

British Orienteering Long Championships, Carreg Goch, 28th February 2026

Welcome

On behalf of the Welsh Orienteering Association and Swansea Bay Orienteering Club we warmly welcome you to the British Orienteering Long Distance Championships as part of a British Championships Weekend that includes the British Relay championships on the Sunday. This year the Long-Distance Championships are being run in conjunction with the Welsh Orienteering Championships making it a significant date in both the British and Welsh Orienteering calendars. It is intended this event will be a World Ranking Event (WRE).

Overview

Used on day 3 of Croeso 2024, Carreg Goch rises to 558m, this extensive area is wild and remote and showcases the best that the Bannau Brycheiniog terrain offers. It will be a real adventure, especially if we get a misty day.

As the start and finish are remote from the Arena and parking it will be difficult to provide the full arena experience. We will focus on ensuring the Orienteering is high quality and have tried to keep the entry fees as low as possible.

Key dates

Dates	Senior Entry Fee	Junior Entry Fee	Senior Colour Coded fee	Junior Colour Coded fee
6th October 2025 to 30 th November 2025	£26	£13	£13	£6
1 st December 2025 to 31 st January 2026	£28	£14	£14	£7
1 st February 2026 to 14 th February 2026	£30	£15	£15	£8
Colour coded - Entry on the Day fee	-	-	£17	£10
Non-BOF member additional surcharge	£3	£1	£3	£1
Start lists published - 21 st February 2026				
Final details - 21 st February 2026				
WRE Bulletin published - TBC				

Entries

Enter using: <https://pre-entries.co.uk/dl/events/s/b75f6b/r/ca6lX8ctiYlzbI4peYl8>

This is for all competitors including World Ranking Event entrants. Any runner athlete on the WRE wishing to be allocated IOF Ranking points must supply their IOF Athlete number during the entry process. Elites will then be seeded according to their ranking.

There will be 5 start blocks to choose when entering but we cannot guarantee you will get the block you choose as it will depend on numbers. If you think you will be out more than 90 minutes you should choose one of the first two start blocks.

Where Parents have requested split starts the first parent will have a timed start and the second parent will have an open start time.

When you enter please let us know if you have any specific requirements medical or otherwise and we will do our best to help.

Refund Policy

If the event is curtailed or cancelled due to circumstances beyond our control, we may retain all or part of the entry fees.

Competitors can request a refund only if the event itself has not been curtailed or cancelled.

Refunds for competitor cancellations are available as follows:

- Cancellations received by the final closing date (Saturday, 14th February 2026), will receive a full refund minus a 10% administration fee (90% refund).
- No refunds will be issued for cancellations requested after Saturday, 14th February 2026.

To cancel your entry, please contact the Entries Secretary.

Eligibility

Entrants must be a current member of British Orienteering or a member of an overseas IOF affiliated federation.

To be eligible to be a British Champion, an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and either (i) be a British citizen or (ii) have been a member of British Orienteering in each of the three membership years preceding the year of the competition. When entering competitors will be asked to confirm if they are eligible to be a British Champion.

To be eligible to be a Welsh Champion, an individual competitor must on the day immediately preceding the day of competition in question be a member of Welsh Orienteering Association in

each of the three membership years preceding the year of the competition. When entering competitors will be asked to confirm if they are eligible to be a Welsh Champion.

To be eligible for the Welsh Championships you will need to: Enter the A course not B course, the long course not the short course and the elite course if available for your specific age category.

Shadowing is not allowed on any championship classes.

Key Officials

- **SBOC Coordinator:** Niall Reynolds (SBOC)
- **Planner:** Megan Mitchell (SBOC)
- **Controller:** Alan Rosen (HH)
- **Map Maker:** Ben Mitchell (SBOC)
- **IOF advisor:** TBC

Important Safety Considerations

Due to the time of year and exposed nature of the terrain we will be keeping a close eye on the weather forecasts and will ensure that, if required, competitors are made aware of any additional safety measures we will put in place. These might include:

- Additional radio controls to track competitors' locations
- Waterproof jacket with a hood and potentially waterproof leggings
- Requirement for hats and gloves to be carried
- Allowing parents to follow juniors at a distance. (Only for safety purposes and not to assist navigation)
- Mountain rescue safety on standby.
- Recommending carrying of mobile phone

In the event of severe/extreme weather and it is deemed unsafe to proceed and we have to cancel the event we will notify entrants as soon as possible via social media and email. In this circumstance we will apply the British Orienteering Cancellation and Refund policy.

