



Swansea Bay
Orienteering Club

SBOC WINTER LEAGUE 1

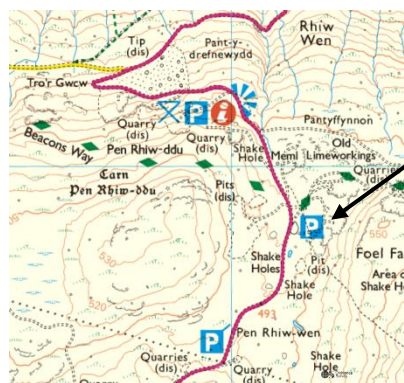
Location: *Pen Rhiw Wen, Brynamman*

Date: *Sunday 11th October 2026*

PRELIMINARY EVENT DETAILS

Location: OS Grid Ref: SN733188, Nearest postcode: SA19 9PA, W3W: ///behalf.magazines.charging

Travel directions:



Black mountain quarries Car park at the top of the A4069, Brynamman to Llangadog road.

Terrain: Runnable open fell with numerous pits and rocky features. There are areas of rocky ground and marshy areas are of mixed runability. There are old quarry workings with very large crags in the east of the area.

Map: A4. 1:10000 Red, Blue, Brown, A4. 1:7500 Green, Lt Green, A4 1:5000 Yellow & Orange 5m Contours. Maps will be pre-marked and printed on waterproof paper.
Important: Change to the use of Yellow & White on the Map
As the entire area is rough open (usually dark yellow) and there is no other mapped vegetation, rough open will be mapped as white – this makes the map clearer to read and saves a lot of ink!

Course:	Course & difficulty level	Distance (km)	Climb (m)
(Subject to final planning)	Yellow - Easy	1.8km	40m
	Orange –Medium	2.7km	90m
	Red - Medium	6.4km	295m
	Lt Green - Medium	3.3km	130m
	Green – Hard	4.0km	150m
	Blue - Hard	6.0km	190m
	Brown - Hard	8.0km	245m

Entries: Entries for members and non- members is via the SBOC website or directly through <https://www.pre-entries.com/>
Newcomers can hire SI cards through this system too.
Note: If there are no Pre-entries on the RED course, it will not be available for entries on the day. This is to save the organiser time and energy putting out controls which will not be used on the day.
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: 10:45
Starts from 11:00 – 12:00
Courses close at: 14:00

Entry Fees:	Standard entries close: Midnight on Sunday 4th October Late entries: Midnight on Friday 9th October as long as maps are available 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:	Kerina Lake – kerinalake@gmail.com
Safety Information:	• 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:	Any competitor with a high-risk medical condition is invited to contact the organiser beforehand and provide information in a sealed envelope at registration. 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.
Additional information:	<i>Dogs are allowed on leads.</i>
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