



Swansea Bay
Orienteering Club

SBOC Midsummer on the Gower

Fri 19th June – Summer League 7 @ Craig Gwladys Park

Sat 20th June – Welsh League @ Whiteford Burrows

Sun 21st June – 2x2 Relay @ Oxwich Burrows

FINAL DETAILS FOR WEEKEND

We are delighted to welcome you to our Summer Event – Midsummer on Gower. The event aims to provide a fun family atmosphere whilst providing good competitive orienteering. Come and get some sand dune practice ahead of the British Night Champs in 2027.

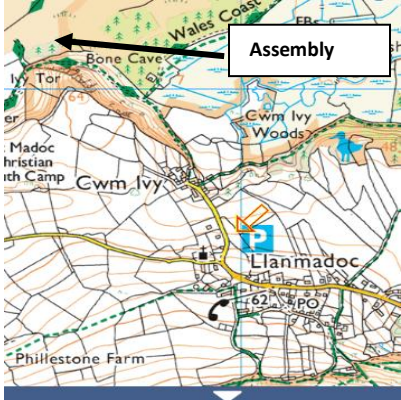
The Gower was the first area in the UK to be designated as an Area of Outstanding Natural Beauty and has some of the finest beaches in the country. There will be time to explore some of these.

As usual we will have the event campsite at Oxwich Bay Camping and we encourage you to book in here in order to join the social après-run atmosphere with the fun and games on the Saturday evening.

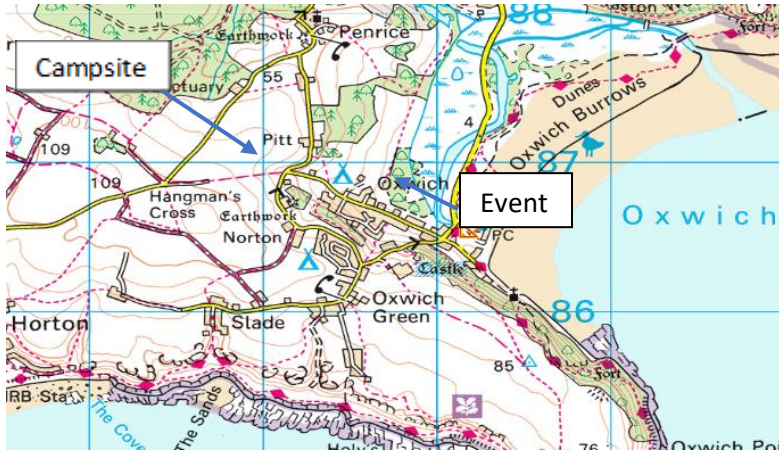
We are as always extremely grateful to the landowners Natural Resources Wales, National Trust, Oxwich Bay Camping and local farmers to allow us to use the areas.

Day 1	Summer League 7 – Craig Gwladys Country Park, Neath
Location:	W3W://kind.hood.secret Post Code: SA10 8LS OS Grid ref : SS765995
Travel directions:	<p>Craig Gwladys Country Park just to the north of Neath off the A4109 at Aberdulais towards Cilfrew.</p>  <p>We will be collecting £2.00 per car as a donation to the Friends of Craig Gwladys for their support for this event.</p>
Terrain:	Steep sided cliffs and slopes with limited path network and in places difficult vegetation. This will provide a very different terrain to the rest of the weekend and can be treated as a nice way to warm up ready for the challenges ahead.
Map:	Updated 2026. 1 :7500

