



Swansea Bay
Orienteering Club

SBOC Autumn Sprint #3

Location: *Mumbles SA3 4BA*

Date: *Wednesday 17th September 2025*

EVENT DETAILS

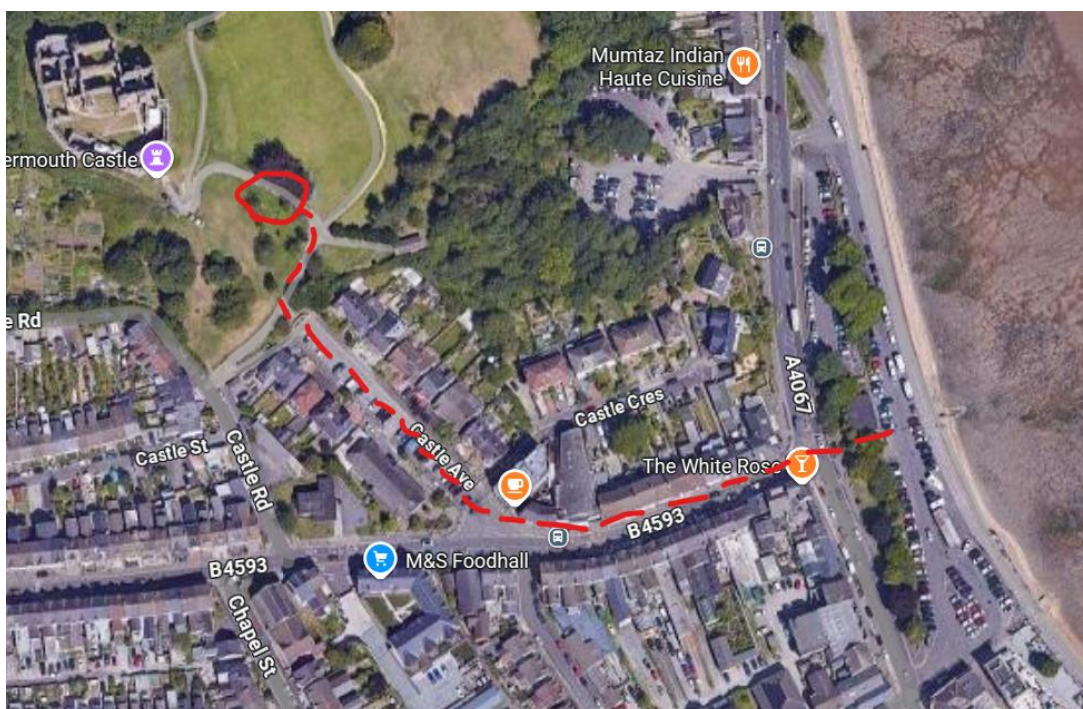
Location: **OS Grid Ref:** SS 61384 88331, **nearest postcode** SA3 4BA, **W3W** ///shun.testers.seabirds

**Travel
directions:**

Registration and Start: on main path halfway between Castle Avenue and Oystermouth Castle.

Pay and Display Parking on seafront on Mumbles Rd, opposite bottom of Newton Rd.
Car park post code – SA3 4BU.

Start is approx. 400m from car park - walk up Newton Rd and then Castle Avenue to entrance to park.



Terrain: Primarily a residential urban area with some parks and woodland with mild undergrowth.

Map: A4. 1:4000. 2.5m Contours. Version 2023
Maps will be pre-marked and printed on waterproof paper.

Course:

**(Subject to
final planning)**

Course & difficulty level

Distance (km)

Climb (m)

Short - Easy

1.8

Not calculated

Long –Medium

3.1

Not calculated

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.

**Registration
and Starts:**

Registration from: 17:45
Starts from 18:00 to 18:45
Courses close at 20:00

Entry Fees:	<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:	Patrick Tudor 07774114371 patricktudor@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. • 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:	Dogs are permitted and owners are responsible for them at all times.
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