



Swansea Bay
Orienteering Club

SBOC Winter League 10

Begwns event no 872399

Saturday 21st March 2026

EVENT DETAILS			
Location:	The Begwns hills ; south of Painscastle and north of Glasbury, near Hay-on-Wye. OS grid ref SO1617043630. What three words ///inflammehandfullsgloves.		
Travel directions:	A438 from Brecon to Hay on Wye. Turn left over river bridge at Glasbury. Turn first left after the bridge, through the village of Glasbury. Then first right up through Cwmbach, follow signs for Painscastle and our O signs until you reach the Begwns. Car parking off the road -good if dry, may be problematic if very wet. Registration, starts, first aid and download is near the road.		
Terrain:	Open hills with gorse, bracken, some marshy areas & ponds. There are numerous paths, not all marked on the map		
Map:	A4. 1:15,000 5m Contours on Green, blue & brown. A4 1:10,000 5m contours on Orange & Yellow & light green. Maps will be pre-marked but do not include a legend – separate map legends are		
Course: (Subject to final planning)	Course	Distance (km)	Climb (m)
	Yellow - Easy	2.3	50
	Orange – Easy/Medium	3.2	75
	Light Green - Medium	3.9	65
	Green – hard	5	100
	Blue – hard but longer	7.7	180
	Brown -hard and even longer	9.5	280
Event Registration:	At the bottom of the hill – you will see us as you drive up to the parking area Maps and Descriptions will be issued from registration. Please do not look at the map until you have punched the start control (except for yellow course)		
Starts:	There is a punching start. Courses open from 10:00 -12:30, close at 2:00. Allow 10 minutes from the parking to starting area.		
Entry Fees:	<i>Non-members are welcome. See pre-entries as you enter for current prices.</i>		
Organiser:	Sasha and Tom Habgood 07901808537 / sashahab@me.com		

<p>Safety Information:</p>	<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 a course, whether or not they have completed the course.</p> <p>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p> <p>Specific hazards in the area include slippery rocks covered in moss – some of these are not obvious so please take extra care. There are some areas of brambles on the lower slopes. Please be vigilant and considerate to other users. The whole area is exposed to the weather so please dress appropriately for the conditions on the day.</p> <p>If the weather is inclement there will be a Compulsory Goggles and whistles rule – please ensure you bring one with you on the day just in case.</p> <p>Safety bearing: Head South to pick up footpaths which follow the lower edge of the area and will return you to the start/finish.</p>
<p>Additional Information:</p>	<p>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 and trace missing SI cards.</p> <p>Dogs allowed on leads as sheep graze on the land.</p>

www.s boc.org.uk