Courses: (Subject to final planning)	Course	Distance (km)	Climb (m)
	Yellow – Newcomers, families, children	2	60
	Orange – Adult newcomers, families, children	2.2	70
	Lt Green – Improvers and experienced orienteers	3.7	130
	Green – Experienced orienteers	4.3	185
Starts/Finish and registration:	Start and finish are adjacent to arena At 1-minute intervals from 17.30-18.45 Courses close at 20:00		
Sportident	All controls will be SIAC enabled, but please punch the start and finish. Results available on the web site immediately after the event.		
Facilities:	No facilities.		
Entries & Fees:	<p>Entries via pre-entries app. https://pre-entries.co.uk/</p> <p>Seniors £6. Non- BOF Senior £9.00 Juniors / Students £3.00 Non BOF juniors £4.00 SBOC Juniors – £1.50</p> <p>For Late Entries and Entry on the Day there is a £2 supplement and will be subject to map availability - All payments to be made using contactless card system</p>		
Organising Team:	Planner: Ben Mitchell Organiser: Vince Nagy-Kovacs		

Day 2	Welsh League Event – Whiteford Burrows, Gower																																									
Car Park Location:	OS Grid Ref: SS439 935 (nearest postcode SA3 1DJ) W3W ///concerts.dunk.introduce																																									
Travel directions:	<div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Take the B4295 from Gowerton towards Llangennith.</p> <p>Take the turning towards Llanmadoc by Kennexstone, roughly 1 km past Burry Green. Then turn left when you arrive at the village.</p> <p>Parking is in Cwm Ivy Car Park. It has a new pay and display system. Pay by Card or using the App. No cash facilities.</p> <p>There is a 1.1km walk to registration and the starts. So please bring everything you need with you. Just follow the road down the hill from the car park and follow the signs to Whiteford. The route will be taped.</p> <p>Please take care whilst walking to the event on the road section. Young children should be accompanied by an adult.</p> </div> </div>																																									
Terrain:	<p>Complex sand dunes; mostly very runnable terrain with areas of white forest and prickly vegetation, a complex path network and fenced sections. Full leg cover is recommended.</p> <p>There are several new fences across the area that cross all courses. Almost all fences are topped with barbed wire and you are strongly advised not to cross these. There are marked crossing points (gates and stiles) and courses have been planned such that these should be reasonable route choices. For green, blue and brown courses, some of the gates are locked and you would need to climb these – please do so carefully at the hinge side (they are mapped as crossings without a gap in the fence).</p> <p>There are some areas of fallen trees in the north of the area, which are marked with the undergrowth symbols; passable but will slow you down. There are numerous small sheep tracks which aren't mapped.</p>																																									
Map:	Scales and paper size vary depending on course (see below) 2.5m Contours. Updated in 2026 and extended to cover a new section. Maps will be pre-marked.																																									
Planners Comments	<p>For this event, we will start from a new location and to use a bit of the area not used before and this will be visited by all courses and in particular the Brown course will have a very challenging last 2km!</p> <p>The vegetation has grown rapidly over the last few weeks and so some of the path network is less obvious than it was, so where the paths are less clear we will use taped stakes to help guide the yellow and orange through these more indistinct areas.</p> <p>As you run round please do enjoy the fabulous flora that is bursting with colour.</p>																																									
