



Swansea Bay  
Orienteering Club

# SBOC Midsummer on the Gower

**Fri 19<sup>th</sup> June – Summer League 7 @ Craig Gwladys Park**

**Sat 20<sup>th</sup> June – Welsh League @ Whiteford Burrows**

**Sun 21<sup>st</sup> June – 2x2 Relay @ Oxwich Burrows**

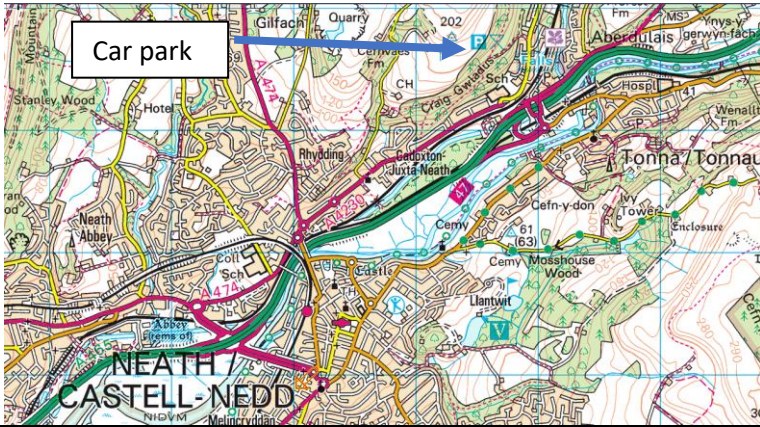
## PRELIMINARY DETAILS FOR WEEKEND

We are delighted to welcome you to our Summer Event – Midsummer on Gower. The event aims to provide a fun family atmosphere whilst providing good competitive orienteering on quality areas. Come and get some sand dune practice ahead of the British Night Champs in 2027.

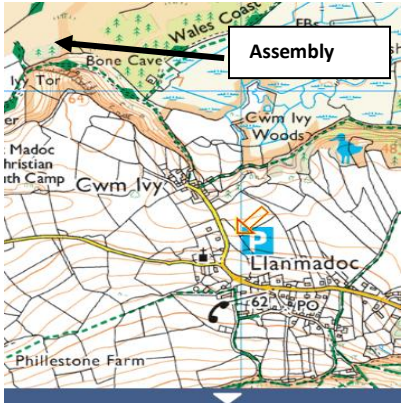
The Gower was the first area in the UK to be designated as an Area of Outstanding Natural Beauty and has some of the finest beaches in the country. There will be time to explore some of these and the Friday event will be running around one of the most beautiful of them.

As usual we will have an event campsite at Oxwich Bay Camping and we encourage you to book in here in order to join the social après-run atmosphere with the fun and games on the Saturday evening.

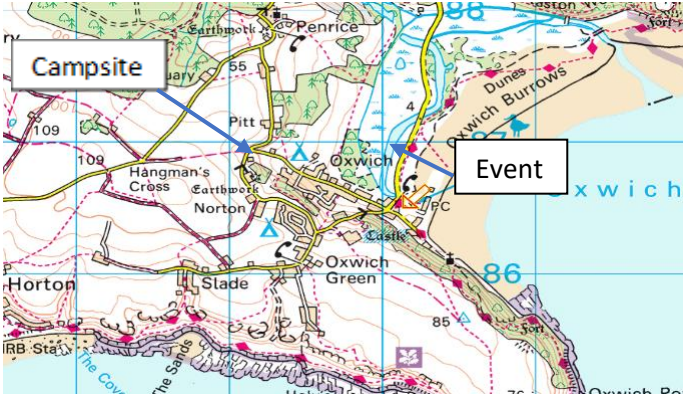
We are as always extremely grateful to the landowners Natural Resources Wales, National Trust, Oxwich Bay Camping and local farmers to allow us to use the areas.

<b>Day 1</b>	<b>Summer League 7 – Craig Gwladys Country Park, Neath</b>
<b>Location:</b>	W3W://kind.hood.secret Post Code: SA10 8LS OS Grid ref : SS765995
<b>Travel directions:</b>	Craig Gwladys Country Park just to the north of Neath off the A4109 at Aberdulais towards Cilfrew. 
<b>Terrain:</b>	Steep sided cliffs and slopes with limited path network and in places difficult vegetation.
<b>Map:</b>	Updated 2026. 1 :7500