Event location

The event will take place on Carreg Goch with the Car Parking and Arena located at the Dan yr Ogof Cave complex. NGR: SN481162, PostCode: SA9 1GJ, What3Words: dawn.fury.digesting.

Car parking

All car parking will be on hard standing using the cave complex car park and campsite. This is the only hard standing parking in the area and space is quite restricted so we would encourage all competitors to car share into the site as much as possible.

There are a number of locations around the area that you can meet up to then come in single cars from there.

The car park involves numerous small parking places so please follow the marshals' instructions and park as tightly as possible. Please arrive by 12:00. No exits until after 12:30.

Please take care passing competitors on their way to and from the start, finish and arena.

Public Transport

The T6 is an hourly bus service from Brecon to and from Swansea. It stops outside Dan yr Ogof cave complex in both directions.

Arena

The arena is within 500m of all parking. You will find Enquiries, Download, Toilets, Commentary, Traders, Junior Zone and area for Club Tents here.

Urinal and Toilets will be available including a priority Ladies 'WeeOnly' Loo.

Traders confirmed: Compass Point, Podium Catering, Flynn's Coffee and S&A Grill.

Swansea Bay OC Junior Squad will also be selling cakes and hot drinks.

Junior Zone will include a String Course, Maze-O and Stone Painting.

Download and Enquiries are close to the route up to the start/down from the finish.

You will need to cross the track to some of the parking areas to access the route to the start, to visit enquiries and return from download. There will be marshals at this crossing point so please follow their instructions for your own safety and be aware of moving vehicles.

- **Club Tents**

There will be a grassy area available to put club tents close to the start of the route up to the start. For individuals without a Club Tent we will provide event shelters.

- **2025 Championships trophies return**

All trophies from the 2025 British Long Championships and the 2025 Welsh Championships must be returned to enquiries. If you hold one of these and are not attending the event please pass the trophy to someone who is attending or contact the Organiser to make arrangement for it to be transported to the event.

- **Enquiries**

Enquiries will be open from 9:00 am until 4:00 pm in the Arena for collecting bibs, returning trophies, collection of hired SI dibbers, complaints/protest forms, merchandise collection/purchase, lost property, colour-coded entries and depositing car keys whilst competitors run.

- **First Aid**

First Aid will be located in the arena and an additional point will be located near the warm up area on the hill.

Bibs

Bibs must be worn by all competitors and will be available for collection near Enquiries, ordered alphabetically by surname then forename. Safety Pins will be available nearby too. Please complete the medical information form on the reverse of the bib as this could be vital in the case of emergency. Bibs must not be folded! Please report to Enquiries if you lose/forget your bib at any stage to get a replacement.

You will not be allowed to start without your bib.

Terrain

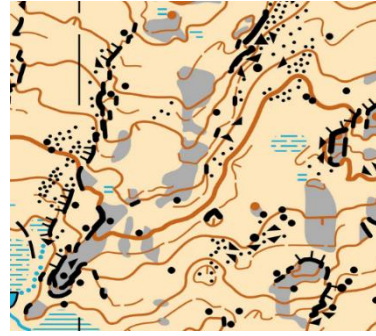
The terrain showcases the best of South Wales with an extensive hilly area of open limestone terrain. The map features a wide slope covered in shake holes, rocky details and marshy areas, and a plateau with more bare rock, crags and boulders. The terrain is open with low bilberry, heather or grass across much of the area. There are sheep and horses on the area so some of the grass is grazed. Runnability is generally good but there are some stony sections to contend with.



Map details

Drawn to ISOM2017-2 in 2024 by Ben Mitchell. Extended and updated in 2025
Scale: 1:15,000 / 1:10,000 / 1:7500 and Map size A3 or A4 depending on course. 5m contours.
Special Map Note – **Symbol 531 Prominent man-made feature – x** has been used to show an Airplane wreckage.

The map from Croeso 2024 is here: <https://www.croeso.routegadget.co.uk/rg2/#3>



Courses

The courses available will follow the British Orienteering rules as set out below. Further course details will be published in due course.