Courses: Subject to final planning	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Course</th> <th style="text-align: center;">Distance (km)</th> <th style="text-align: center;">Climb (m)</th> <th style="text-align: center;">Scale</th> <th style="text-align: center;">Paper</th> </tr> </thead> <tbody> <tr> <td>Yellow – Newcomers, families, children</td> <td style="text-align: center;">2.2</td> <td style="text-align: center;">40</td> <td style="text-align: center;">1:7500</td> <td style="text-align: center;">A4L</td> </tr> <tr> <td>Orange – Adult newcomers, families, children</td> <td style="text-align: center;">2.9</td> <td style="text-align: center;">60</td> <td style="text-align: center;">1:7500</td> <td style="text-align: center;">A4L</td> </tr> <tr> <td>Lt Green – Improvers and experienced orienteers</td> <td style="text-align: center;">3.1</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1:7500</td> <td style="text-align: center;">A4L</td> </tr> <tr> <td>Short Green – Experienced orienteers</td> <td style="text-align: center;">3.7</td> <td style="text-align: center;">75</td> <td style="text-align: center;">1:7500</td> <td style="text-align: center;">A4L</td> </tr> <tr> <td>Green – Experienced orienteers</td> <td style="text-align: center;">4.2</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1:7500</td> <td style="text-align: center;">A3L</td> </tr> <tr> <td>Blue - Experienced orienteers</td> <td style="text-align: center;">6.1</td> <td style="text-align: center;">180</td> <td style="text-align: center;">1:10000</td> <td style="text-align: center;">A3P</td> </tr> <tr> <td>Brown - Experienced orienteers</td> <td style="text-align: center;">8.3</td> <td style="text-align: center;">305</td> <td style="text-align: center;">1:10000</td> <td style="text-align: center;">A3P</td> </tr> </tbody> </table>	Course	Distance (km)	Climb (m)	Scale	Paper	Yellow – Newcomers, families, children	2.2	40	1:7500	A4L	Orange – Adult newcomers, families, children	2.9	60	1:7500	A4L	Lt Green – Improvers and experienced orienteers	3.1	80	1:7500	A4L	Short Green – Experienced orienteers	3.7	75	1:7500	A4L	Green – Experienced orienteers	4.2	80	1:7500	A3L	Blue - Experienced orienteers	6.1	180	1:10000	A3P	Brown - Experienced orienteers	8.3	305	1:10000	A3P	
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Starts:	<p>The start is adjacent to the arena.</p> <p>From 11:00 – 13:00</p> <p>Courses close at 15:00</p> <p>There will be a 3-minute call up. It will be a punching start so the start team will be flexible if you are late for your start. We will try and keep gaps between those on the same course due to the open nature of the terrain.</p> <p>Loose control descriptions available in the start lane.</p>
Finish:	<p>There are two finishes. One is for the Brown course around 50m from the arena. All other courses use a finish at the arena. Download is in the arena.</p>
Sportident	<p>All controls will be SIAC enabled, but please punch the start and finish.</p>
Facilities:	<p>Assembly / download will be near the start and the finish is adjacent to the arena area.</p> <p>There are no toilets at assembly/start so please go before you come to the event.</p> <p>However in case of emergency we do have permission to use the toilet (there is only one) at the Cwm Ivy Café (half way from car-park to start) from 10.30. Please consider returning this favour by stopping for coffee and cake at the café on your way back. It has lovely views over the estuary and is open from 11am to 5pm.</p> <p>There is also the Britannia Inn in the village.</p> <p>Links to Cwm Ivy Cafe and Britannia Inn here: https://www.facebook.com/cwmivycrafts/ https://www.britanniagower.com/</p>
Entries and Fees:	<p>Entries via pre-entries app.</p> <p>Seniors £12.00 Non- BOF Senior £15.00</p> <p>Juniors / Students £6.00 Non BOF juniors £8.00</p> <p>SBOC Juniors – £1.50</p> <p>For Late entries after online entries close and Entry on the Day there is a £2 supplement and will be subject to map availability.</p>
Organiser: Planner: Controller:	<p>Niall Reynolds (07969199576)</p> <p>Margaret Reynolds (SBOC)</p> <p>Niall Reynolds (SBOC)</p>
Safety	<p>A Risk Assessment has been completed with the following key risks to be aware of.</p> <p>Ticks might be present.</p> <p>Livestock are likely to be present.</p> <p>On the Brown course the routes pass around some cliffs so please take care as you pass them.</p> <p>Fences have barbed wire on top so if you decide to cross them please be careful.</p>
Additional information:	<p>No water will be provided, so please ensure you bring sufficient with you.</p>
Saturday Evening	<p>As usual...the Saturday evening is family fun time.</p> <p>The usual communal BBQ at 18.00ish at the campsite so bring your own food and BBQ so you can join in.</p> <p>We hope to hold the usual games of rounders and space hopper races and we hope you all will take part.</p>