<b>Courses:</b> <b>(Subject to final planning)</b>	<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
	Yellow – Newcomers, families, children	2	60
	Orange – Adult newcomers, families, children	2.2	70
	Lt Green – Improvers and experienced orienteers	3.7	130
	Green – Experienced orienteers	4.3	185
<b>Starts/Finish and registration:</b>	Start and finish are adjacent to arena At 1-minute intervals from 17.30-18.45 Courses close at 20:00		
<b>Sportident</b>	All controls will be SIAC enabled, but please punch the start and finish. We are using the Sportident App and this will give live results and splits and other analysis.		
<b>Facilities:</b>	No facilities.		
<b>Entries &amp; Fees:</b>	<p>Entries via pre-entries app.</p> <p>Seniors £6.00 (includes Car Parking Fee) Non- BOF Senior £9.00  Juniors / Students £3.00 Non BOF juniors £4.00  SBOC Juniors – £1.50</p> <p>For Late Entries and Entry on the Day there is a £2 supplement and will be subject to map availability - All payments to be made using contactless card system</p>		
<b>Organiser:</b>	Vince Nagy-Kovacs		

<b>Day 2</b>	<b>Welsh League Event – Whiteford Burrows, Gower</b>																									
<b>Car Park Location:</b>	OS Grid Ref: SS439 935 (nearest postcode SA3 1DJ) W3W ///concerts.dunk.introduce																									
<b>Travel directions:</b>		<p>Take the B4295 from Gowerton towards Llangennith.</p> <p>Take the turning towards Llanmadoc by Kennexstone, roughly 1 km past Burry Green.</p> <p>Parking is in Cwm Ivy Car Park. There are new pay and display charges at the car park. No cash facilities.</p> <p><b>There is a 1.1km walk to registration and the starts. So please bring everything you need with you.</b> Head down the road from the Car Park and follow the signs to Whiteford. The route will be taped.</p> <p>Please take care whilst walking to the starts on the road section. Young children should be accompanied by an adult on the road section.</p>																								
<b>Terrain:</b>	<p>Complex sand dunes; mostly very runnable terrain with areas of white forest and prickly vegetation a complex path network, fenced sections. Full leg cover is required.</p> <p>There are several new fences across the area that cross all courses. Almost all fences are topped with barbed wire and you are strongly advised not to cross these. There are marked crossing points (gates and stiles) and courses have been planned such that these should be reasonable route choices. For green, blue and brown courses, some of the gates are locked and you would need to climb these – please do so carefully at the hinge side (they are mapped as crossings without a gap in the fence).</p> <p>There are some areas of fallen trees in the north of the area, which are marked with the undergrowth symbols; passable but will slow you down. There are numerous small sheep tracks which aren't mapped.</p>																									
<b>Map:</b>	<p>A3. 1:7500. 2.5m Contours. Newly updated in 2026 and extended</p> <p>Maps will be pre-marked.</p>																									
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<b>Starts:</b>	<p>From 11:00 – 13:00</p> <p>Courses close at 15:00</p> <p>There will be a 3-minute call up. It will be a punching start so the start team will be flexible if you are late for your start.</p>																									
<b>Sportident</b>	<p>All controls will be SIAC enabled, but please punch the start and finish.</p>																									

<b>Facilities:</b>	<p>Assembly / download will be near the start and the finish is adjacent to the arena area.</p> <p>There are no toilets at assembly/start, but we do have permission to use the toilet at the Cwm Ivy Café (half way from car-park to start) from 10.30. Please consider returning this favour by stopping for coffee and cake with them the way back. It has lovely views over the estuary and is open from 11am to 5pm.</p> <p>There is also Britannia Inn in the village.</p> <p>Links to Cwm Ivy Cafe and Britannia Inn here:  <a href="https://www.facebook.com/cwmivycrafts/">https://www.facebook.com/cwmivycrafts/</a>  <a href="https://www.britanniagower.com/">https://www.britanniagower.com/</a></p>
<b>Entries and Fees:</b>	<p>Entries via pre-entries app.</p> <p>Seniors £12.00      Non- BOF Senior £15.00</p> <p>Juniors / Students £6.00 Non BOF juniors £8.00</p> <p>SBOC Juniors – £1.50</p> <p>For Late entries after online entries close and Entry on the Day there is a £2 supplement and will be subject to map availability - All payments to be made using contactless card system. As the phone signal may be unreliable please bring cash just in case.</p>
<b>Organiser: Planner: Controller:</b>	<p>Niall Reynolds (07969 199576)</p> <p>Margaret Reynolds (SBOC)</p>
<b>Additional information:</b>	<p>No water will be provided, please ensure you bring sufficient with you.</p> <p>The area does have wildlife; sheep are almost anywhere and ponies are possible; dogs must be on leads at all times. There do seem to be a lot of ticks around this year, so please check yourself over once you have finished your course. The open dunes area does have a small adder population so please be a bit wary of where you are running; there are many small paths in that area so you should be able to see where your feet are going.</p>
<b>Saturday Evening</b>	<p>As usual...the Saturday evening is family fun time.</p> <p>A BBQ at 17.00ish at the campsite so bring all you need to join in.</p> <p>We will also be holding the usual rounders and space hopper races. So please come prepared to take part.</p> <p>Or there is the chance to enjoy a relaxing drink at the Oxwich Bay Hotel ...or if you are lucky there is the Michelin listed restaurant at .....”The Beach House”</p>