Course	Classes - Men	Classes - Women	Estimated Winning Time (mins)	Length (km)	Climb (m)	No. of Controls	Technical Difficulty	Map Scale	Start
1	M21E (WRE)			14.8	450	TBC	5	TBC	Red
2		W21E (WRE)		12.5	320	TBC	5	TBC	Red
3	M20E, M18E			10.8	300	TBC	5	TBC	Red
4	M21L, M35L, M40L			10.3	280	TBC	5	TBC	Red
5	M45L			9.30	250	TBC	5	TBC	Red
6		W18E, W20E		8.30	230	TBC	5	TBC	Red
7	M50L, M20L	W35L W40L, W21L		8.10	230	TBC	5	TBC	Red
8	M16L, M55L, M18L, M35S	W45L		7.10	210	TBC	5	TBC	Red
9	M60L, M40S M45S	W50L, W20L		6.20	210	TBC	5	TBC	Red
10	M65L, M20S, M50S	W18L, W21S, W35S, W40S		5.60	200	TBC	5	TBC	Red
11	M70L	W55L		5.40	190	TBC	5	TBC	Red
12	M75L, M18S, M55S	W60L, W45S		4.30	190	TBC	5	TBC	Red
13	M60S, M65S	W65L, W20S, W50S		3.60	180	TBC	5	TBC	Red
14	M80L, M70S	W70L, W18S W55S, W60S		3.30	110	TBC	5	TBC	Red
15	M85, M75S M80S	W75L W80L W65S W70S W75S		2.60	100	TBC	5	TBC	Red
16	M90, M95	W85, W90, W95 W80S		1.60	50	TBC	5	TBC	Red
17	M14A, M16B			4.90	200	TBC	4	TBC	Blue
18		W14A, W16B		4.00	160	TBC	4	TBC	Blue
19 [Orange]	M12A, M14B	W12A, W14B		3.20	150	TBC	3	TBC	Blue
20 [Yellow]	M10A, M12B	W10A, W12B		2.50	115	TBC	2	TBC	Blue
21 [White]	M10B	W10B		1.40	100	TBC	1	TBC	Blue

Start Lists

These will be produced as soon as possible after Entries close and will be posted on the British Orienteering Long Championships website. It is intended they will be provided by 21st February 2026.

Drinks

As this is a World Ranking Event for the elite courses, there will be water available on the courses in line with the IOF rules. It is unlikely that we will be able to supply water for other courses given the remote nature of the area.

Start Locations

There are 2 starts located adjacent to each other. The distance to the starts is 1.0Km and 150m of climb and the route to the start is the same for both starts from the arena to a common 'pre-start' area. The mountain path is well maintained. The walk to the starts has been timed at 35 minutes for a fit 60-year-old.

There will be a SIAC Battery Test and a kit check when you leave the Arena, please ensure you are wearing your bib and have your SI-card, compass and whistle. We will adopt a no bib, and no whistle no go policy. Signs in the arena will advise if additional measures such as carrying of waterproofs will be mandatory and if so, these will also be checked.

The pre-start area is close to both starts and includes a clothing dump as well as warm up maps for Elites (WRE). You will be able to leave clothing and water here for collection on the way back from the Finish. Please take a weatherproof bag to place your clothing in (and label with your name if necessary). There are no toilets at the starts.

Red Start

This is for courses 1-17.

Blue start

This is for courses 18-21 and colour coded courses.

Start Process

It is the competitors' responsibility to start at their allocated times;
Remember to clear and check (SIAC test also available) before entering the correct lane at the minus 4 box for your course.

Officials will run quiet starts. This means they will only provide the necessary information to competitors and competitors are asked to be silent in the box area.

All competitors will have a Timed Start; no early starts will be permitted.

- Pre-Start: SI clear, SI check and SIAC test units
- -4 minutes: Call up
- -3 minutes: SI card check
- -2 minutes: Loose control descriptions

- -1 minute: Stand by the map box for your course
- -10 secs: Pick up your map from the map box and check the course number
- Start on the long beep and follow the taped funnel to the start flag.

Note:

- Competitors who do not follow the taped route to the start flag may be disqualified.
- Competitors on white and yellow colour coded courses are allowed to look at their map prior to the start.
- Competitors on the junior championship courses will not be allowed to look at their maps prior to starting
- No blank maps will be displayed in the start lanes.

Control Descriptions

Control Descriptions will be printed on the map and loose descriptions will be available in the start lanes (-2 minutes).

Late Starts

It is a Timed Start for all competitors including colour coded courses. If you have an open start please see the late team official so you can go through the late start lane and punching start.