Day 3	2 x 2 Relay - Oxwich Burrows, Gower	
Car Park Location:	OS Grid Ref: SS501864 (nearest postcode SA3 1LS) What3words : stream.economics.pound	
Travel directions:		<p>For those staying at the campsite you can leave your car till after the event and it is 15 min walk to the arena.</p> <p>Or park at the Oxwich Bay Car Park (charges apply). From here the Arena is 250m.</p> <p>Follow signs along the path running parallel to the Marsh road from the car park entrance to the Event Arena. Please avoid crossing the</p>
Terrain:	Complex sand dunes; mostly very runnable terrain with some exposed sand areas. Small amounts of scrubby wooded areas and seasonal marshes. There is a complex path network and some fenced sections across the dunes.	
Map:	A4. 1:7500. 2.5m Contours. Version Sept 2019 updated 2022 Maps will be pre-marked	
Sportident	All controls will be SIAC enabled, but please punch the start and finish.	
Courses:	<p>The courses have been handicapped based on age in order to make the relay more exciting. Approximate winning times for each leg is 20 minutes. Distances vary from 1.6 to 3.4 km. Climbs relatively small, depending on route choice through the dunes</p> <p>Each runner runs two legs.</p> <p>Prizes for top 3 SBOC teams and for top 3 non SBOC teams.</p>	
Arena:	There will be map collection, download, waiting pens and handover area that are expected for a relay. Download after each leg and then clear and check before you start your second leg.	
Starts:	Registration at 10:30 to collect hired SI Cards Briefing at 10:50, Mass Start at 11:00 Courses close at 15.00.	
Facilities:	Public Toilets in the beach car park and opposite the entrance to Oxwich Bay Hotel. Bring your own drink to the start. There will be a tent to leave warm clothes and belongings in-between your runs.	
Organiser:	Ake Fagereng (SBOC)	

Additional information:	<p>The area is grazed by horses so dogs are only allowed in assembly area.</p> <p>The planner has been aiming for runnable, fast courses, but the vegetation has been growing well - expect undergrowth, some of it quite spiky, so full body cover is highly recommended. The paths can be a bit tricky to see given the vegetation, but the mapped paths are there. Several unmapped paths also exist in the terrain.</p>
Information for all days:	
Safety Information:	<p>A risk assessment has been completed for each day 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 once they have started a course, whether or not they have completed the course.</p> <p>Adders may be found basking in the area, especially on hot days, full lower leg cover is essential. If</p> <p>Please check for ticks after the event and remove ASAP, keep an eye of the bite site for signs of infection. Seek medical attention if needed.</p> <p>Cattle, horses and sheep can be found on the area. Please give a wide berth and pass with care.</p> <p>Dogs should be under close control if on the area.</p> <p>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p>
Medical Information:	<p>Any competitor with a high-risk medical condition is invited to complete a form available at the event and hand it in to Registration in a sealed envelope.</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>
Personal Information:	<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, used in case of medical emergency and to trace missing SI cards.</p>
Cancellation or postponement	<p>For the latest information check www.s boc.org.uk 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.</p>

Weekend Camping & Saturday Social:	<p>The event campsite is at Oxwich Bay Campsite, along narrow lane from Oxwich Village itself. Oxwich camping park, Oxwich, Gower, SA3 1LS.</p> <p>W3W: punctual.fingernails.cement</p> <p>Website: https://richardwilliam2000.wixsite.com/oxwichcamping Book using the Tel No : 07594 995701</p> <p>Dogs are allowed (except security type dogs such as Alsatians, rottweiler, Dobermans, bulldogs etc). Pay by cash or cheque.</p> <p>Let the owner you are with the orienteering event, and you will be directed to the top of the field where we will camp. Only Tents and Campervans. Large motorhomes are not able to use the site. As usual...the Saturday evening is family fun time.</p> <p>The usual communal BBQ at 18.00ish at the campsite so bring your own food and BBQ so you can join in. We hope to be holding the usual rounders and space hopper races. So please come prepared to take part.</p> <p>It's possible we might use the occasion to present the SBOC annual awards to the worthy winners.</p> <p>You will be able to leave your car here on Sunday morning as parking for Sunday's 2x2 Relay Event at Oxwich and avoid the charges that they ask for.</p>
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www.s boc.org.uk