



Swansea Bay
Orienteering Club

SBOC AUTUMN SPRINT #1 WEST CROSS

Location: West Cross, Swansea SA3 5JJ

Wednesday 3rd September 2025

EVENT DETAILS

Location:	OS Grid Ref SS 61178 89794 Postcode SA3 5JJ W3W (gallons.assist.switch)		
Travel directions:	REGISTRATION and START: Blue Citroen Berlingo parked on Fairwood Road (just below school field). Fairwood Rd, West Cross, Swansea SA3 5JJ A4067 (Mumbles Road) in a WESTERLY direction. Turn RIGHT onto Fairwood Road at mini-roundabout. Start approximately 400m up the hill on the RIGHT-HAND side.		
Terrain:	Urban – advised to wear running trainers (trail shoes not necessary).		
Map:	A4. 1:4000. 5m Contours. Version 2020 Maps will be pre-marked and printed on waterproof paper.		
Course:	Course & difficulty level	Distance (km)	Climb (m)
	SHORT - Easy	3.1km	Not calculated
	LONG - Medium	4.7km	Not calculated
Entries:	Entries via: SBOC website Events Pre-entries link https://pre-entries.co.uk Newcomers can hire SI cards through this system too. Entries close at 23:59 on 31st August 2025. For entries on the day, payment to be made at the event using contactless card system.		
Registration and Starts:	Registration from: 18:00 Starts from 18:00 to 18:45 Courses close at 20:00		
Entry Fees:	BOF/Club members: Seniors £6.00 Junior/Student: £3.00 Senior Non-members £9.00 and Junior/Student Non-members £4.00 Entry on the Day will be subject to map availability.		
Organiser:	Sam Healy 07388403071 sammyhealy@hotmail.co.uk		
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.• Competitors will cross a busy road twice during the event. Please take care.• 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.• As per BOF guidelines Under 16's must be accompanied by an adult due to the urban nature of the event and lack of manned road crossings.• 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>All competitors are expected to adhere to the Welsh Orienteering Code of Conduct that can be found here.</p> <p>Dogs are allowed, but it is the owner's responsibility to protect their pets from moving vehicles.</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