



Swansea Bay
Orienteering Club

SBOC SUMMER LEAGUE 08

Location: Pen Rhiw Wen - Tair Carn Isaf

Date: Wednesday July 1st 2026

EVENT DETAILS

Location:	OS Grid Ref SN 68250 18473 (nearest post code SA19 9RT), W3W (http://flinch.softly.regretted)		
Travel directions:	The parking for this event is along a narrow road to the west of Black Mountain Quarries and the A4069. It might be best to use What 3 Words to navigate to the track parking as it is a small road running west of the A4069. Please car share if possible and park responsibly off the road so you do not block access along the road. Any problems please get in touch.		
Terrain:	This area features challenging open moorland and rough grass terrain. Navigators face details caused by old mining with limestone features such as pits and depressions. It is exposed, so suitable clothing will be required, including orienteering shoes suitable for the terrain.		
Map:	<i>Eg A4. 1:7500. 5m Contours. Version Maps will be pre-marked and printed on waterproof paper.</i>		
Course:	Course & difficulty level	Distance (km)	Climb (m)
(Subject to final planning)	Yellow - Easy	1.1	50
	Orange –Medium	2.0	50
	Short Green – Hard	3.8	100
	Green – Hard	4.9	150
Entries:	Entries for members and non- members is via the SBOC website or directly through https://pre-entries.co.uk Newcomers can hire SI cards through this system too. 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.		
Registration and Starts:	Registration from: 17:30 Starts from 17:30 to 18:30 Courses close at 20:00		
Entry Fees:	Standard entries close Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors / Students £3.00 Non BOF juniors £4.00 SBOC Juniors – £1.50 Entry on the Day will be subject to map availability		
Organiser:	Bethan Irwin 07811215557 bethanm42@hotmail.com		

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.
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>Dogs must be on a lead</i></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>
Event 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>

www.s boc.org.uk