



Welsh
Orienteering
Association

British Orienteering Long Distance Championships, Carreg Goch, 28th February 2026

Welcome

On behalf of the Welsh Orienteering Association, Swansea Bay Orienteering Club welcomes you to the British Orienteering Long Distance Championships as part of the British Championships Weekend that includes the British Relay championships on the Sunday. This year the Long-Distance Championships are being run in conjunction with the Welsh Orienteering Championships making it a significant date in both the British and Welsh Orienteering calendars. This event will be a World Ranking Event (WRE).

Overview

Used on day 3 of Croeso 2024, Carreg Goch rises to 558m, this extensive area is wild and remote and showcases the best that the Bannau Brycheiniog terrain offers. It will be a real adventure, especially if we get a misty day.

Key Information

- The Arena and **Carparking is extremely restricted so please try and ensure all cars have a minimum of two people to ensure we can fit everyone in.** There are a number of places in the area to park and car share from there. We will be parking people very tightly.
- On the Friday night we will park the Overnight Campervanners close together too, to minimise the impact on the Saturday parking availability.
- Start time allocation – we have done our best to meet people's start block requests and specific start times requests, but it will not have been possible in all cases.
- The event area is high and exposed to the prevailing weather and so will be much colder than the arena. **Cagoules with hoods or hats and whistles will be compulsory.**
- Whilst we will ensure we have measures in place to ensure competitor safety, it is important that you also take full responsibility for your own safety and carry additional protective clothing. It would be useful to imagine how cold you would get in cold rain if you had to stop running due to a twisted ankle or similar.

Eligibility

To be eligible for the British Championships, an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and either (i) be a British citizen or (ii) have been a member of British Orienteering in each of the three membership years preceding the year of the competition. When entering competitors will be asked to confirm if they are eligible to be a British Champion.

To be eligible to be a Welsh Champion, an individual competitor must be a member of WOA at the date of closure of entry to the championships and also on the date that the championships are held and comply with at least one of the following criteria: (i) be born in Wales, or have one parent born in Wales; (ii) have at least one year's current permanent residence in Wales; (iii) student currently enrolled as a

part-time or full-time student at a university or college in Wales. Eligibility commences as soon as their first college term starts; (iv) student currently enrolled as a part-time or full-time student at a university or college outside of Wales if they can prove they retain a permanent home base in Wales. They must have lived in Wales for at least a year before going to college.

Trophies are awarded to winners of the highest category (Elite, Long, or A) in each age class, with medals for first, second, and third. Shadowing is not allowed on any championship classes.

Key Officials

- **SBOC Coordinator:** Niall Reynolds (SBOC)
- **Planner:** Megan Mitchell (SBOC)
- **Controller:** Alan Rosen (HH)
- **Map Maker:** Ben Mitchell (SBOC)
- **IOF event adviser:** David Rosen (SROC)

Important Safety Considerations

Due to the time of year and exposed nature of the terrain **all competitors will be required to carry a cagoule with a hood or hat and whistle**. We have included additional radio controls to track competitors' locations and progress on the courses. Safety Bearing is due East.

We will be keeping a close eye on the weather forecasts and we will ensure that, if required, competitors are made aware of any additional safety measures we will put in place. These might include:

- Requirement to carry waterproof leggings
- Requirement for hats and gloves to be carried
- Recommending carrying of mobile phone
- Allowing parents to follow juniors at a distance. (Only for safety purposes and not to assist navigation)
- Mountain rescue on standby.

In the event of severe/extreme weather and it is deemed unsafe to proceed and we have to cancel the event we will notify entrants as soon as possible via social media and email. In this circumstance we will apply the British Orienteering Cancellation and Refund policy.

Event location

The event will take place on Carreg Goch with the Car Parking and Arena located at the Dan yr Ogof Cave complex. NGR: SN841162, PostCode: SA9 1GJ, What3Words: dawn.fury.digesting.

Car parking

All car parking will be on hard standing using the cave complex car park and campsite. This is the only hard standing parking in the area and space is **very restricted** so we would encourage all competitors to car share into the site as much as possible.

