



Swansea Bay  
Orienteering Club

## SBOC Summer League 6 & Saturday Park-O 3

**Location:** Clyne Valley Country Park

**Date:** Saturday 13<sup>th</sup> June 2026

### EVENT DETAILS

<b>Location:</b>	OS Grid Ref SS613907 (nearest postcode SA3 5BW), W3W (WWW:///hooks.legend.pocked) Registration, starts and finish are in the car park at the top of Mill Lane.		
<b>Travel directions:</b>	From the B4067 (Mumbles road) at Blackpill, turn onto Mill Lane and follow it uphill for approximately 650m to the parking area on the right near the top end of the lane. Additional free street parking is available on St Catwg Walk or Westport Avenue, with pedestrian access via St Catwg walk and down Mill lane. Alternatively paid parking is available in the carparks on Mumbles road, with an uphill walk to the carpark on Mill Lane or via Clyne gardens.		
<b>Terrain:</b>	Clyne Valley Country Park is 700 acres of varying terrain ranging from open and wooded hillsides with undergrowth, steep gorges, quarries, meadowland, and wet valley floor with streams, river and fishing pond. The terrain is intersected by a range of tracks, paths, national cycle path 4, mountain bike downhill runs and uplift trails and bridleways. Clyne Valley also contains artifacts from its industrial past in mining and brickmaking.		
<b>Map:</b>	A4. 1:7500. 5m Contours. Version: 2026 update Maps will be pre-marked and printed on waterproof paper.		
<b>Course:</b> <b>(Subject to final planning)</b>	<b>Course &amp; difficulty level</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
	White - Beginner	1.4km	20m
	Yellow - Easy	1.7km	40m
	Orange –Medium	2.3km	75m
	Lt Green - Medium	3.6km	125m
	Green – Hard	4.8km	140m
Blue - Hard	6km	200m	
<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>If you wish to enter as a group, please enter under a group name, so you are charged only one entry fee.</p> <p>SI-dibbers and extra maps can be hired, if required, whilst entering aswell.</p> <p><b>Important:</b> Non-members are not insured under British Orienteering’s public liability policy. By entering this event, you acknowledge that you are participating at your own risk.</p>		
<b>Registration and Starts:</b>	<p>Registration from: 12:15 to 13:15</p> <p>Starts from 12:30 to 13:30</p> <p>Courses close at 14:45</p>		
<b>Entry Fees:</b>	<p>Standard entries close Wednesday 10<sup>th</sup> June</p> <p>Seniors: British Orienteering (BOF) members £6.00. Non-members: £9.00</p> <p>BOF Juniors / Students £3.00. Non-BOF Juniors/students £4</p> <p>SBOC Juniors – £1.50</p> <p>Entry on the Day will be subject to map availability</p>		

<b>Organiser:</b>	Eunice Carter & Andrew Ferguson
<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>• <b>Particular attention needs to be taken to other park users, particularly mountain bikers on the downhill trails.</b></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 are permitted on all courses.</p> <p>If dry - You're all welcome back to Eunice &amp; Andrew's place at 16 Westport Avenue (SA3 5EA, WWW:///calm.meals.hurray) to chill post event. BYOB.</p> <p>If wet the Nearest Pub is the Woodman, at Blackpill.</p>
<b>Personal Information:</b>	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.
<b>Event cancellation or postponement</b>	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.

[www.s boc.org.uk](http://www.s boc.org.uk)