<b>Day 3</b>	<b>2 x 2 Relay - Oxwich Burrows, Gower</b>	
<b>Car Park Location:</b>	OS Grid Ref: SS501864 (nearest postcode SA3 1LS) What3words : stream.economics.pound	
<b>Travel directions:</b>		<p>A short 15 min walk from the Campsite where you can leave your car till after the event.</p> <p>Or park at the Oxwich Bay Car Park (charges apply).</p>
	<p>If you are approaching from Junction 47 of the M4 then follow A483, A484 then B4296 towards Gowerton. At Gowerton Cross turn left following B4296 signposted Dunvant. Continue on B4296 to Killay mini-roundabout and then right on A4118 towards Upper Killay. This road continues towards South Gower and the turning for Oxwich.</p> <p>Follow signs along the path running parallel to the Mash road from the car park entrance to the Event Arena. Please avoid crossing the dunes from the beach as this is part of the competition area,</p>	
<b>Terrain:</b>	Complex sand dunes; mostly very runnable terrain with some exposed sand areas. Small amounts of scrubby wooded areas and seasonal marshes. There is a complex path network and some fenced sections across the dunes.	
<b>Map:</b>	A4. 1:7500. 2.5m Contours. Version Sept 2019 updated 2022 Maps will be pre-marked	
<b>Sportident</b>	All controls will be SIAC enabled, but please punch the start and finish.	
<b>Courses:</b>	The courses have been handicapped based on age in order to make the relay more exciting. Approximate winning times for each leg is 20 minutes. Distances vary from 1.9 – 3.5km	
<b>Event Registration:</b>	<p>Entries via pre-entries app.</p> <p>Teams will be £12.00 per team. If you don't have a partner please contact the organiser and we will endeavour to match you with another runner.</p> <p>There will be NO Entry on the Day</p>	
<b>Starts:</b>	Registration at 10:30 to collect hired SI Cards Briefing at 10:50, Mass Start at 11:00 Courses close at 13:30.	
<b>Facilities:</b>	<p>Public Toilets in the beach car park and opposite the entrance to Oxwich Bay Hotel.</p> <p>Bring your own drink to the start.</p> <p>There will be a tent to leave warm clothes and belongings in-between your runs.</p>	
<b>Organiser:</b>	Ake Fagerang (SBOC)	

<b>Additional information:</b>	The area is grazed by horses so dogs are only allowed on leads.
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<b>Information for all days:</b>	
<b>Safety Information:</b>	<p>A risk assessment has been completed for each day but it should be noted that competitors take part at their own risk and are responsible for their own safety during the event.</p> <p>Competitors are reminded that they are required to report to the finish once they have started a course, whether or not they have completed the course.</p> <p><b>Adders may be found basking in the area, especially on hot days, full lower leg cover is essential. If bitten seek help immediately.</b></p> <p>If your course crosses the river please use the stepping stones and take extra care on the slippery stones</p> <p>Please check for ticks after the event and remove ASAP, keep an eye of the bite site for signs of infection. Seek medical attention if needed.</p> <p>Cattle, horses and sheep can be found on the area. Please give a wide berth and pass with care.</p> <p>Dogs should be under close control if on the area.</p> <p>Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.</p>
<b>Medical Information:</b>	<p>Any competitor with a high-risk medical condition is invited to complete a form available at the event and hand it in to Registration in a sealed envelope.</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>
<b>Personal Information:</b>	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.
<b>Cancellation or postponement</b>	For the latest information check <a href="http://www.sbo.org.uk">www.sbo.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.

<b>Weekend Camping &amp; Saturday Social:</b>	<p>The event campsite is at Oxwich Bay Campsite, along narrow lane from Oxwich Village itself. Oxwich camping park, Oxwich, Gower, SA3 1LS.</p> <p>W3W: <a href="https://punctual.fingernails.cement">punctual.fingernails.cement</a></p> <p>Website: <a href="https://richardwilliam2000.wixsite.com/oxwichcamping">https://richardwilliam2000.wixsite.com/oxwichcamping</a> Tel No : 07594 995701</p> <p>Adults/Parents are £10.00 each and children are free . Dogs are allowed (except security type dogs such as Alsations, rottweiler, Dobermans, bulldogs etc). Pay by cash or cheque.</p> <p>Let the owner you are with the orienteering event, and you will be directed to the top of the field where we will camp. Only Tents and Campervans. Large motorhomes are not able to use the site.</p> <p>You will be able to leave your car here on Sunday morning as parking for Sunday's 2x2 Relay Event at Oxwich.</p>
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[www.s boc.org.uk](http://www.s boc.org.uk)