There are a number of locations around the area that you can meet up to then come in single cars from there.

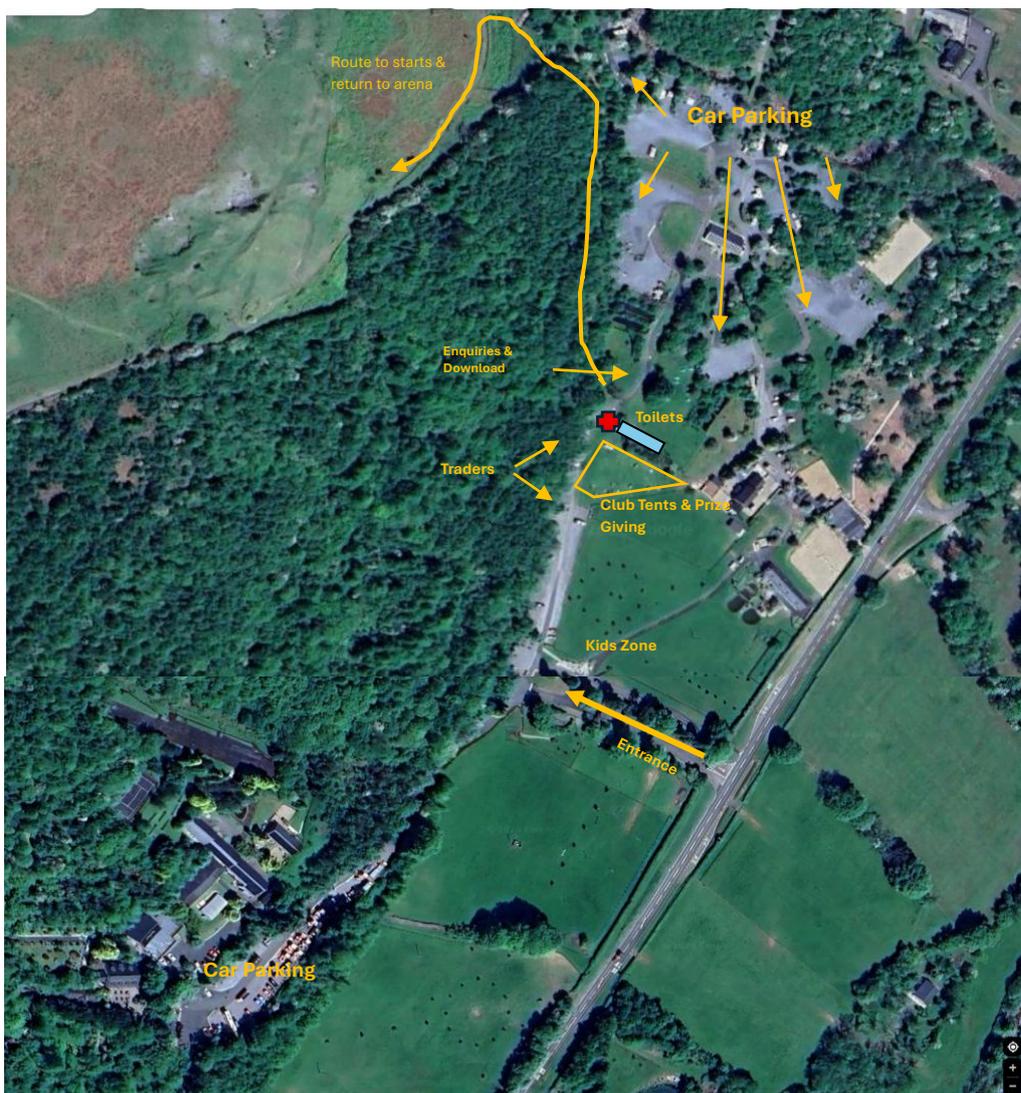
The car park involves numerous small parking places so please follow the marshals' instructions and park as tightly as possible. Please arrive by 12:00. No exits until after 12:30.

Please take care as you drive through the arena passing competitors on their way to and from the Start, Finish and Arena.

