



Swansea Bay
Orienteering Club

Swansea Bay Orienteering Club Invites you to:

The 2025/26 Trail Challenge Series

Trail Challenge #3 – Pembrey

11th January 2026 (SUNDAY!)

<p>BASIC</p> <p>EVENT DETAILS:</p>	<p>A series of trail races suitable for trail, fell, road runners and joggers who enjoy getting off the beaten track, with a navigation element to add the Challenge part of the series.</p> <p>There are three courses: a 10km a 5km and a 2km trail.</p> <p>Using basic navigation, you must choose your route and visit each check point in turn. You use an electronic 'dibber' to record that you have visited each check point. For those who do not own a 'dibber' one will be issued at the start.</p> <p>You can compete as a solo entrant or as a pair. U14's will only be allowed to enter the 5km and 2km course and non-experienced juniors must be accompanied by an adult who will also have to enter the event.</p> <p>ENTRIES: Pre-enter online at https://pre-entries.co.uk/ Very limited map availability on the day on a first come first serve basis.</p> <p>Seniors - £10 per person, £18 per team</p> <p>Young Adults & Juniors - £6 per person, £10 per team, Senior & YA/Junior Team £16</p> <p>50% discount for BOF members & SBOC juniors only £1.50</p> <p>Free dibber hire, pairs will receive a map each.</p> <p>PRIZE CATEGORIES: Best 4 of 6 runs, Minimum of 3 runs to count for a prize.</p> <p>Male and Female Categories. Teams - Senior/Junior, Male, Female & Mixed</p> <p>2km - 1st <14, Team - per category</p> <p>5km - 1st - Junior 14-16, Senior 18-40, Vet 45-65, Super Vet 70+, Team - per category</p> <p>10km 1st - Junior 16-18, Senior 20-40, Vet 45-65, Super Vet 70+, Team - per category</p> <p>Using British Orienteering Age Classes as of April 2026</p> <p>BRING: Suitable footwear and clothing, this is Wales in Winter and cagoules will be mandatory if the weather is adverse, we also recommend a compass, whistle and refreshment. A mobile phone for safety. A tent will be available at the start to leave bags and clothing.</p> <p>REGISTRATION: You will need to register when you arrive at the start where you will be checked in, your dibber will be issued – 1 dibber per team, or checked if you bring your own.</p> <p>SAFETY: You take part at your own risk, you will be running/walking on public paths and there might be unmanned road crossings. You MUST stop, look and listen before you cross any road. Road users will be advised that there are runners in the area.</p>
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Dates and Locations:	<p>22nd November 2025 – Rhossili, Gower</p> <p>13th December 2025 – Afon Forest Park</p> <p>11th January 2026 – Pembrey Country Park & Forest</p> <p>7th February 2026 – Cwm y Rhaeadr Forest nr Llandoverly</p> <p>8th March 2026 – Oxwich, Gower</p> <p>11th April 2026 – Crychan Forest nr Llandoverly</p>
Organiser:	<p>Kerina Lake - kerinalake@gmail.com</p> <p>Cris Arnold - j.c.arnold@outlook.com</p>
Travel directions:	<div data-bbox="427 454 1007 954" data-label="Image"> </div> <div data-bbox="1023 454 1445 524" data-label="Text"> <p>Main entrance off Factory Road – SA16 0EJ</p> </div> <div data-bbox="1023 553 1430 627" data-label="Text"> <p>OS Grid Ref: SN410 006 W3W ///curiosity.aliens.trucks</p> </div> <div data-bbox="1023 667 1458 1019" data-label="Text"> <p>Take the turning of the A484 in Pembrey signed towards Pembrey Country Park. Registration and Assembly are located in the car park marked below the #9 in the map below. Follow the Orienteering signs and look out for the Swansea Bay Orienteering Club banner.</p> </div> <div data-bbox="427 1061 1481 1330" data-label="Text"> <p>The Park has a barrier system in place where they have Vehicle Number Plate Registration (ANPR) system. For day visitors, payments must be made on foot at any of the 3 pay stations situated at: Beach Entrance, Ski & Activity Centre & Log Cabin before you exit the park. All Pay Stations will be clearly marked and will accept card, contactless and cash payments</p> <p>Please note, you are unable to pay at the barrier. Payment must be made before arriving at the exit.</p> </div> <div data-bbox="427 1370 868 1447" data-label="Text"> <p>Prices: £4.00 up to 2 hours, £4.50 all day</p> </div> <div data-bbox="443 1491 1267 2098" data-label="Image"> </div>

