



Swansea Bay
Orienteering Club

SBOC SUMMER LEAGUE 5

Location: Hardings Down

Date: Wednesday 3rd June 2026

EVENT DETAILS

Location: OS Grid Ref (parking) SS442911 (nearest postcode: SA3 1HT)
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Travel directions: **From Swansea**, follow the A4118 through Killay, then fork right onto the B4271 and follow this to Llanrhidian. Continue through Oldwalls then follow signs for Llangennith. Pass through Burry Green and continue for about 700m, just past the Kennexstone Camp Site. Turn left at the bus shelter (and post box) – it will signposted here.
From the North and West, Head to Gowerton (from Jct. 47 on the M4) and follow the B4295 through Penclawdd to Llanrhidian. Follow directions as above from here.



Parking: The parking area will be at Harding’s Down Bunkhouse. As the parking area is not that large, please share transport if you can and follow any instructions when parking. Please walk out of the car park back the way you came in to the small road then turn right towards the start - to avoid going through the farmyard and bunkhouse area.

Follow signs 150m to Registration, first aid and Start.

Terrain: Exposed Moorland with a few rocky features, some old earthworks and some marshy areas. The area is based around a single hill with a variety of features and some gorse and heather. There are numerous paths and some sheep tracks that are visible in places on the ground may not be on the map. Some areas may be a bit muddy depending on recent rainfall.

Map: A4. 1:7,500 5m Contours. Version 2015, updated 2024
Maps will be pre-marked and printed on waterproof paper.

Course:	Course & difficulty level	Distance (km)	Climb (m)
(Subject to final planning)	Yellow - Easy	1.7km	65m
	Orange –Medium	2.3km	110m
	Lt Green - Medium	3.3km	110m
	Green – Hard	4.3km	155m
Entries:	<p>Entries for members and non- members is via the SBOC website or directly through https://pre-entries.co.uk</p> <p>Newcomers can hire SI cards through this system too.</p> <p>Important: Non-members are not insured under British Orienteering’s public liability policy. By entering this event, you acknowledge that you are participating at your own risk.</p>		
Registration and Starts:	<p>Registration from: 17.30</p> <p>Starts from 17.45 to 18.45</p> <p>Courses close at 20.00</p>		
Entry Fees:	<p>Standard entries close</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>		
Organiser:	<p>Anthony Payne ajpayne118@gmail.com 07977407281</p>		
Safety Information:	<ul style="list-style-type: none"> • 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. • 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 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf • More details about Lyme Disease can be found by following this link - https://www.nice.org.uk/guidance/ng95/chapter/Recommendations#clinical-assessment • 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. • Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included. • Safety bearing: Head North to pick up footpaths which follow the fence at the edge of the area and this will return you to the start/finish. 		
Medical Information:	<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>		
Additional information:	<p><i>As the area is used for livestock, dogs permitted on leads only.</i></p>		

Personal Information:	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.
Event cancellation or postponement	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.

www.s boc.org.uk