Public Transport

The T6 is an hourly bus service from Brecon to and from Swansea. It stops outside Dan yr Ogof cave complex in both directions.

Arena



The arena is within 500m of all parking. You will find Enquiries, Download, Toilets, Commentary, Traders, Junior Zone and area for Club Tents here.

Urinal and Toilets will be available.

Traders confirmed: Compass Point, Podium Catering, Flynn's Coffee and S&A Grill.

Swansea Bay OC Junior Squad will also be selling cakes and hot drinks.

Junior Zone will include a String Course, Maze-O and Stone Painting.

Download and Enquiries are close to the route up to the Start/down from the Finish.

You will need to cross the track to some of the parking areas to access the route to the start, to visit Enquiries and return from Download. There will be marshals at this crossing point so please follow their instructions for your own safety and be aware of moving vehicles.

There will be a SIAC Battery Test and a kit check when you leave the Arena, please ensure you are wearing your bib and have your SI-card, compass, cagoule and whistle. **You will not be allowed to start without the mandatory kit.** Signs in the arena will advise if additional measures will be required and if so, these will also be checked.

- **Club Tents**

There will be a grassy area available in the Arena for Club Tents close to the start of the route up to the start. For individuals without a Club Tent we will provide event shelters.

- **2025 Championships trophies return**

All trophies from the 2025 British Long Championships and the 2025 Welsh Championships must be returned to Enquiries. If you hold one of these and are not attending the event please pass the trophy to someone who is attending or contact the Organiser to make arrangement for it to be transported to the event.

- **Enquiries**

Enquiries will be open from 09:00 until 15:00 in the Arena for collecting bibs, returning trophies, collection of hired SI dibbers, complaints/protest forms, merchandise collection/purchase, lost property, colour-coded entries and depositing car keys whilst competitors run.

Entry on the day (EOD) registration will close at 11.30 with last EOD starts at 12.30.

- **First Aid**

First Aid will be located in the Arena and an additional point will be located near the Pre-Start on the hill.

Bibs

Bibs must be worn by all competitors and will be available for collection near Enquiries, ordered alphabetically by surname then forename. Safety Pins will be available nearby too. Please complete the medical information form on the reverse of the bib as this could be vital in the case of emergency. Bibs must not be folded! Please report to Enquiries if you lose/forget your bib at any stage to get a replacement.

You will not be allowed to start without your bib.

Terrain

The terrain showcases the best of South Wales with an extensive hilly area of open limestone terrain. The map features a wide slope covered in shake holes, rocky details and marshy areas, and a plateau with more bare rock, crags and boulders. The terrain is open with low bilberry, heather or grass across much of the area. There are sheep and horses on the area so some of the grass is grazed. Runnability is generally good but there are some stony sections to contend with.



Map details

Drawn to ISOM2017-2 in 2024 by Ben Mitchell. Extended and updated in 2025/6
Scale: 1:15,000 / 1:10,000 / 1:7500 and Map size A3 or A4 depending on course. 5m contours.

Map Notes

- The special symbol "x" marks an airplane wreckage site.
- Sinkholes: The area contains many sinkholes of varying sizes.
- The pit symbol is used for sinkholes roughly 3–10 m in diameter. Larger sinkholes are drawn to scale with contours. Smaller pits have not been mapped.
- Distinct areas of pits and or knolls where runnability is reduced are shown as broken ground.
- Individual trees have not been mapped, although a few exist in the terrain.
- Open / Rough open land: Yellow shades have been toned down across the map to improve overall readability and contrast.
- Stony areas / boulder fields: Mapped to standard specification — where symbols are close together, the terrain is slow and difficult to cross.
- There will be a small amount of danger tape (yellow and black) used to line some rocky pits, rocky trenches and cliffs on the lower slopes.