Terrain:	500-acre Country Park of woodland and sand dunes alongside eight miles of golden sands. The area has a rich history including use as a military base, with evidence of its history visible throughout the park.
Map:	Map scale will be 1:10,000 for the 10km and 5km courses and 1:7500 for the 2km course. Contour intervals are 2.5m. Controls are overprinted in purple, and the start and finish are close together and shown by a triangle – start and a double circle - finish.
Courses:	2km Trail (mapped as 2.2km / 40m climb)
	5km Trail (marked as 4.9km / 55m climb)
	10km Trail (marked as 8.8km / 85m climb, but the optimum route will be about 10km)
Event Entries and Fees:	<p>Enter via - https://pre-entries.co.uk</p> <p>Newcomers will need to 'hire' a dibber through this.</p> <p>All payments to be made when entering the event online.</p> <p>Seniors - £10 per person, £18 per team</p> <p>Young Adults & Juniors - £6 per person, £10 per team, Senior & YA/Junior Team £14</p> <p>Discounted entry for BOF members & SBOC juniors only £1.50</p> <p>Limited EOD dependant on map numbers available – Cash Only</p>
Registration and Starts:	<p>Registration opens at 9.30am. You must visit registration to check in. You will be issued with a dibber, or if you have your own, the number will be checked against your entry. If you have not participated before, we recommend arriving early to ask any questions.</p> <p>Mass start at 10:00 for the 10km course – Briefing at 9.55am, map issue 9.57am</p> <p>Mass start at 10:10 for the 5km course – Briefing at 10.05am, map issue 10.07am</p> <p>Mass start at 10:15 for the 2km course - Briefing at 10.05am, map issue 10.07am</p>
Facilities:	<p>Toilets: Toilets can be found at Yr Orsaf, the Ski Centre, by the model railway and by the Beach Kiosk.</p> <p>Post Event: Yr Orsaf</p> <p>Map of parking shows location of toilets and cafe</p>
Your Goal:	To visit each checkpoint in number order as quickly as you can via any route. Checkpoints are mixture of path junctions, cairns, streams, fences and large land formations.
Courses:	Trails will not be marked or marshalled. You must use basic navigation to complete the course. Navigation would include following linear features like paths, tracks, fences, streams or obvious land features, though if cutting the corner between linear features is quicker and you are confident to do so, go ahead.
Checkpoints:	Each checkpoint will be marked with a stake topped with a red SI unit, and hung with a white and orange flag. You must 'dib' the SI unit with your 'dibber' to record that you have visited the control site. The unit will beep and flash to confirm it has registered your dibber – a demonstration will be given in the briefing for those who are unfamiliar with the technology.
Finishing:	You MUST report to the finish, even if you do not complete the course – we don't want to send out a search party only to find you retired and are at home enjoying a cup of tea! An emergency number will be given on the map. All courses close at 12:30 and checkpoints will be collected in at this time.
Results:	When you finish, we will download your dibber and issue you with a printout of your results. Results will also be available online, and the Series League table will be available on the club website the week after the event.

Personal Information:	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.
Event cancellation or postponement	For the latest information check www.s boc.org.uk 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.
Safety Information:	<p>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.</p> <p>Competitors are reminded that they are required to report to the finish and/or download once they have started, whether or not they have completed the course.</p> <p>Fell/trail running shoes recommended, ensure you wear appropriate clothing for the conditions. If the weather looks to be bad cagoules will be made compulsory.</p> <p>Courses avoid main roads, but the 10km course will cross park roads and there will be vehicles moving to / from the car parks. There may be vehicles using forest tracks on any course. Please take care and look both ways before crossing vehicle tracks/roads.</p> <p>Due to all the rain before Christmas, some paths are quite wet in places. Planning has tried to avoid the worst flooded paths, but there will be some puddles.</p> <p>A number of dogs off leads use the areas, some can be aggressive towards runners if startled. Other users including mountain bikers and horse riders use the areas, please be vigilant when on paths or crossing tracks and step aside if necessary.</p> <p>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p>
Medical Information:	<p>Any competitor with a high-risk medical condition is invited to complete a form available at the event and hand it in to Registration in a sealed envelope.</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>
Additional information:	Dogs allowed provided they are on leads.

www.s boc.org.uk