orange –Medium	2.3	85
	Lt Green - Medium	3.3	115
	Short Green - Hard	3.4	90
	Green – Hard	4.1	140
	Blue - Hard	5.6	185
<b>Entries:</b>	<p>Entries for members and non- members is via the SBOC website or directly through <a href="https://pre-entries.co.uk">https://pre-entries.co.uk</a></p> <p>Newcomers can hire SI cards through this system too..</p>		
<b>Registration and Starts:</b>	<p>Registration from:10:30</p> <p>Starts from 10:45 to 12:00</p> <p>Courses close at 14:00</p>		

<b>Entry Fees:</b>	<p>Standard entries close</p> <p>Seniors: British Orienteering members £6.00. Non-members: £9.00</p> <p>Juniors / Students £3.00 Non BOF juniors £4.00</p> <p>SBOC Juniors – £1.50</p> <p>Entry on the Day will be subject to map availability</p>
<b>Organiser:</b>	<p>Organiser: Bethan Irwin 07811215557 <a href="mailto:bethanm42@hotmail.com">mailto:bethanm42@hotmail.com</a></p> <p>Planner: Robin Irwin</p>
<b>Safety Information:</b>	<ul style="list-style-type: none"> <li>• A risk assessment has been completed but it should be noted that competitors take part at their own risk, and are responsible for their own safety during the event.</li> <li>• There may be ticks in the area. Please check after your run and remove immediately. A leaflet about tick removal can be found by following this link <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf</a></li> <li>• More details about Lyme Disease can be found by following this link - <a href="https://www.nice.org.uk/guidance/ng95/chapter/Recommendations#clinical-assessment">https://www.nice.org.uk/guidance/ng95/chapter/Recommendations#clinical-assessment</a></li> <li>• Competitors are reminded that they are required to report to the finish and/or download once they have started a course, whether or not they have completed the course.</li> <li>• Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</li> </ul>
<b>Medical Information:</b>	<p>Any competitor with a high-risk medical condition is invited to contact the organiser beforehand and provide information in a sealed envelope at registration.</p> <p>Envelopes will only be opened if required for a medical emergency, and unopened envelopes can be collected from registration after your run or they will be destroyed immediately after the event.</p>
<b>Additional information:</b>	<p>Dogs must be on a lead at all times. There are sheep grazing on the hillsides and dogs must be kept under close control.</p>
<b>Personal Information:</b>	<p>Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners, used in case of medical emergency and to trace missing SI cards.</p>
<b>Event cancellation or postponement</b>	<p>For the latest information check <a href="http://www.s boc.org.uk">www.s boc.org.uk</a> especially in case of forecasted weather warnings. In the case of cancellation or postponement a notice will be put on the website and through the SBOC Facebook group.</p>
<b>Acknowledgements:</b>	<p>SBOC would like to thank K .Williams of Pentre Riding Stables for allowing access to the start and finish through her fields. Details of the family-fun riding school and accommodation can be found at: <a href="https://www.pentreridingstables.com/">https://www.pentreridingstables.com/</a></p> <p style="text-align: center;"><a href="http://www.s boc.org.uk">www.s boc.org.uk</a></p>