The map from Croeso 2024 is here: <https://www.croeso.routegadget.co.uk/rg2/#3>



Courses and Winning Times

Course	Classes - Men	Classes – Women	Length (km)	Climb (m)	No, of Controls	Technical Difficulty	Map Scale	Map	Start
1	M21E (WRE)		13.9	540	25	5	1:15,000	A4	Red
2		W21E (WRE)	11.4	430	21	5	1:15,000	A4	Red
3	M20E, M18E		9.9	390	17	5	1:15,000	A4	Red
4	M21L, M35L, M40L		9.4	370	17	5	1:15,000	A4	Red
5	M45L		8.7	320	16	5	1:10,000	A3	Red
6		W18E, W20E	7.9	300	15	5	1:15,000	A4	Red
7	M50L, M20L	W35L W40L, W21L	7.5	290	14	5	1:10,000	A3	Red
8	M16A, M55L, M18L, M21S, M35S	W45L	6.8	240	13	5	1:10,000	A3	Red
9	M60L, M40S M45S	W50L, W20L	6	230	14	5	1:7,500	A3	Red
10	M65L, M20S, M50S	W18L, W21S, W35S, W40S W16A	5.6	210	12	5	1:7,500	A3	Red
11	M70L	W55L	5	200	11	5	1:7,500	A3	Red
12	M75L, M18S, M55S	W60L, W45S	4.5	180	10	5	1:7,500	A3	Red
13	M60S, M65S	W65L, W20S, W50S	4	150	9	5	1:7,500	A3	Red
14	M80L, M70S	W70L, W18S W55S, W60S	3.2	150	8	5	1:7,500	A3	Red
15	M85, M75S M80S	W75L W80L W65S W70S	2.6	100	9	5	1:7,500	A4	Red
16	M90, M95	W85, W90, W95 W80S W75S	1.6	60	7	5	1:7,500	A4	Red
17	M14A, M16B		5.2	170	16	4	1:10,000	A4	Red
18		W14A, W16B	4	160	13	4	1:10,000	A4	Red
19 [Orange]	M12A, M14B	W12A, W14B	3.3	150	11	3	1:10,000	A4	Blue
20 [Yellow]	M10A, M12B	W10A, W12B	2.6	115	11	2	1:7,500	A4	Blue
21 [White]	M10B	W10B	1.4	100	9	1	1:7,500	A4	Blue

Classes	Est. Winning Time (mins)
M/W21E	90
M/W35L, M/W40L	70
M/W45L	65
M/W50L	60
M/W55L to M/W75L	55
M/W16A, M/W80L, M/W85	50
M/W90	45
M/W14A	40
M/W12A	30
M/W10A	22

Junior Courses

There are some taped route sections on Courses 19-21, as well as some smiley faces to encourage competitors along the way and sad faces meaning "turn around".

These courses have significant climb relative to their lengths.

Start Lists

These will be available in the Pre-Start area..

Drinks

As this is a World Ranking Event, there will be water available for the courses 1 & 2 in line with the IOF rules. There will not be water at the Pre-Start area. Please consider carrying your own water (and possibly food) if you are likely to need it.

Starts

All competitors (apart from helpers) will have a Timed Start; no early starts will be permitted.

Parents with split starts will have open (punching start) and EOD entries, these will go through the late start lane. As per Late Starts process.

Officials will run quiet starts. This means they will only provide the necessary information to competitors and competitors are asked to be silent in the area.

Locations

There are 2 starts located adjacent to each other. The distance to the starts is 1.0Km and 150m of climb and the route is the same for both starts from the arena to a common 'Pre-Start' area. The mountain path is well maintained. The walk to the starts has been timed at 25 minutes for a fit 60-year-old.

The Pre-Start area is close to both starts (Blue: 50m & 10m climb, Red: 125m & 25m climb) and includes a clothing dump as well as warm up maps for Elites (WRE). You will be able to leave clothing and water here for collection on the way back from the Finish. Please take a weatherproof bag to place your clothing in (and label with your name if necessary).

Start Process

Red Start: This is for courses 1-18.

Blue start: This is for courses 19-21 inc. colour coded courses.

It is the competitors' responsibility to start at their allocated times; Remember to clear and check (SIAC test also available) when entering the correct lane at the minus 4 box for your course.