It is the competitor's responsibility to arrive at the pre-start area in time for their start. If you arrive late for Call-up and we can catch you up with your allocated start time (within the - 4 minutes pre-start window) you will be escorted by an official into the appropriate pre-start box and continue as normal.

If we cannot catch you up (your start time has passed > -4 minutes), you must report to the late start lane. An official will identify the next available gap between competitors on your course at a 30 second interval:

e.g. original start time 11:00, you arrive at the start at 11:10, there are competitors starting on your course at 11:12 and 11:13, you will be allowed to start at 11:12:30. You will remain in the late start lane and an official will bring your control descriptions and map to you. You will manually punch the start unit at 11:12:30 and follow the taped funnel to the start flag.

Late starters will be timed from their original start time unless they believe they are late through the fault of the organiser. If you are late to the start and missed your start time and your lateness is the fault of the organiser then please make your case after your run at enquiries.

If you have made your case and it is upheld the start time from the SI start unit will be used as your new start time. If your case is not upheld or no case is submitted your original start time will be used to calculate your course completion time.

Finish

There is a single remote SIAC enabled finish for all courses. From here you will return to the arena via the pre-start and clothing drop.

Please note that apart from Courses 1, 2, 3 and 6, maps will not be collected. For fairness, competitors are asked not to show their maps or discuss their courses with anyone yet to begin their race and take it with you back to the arena and download.

For Courses 1, 2, 3 and 6 maps can be reclaimed from Enquiries after 13:30.

Download

All competitors must visit download after finishing, even if they have not completed their course. This will be in the arena after the walk back from the Finish.

Results

Available online using QR code that will be printed on the splits. Live results might be displayed on a TV screen in the Arena.

Presentations

Prize giving will commence as soon as top positions in each Class are known. Prizes will be awarded to the top 6 in the WRE classes, and for the first 3 in British Championship and Welsh Championship classes..

Key Timings

Car park opens	08:00	First starts	10:30
Enquiries open	09:00	Last starts	13:30
Last entry to Car Park	12.00	Courses close	15:30
No exit from car park till	12.30	Presentations	15:00 or before

Other Information

Communications

We will set up a WhatsApp community for the event to facilitate communications between competitors and to the competitors from the Organising Team.

Accident and Emergency

There will be an emergency first aid post on the hill in the pre-start area.

Facility	Type		Location
Brecon War Memorial Hospital	Minor Injury		Brecon, LD3 7NS
Morrison Hospital	A & E		Swansea, SA6 6NL

Complaints, Protests and Appeals

We will follow the British Orienteering update rules and guidance on Complaints, Protests and Appeals.

- In the event that you are not satisfied with an aspect of the Event, please discuss your concerns with the Day's Planner, Controller or Organiser, as appropriate, via Enquiries.
- If this does not resolve the issue then a formal complaint should be registered in writing with the Organiser via Enquiries. A complaint about a course should be made as soon as possible after finishing, and at the latest within 15 minutes of the course closing time.
- If the complainant is not satisfied with the Organiser's response, a written protest should be made at Enquiries within 10 minutes of receiving the response. This will be considered by the Event Jury, whose decision is final.
- For M/W21E classes, where there is conflict between the IOF and British Orienteering rules, the IOF rules take precedence for all other classes the BO rules apply.

Jury

The jury for this event will be:
TBC

Photography

There will be photographers in the area. If you do not want your photograph published, please speak to the officials at enquiries **before you run so that your bib can be marked**. If you have concerns regarding inappropriate or intrusive photography, please report it to any event official. No drones allowed.

Dogs

Dogs are only permitted in the car park and arena provided they are under control, on a lead and cleared up after. As most of the areas have sheep and horses roaming, no dogs are allowed in the competition areas.

Accommodation

There are many options for accommodation in and around the area.

www.breconbeacons.org is a website with many options.

Additionally close to the event location are the;

<https://www.pentreridingstables.com/stay-with-us.html>

and

<https://www.craigynoscastle.com/>

If bringing your campervan/motorhome it might be possible to stay in the car park on the Friday and Saturday night. Please request a place when entering, Places will be limited and there is a fee of £10.00 per unit per night.

Acknowledgements

Bannau Brycheiniog – for use of the area, and Craig y Nos country park.

Mr Ashford Price – Dan yr Ogof Cave complex for car parking and facilities.

The Commoners on whose land we are running.