



Swansea Bay  
Orienteering Club

## COACHING SESSION & SBOC SUMMER LEAGUE 11

**Location:** Pen Rhiw Wen, Brynamman

**Date:** Sunday 17<sup>th</sup> August 2025

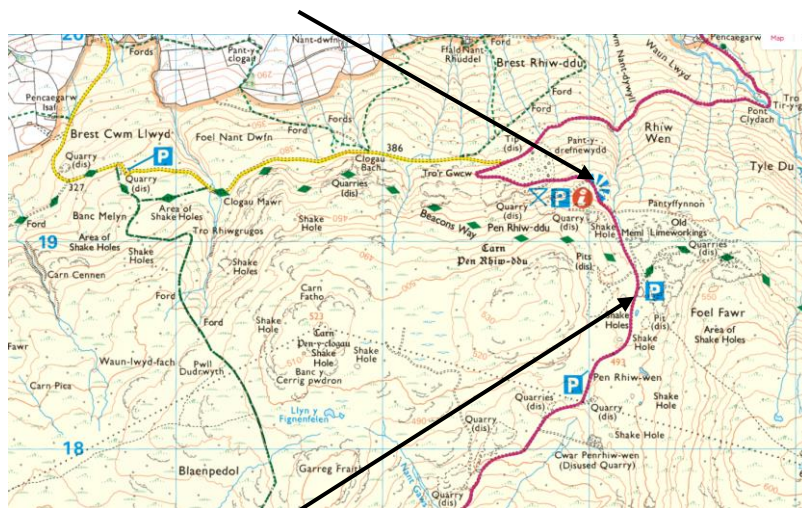
### EVENT DETAILS

**Location:**

OS Grid Ref: SN 730 192 (nearest postcode SA19 9PA) W3W: fells.generals.chess

**Travel  
directions:**

Parking is on the A4069 Brynamman to Llangadog road.



Overflow Car Park: OS Grid Ref: SN732 188 W3W: ///seagulls.elbowing.fund

**Terrain:**

Open fell, very runnable with numerous pits and rocky features.

**Map:**

A4. 1:10000. 5m Contours.  
Maps will be pre-marked and printed on waterproof paper.

**Coaching:**

Practice techniques and hone your skills with a number of activities. Suitable for all abilities, but please book your space when entering the event.  
SBOC Club members: Free  
Non-members: £3.00 – payable in cash on the day

**Event:**

**Course & difficulty level**

**Distance (km)**

**Climb (m)**

**(Subject to  
final planning)**

Yellow - Easy

2.0km

Score – 60 minutes

25 controls

Points 10 - 30

**Entries:**

Entries for members and non- members is via the SBOC website or directly through  
<https://pre-entries.co.uk>  
Newcomers can hire SI cards through this system too.

**Registration  
and Starts:**

Coaching: 10:00 – 12:00  
Event Registration from: 12:30  
Starts from: 12:45 – 13:45  
Courses close: at 15:00

<b>Entry Fees:</b>	<p>Standard entries close: Midnight on Wednesday 13<sup>th</sup> August</p> <p>Late entries close: Midday on Saturday 16<sup>th</sup> August</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>	Kerina Lake
<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>	<i>Eg Dogs are allowed. Pub of the day for social</i>
<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)