



Swansea Bay  
Orienteering Club

## Welsh League and SBOC Winter League 7

Stackpole Estate, Pembrokeshire

Sunday 25<sup>th</sup> January 2026

### EVENT DETAILS

**Location:** OS Grid Ref. SR9755593867 W3W: users.flamingo.slime Nearest postcode: SA71 5DZ

**Travel directions:** Drive to Pembroke and take the B4319 south through St Petrox, round some sharp bends into a wooded valley. Continue up the hill to Samson Cross and take the second left to Bosherton. Take the second left after the St Govans Inn, signposted to Broad Haven Beach. Continue to the end of the road and the National Trust Car Park. Drivers are encouraged to make a £1 (or more) donation at the car park via a coin machine or if you are a National Trust member, please scan your card which means the Stackpole Estate gets a £4 fee but it doesn't cost you anything.

**Terrain:** A lovely mix of coastal heath, sand dunes and some woodland. There are some muddy sections in the woods. Low undergrowth affects some sections, some of which is rather spiky, so full leg covering is needed. Hills are generally short or gradual. There are several barbed wire fences crossing the area which must be crossed at the gates, not climbed over. (This is a condition of using the area agreed with the National Trust.) Leg lines are bent on the maps to direct competitors to the logical crossing point.

**Map:** A4. 1:7,500 5m Contours.  
Maps will be pre-marked and printed on waterproof paper  
There is no legend printed on the maps so competitors might want to check colours and symbols before the event.

<b>Courses:</b>	<b>Course &amp; difficulty level</b>	<b>Distance (km)</b>	
<b>(Subject to final planning)</b>	Yellow	1.7 km (65m climb)	Follows a series of paths and is suitable for beginners
	Orange	2.5 km (105m climb)	Mainly on paths with more route choice options and longer legs between controls compared to Yellow
	Light Green	3.0 km (135m climb)	A bit more technical where accurate navigation is needed but obvious features such as paths and fences are nearby. Controls will be less obvious and good route choices will help.
	Green	4.2 km (175m climb)	Good navigation skills required including interpretation of small contour features such as hills, depressions and re-entrants. Includes some wooded sections and complex dune systems
	Blue	4.8 km (205m climb)	As Green but longer
	Brown	5.2 km (240m climb)	As Blue but longer

**Start/Finish** The start is 700m from the car park, downhill following a taped route. There will be a tent for clothing dump at the start and the finish is within 200m of the start. You can warm up on the beach or grassy area to the west of the beach, just before reaching the start area.

<b>Entries:</b>	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> Newcomers can hire SI cards through this at £1.00 per unit.
<b>Registration and Starts:</b>	Registration from: 10:00 at the car park Starts from 10:30 to 12:00 (The start and finish are within 700m of parking/registration) Courses close at 14:00
<b>Entry Fees:</b>	Adult BOF members £7.50, non-members £10.50 SBOC Juniors £1.50, BOF Juniors £3.00, non-member juniors £4.00 Student BOF members £3.00, student non-members £4.00 Entries close Wednesday Jan 21 <sup>st</sup> 23:45 There will be a limited number of spare maps for on the day entries but we cannot guarantee there will be a map for the course of your choice.
<b>Planner:</b>	Steve Quinton 07510684238 <a href="mailto:steveqpembs@googlemail.com">steveqpembs@googlemail.com</a>
<b>Organiser:</b>	<a href="mailto:contact@sbo.org">contact@sbo.org</a>
<b>Controller:</b>	Ben Mitchell
<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>• 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> <li>• There are large sea cliffs on the SE side of the area up to 35m high. These are obvious and there is no need to go near any cliff edges on any course. There is also a large hole (Sandy Pit) with some shorter cliffs just inland of one of the bays. This is also obvious and no courses require entering or running around this feature.</li> <li>• Other Specific hazards include rabbit holes, sharp vegetation and low branches, possible dogs in the area, uneven terrain.</li> <li>• Whistles are mandatory a waterproof jacket may be required depending on the weather.</li> </ul>
<b>Medical Information:</b>	Any competitor with a high-risk medical condition is invited to contact the organiser beforehand and provide information in a sealed envelope at registration.  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.
<b>Additional information:</b>	Dogs are allowed but must be on leads in the competition area.
<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.sbo.org.uk">www.sbo.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.