



Swansea Bay  
Orienteering  
Club

**SBOC WINTER LEAGUE 6 - Night**  
Location: *Castlemartin Range (East)*  
Sat, 24 Jan 2026

**EVENT DETAILS**

Location:	OS Grid Ref SR 966 930 (nearest postcode SA71 5DR)		
Travel directions:	St Govan's Chapel car park. 6 miles South of Pembroke. Approach via the B4319 road and local minor road.		
Terrain:	Military range. Flat, rough open land.		
Map:	A4. 1:7500. 5m contours. Maps will be pre-marked		
Course: <i>(Subject to final planning)</i>	Course & difficulty level	Distance (km)	Climb (m)
	Orange -Medium	2.7km	10m
	Green - Hard	5.1km	15m
	Daytime 60-min score	for military personnel	
Entries:	Enter <a href="#">here</a> Entries will remain open until printed maps run out.		
Registration and Starts:	Signed from parking Registration from:17:15 Starts from 17:30 to 18:30 Courses close at 19:30  Daytime Course 13:00-15:00		
Entry Fees:	Seniors: British Orienteering members £7.50. Non-members: £9.00 Juniors / Students £3.00 SBOC Juniors - £1.50		
Organiser:	Ben Mitchell ( <a href="mailto:benmitchell1@live.com">benmitchell1@live.com</a> )		
SRO:	Richard Barrett		

<p>Safety Information:</p>	<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>
<p>Medical Information:</p>	<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>
<p>Additional information:</p>	<p><i>Dogs are allowed on leads. Sheep in the terrain. Please bring back-up lightning.</i></p>
<p>Personal 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, used in case of medical emergency and to trace missing SI cards.</p>
<p>Event cancellation or postponement</p>	<p>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.</p>

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