- -4 minutes: Call up, SI clear, SI check and SIAC test units

- -3 minutes: SI card check
- -2 minutes: Loose control descriptions
- -1 minute: Stand by the map box for your course
- On long beep pick up your map from the map box, check the course number and follow the taped funnel to the start flag.

Note:

- Competitors who do not follow the taped route to the start flag may be disqualified.
- Competitors on white and yellow colour coded courses are allowed to look at their map prior to the start.
- Competitors on the junior championship courses will not be allowed to look at their maps prior to starting
- No blank maps will be displayed in the start lanes.

Control Descriptions

Control Descriptions will be printed on the map and loose descriptions will be available in the start lanes (-2 minutes).

Late Starts

It is a Timed Start for all competitors including colour coded courses. If you have an open start, or are helping, please see the late start official so you can go through the late start lane and punching start.

It is the competitor's responsibility to arrive at the Pre-Start area in time for their start. If you arrive late for Call-up and we can catch you up with your allocated start time (within the -4 minutes Pre-Start window) you will be escorted by an official into the appropriate Pre-Start box and continue as normal.

If we cannot catch you up (i.e. your start time has passed > -4 minutes), you must report to the late start lane. An official will identify the next available gap between competitors on your course at a 30 second interval (non-Elites) and a 90 second interval for Elite courses 1, 2, 3, and 6. You will remain in the late start lane and an official will bring your control descriptions and map to you. You will manually punch the start unit and follow the taped funnel to the start flag.

Late starters will be timed from their original start time unless they believe they are late through the fault of the organiser. If you are late to the start and missed your start time and your lateness is the fault of the organiser then please make your case after your run at enquiries.

If you have made your case and it is upheld the start time from the SI start unit will be used as your new start time. If your case is not upheld or no case is submitted your original start time will be used to calculate your course completion time.

Finish

There is a single remote SIAC enabled Finish for all courses. From here you will return to the arena via the Pre-Start and clothing drop.

Please note that apart from Courses 1, 2, 3 and 6, maps will not be collected. For fairness, competitors are asked not to show their maps or discuss their courses with anyone yet to begin their race and take it with you back to the arena and download.

For Courses 1, 2, 3 and 6 maps can be reclaimed from Enquiries after 13:30. Please show your bib to claim the correct course map.

Download

All competitors must visit download after finishing, even if they have not completed their course. This will be in the arena after the walk back from the Finish.

Results

Available online using QR code that will be printed on the splits and we hope to have live results displayed on a TV screen next to download.

Presentations

Prize giving will commence as soon as top positions in each Class are known. Prizes will be awarded to the top 3 in the WRE classes, British Championship and Welsh Championship classes.

We will present Classes M/W90 to M/W35 first, then M/W10 to M/W16 next, and then finish with the M/W18-M/W21E classes. Please stay to give all podium athletes the support they deserve.

Rob Wood (Chair of British Orienteering) will present the Trophies to the winners of the BOC Championships and James Clemence (Chair of Welsh Orienteering) will present trophies to the Welsh Championships winners.

Key Timings

Car park opens	08:30	First starts	10:30
Enquiries open	09:00	Last starts	13:30
Last entry to Car Park	12.00	Courses close	15:30
No exit from car park till	12.30	Presentations	15:00 or before

Accident and Emergency

Nearby hospitals	Type		Location
Brecon War Memorial Hospital	Minor Injury		Brecon, LD3 7NS
Morrison Hospital	A & E		Swansea, SA6 6NL

Complaints, Protests and Appeals

Complaints about a course should be made no more than 15 minutes after the result has been published for the competitor whose result is the subject of the complaint. Complaints and Protests should be made via this link or QR code to a WhatsApp form:



<https://wa.me/447870653321?text=Complaint:%0D%0ARequired%20Action:%0D%0AFull%20Name:%0D%0ACompetitor%20or%20Team%20Official:%0D%0AFederation:%0D%0AMobile%20Number:>

If unsatisfied with the response to a Complaint, a protest should be made within 15 minutes of receiving the response. This will be considered by the Event Jury, whose decision is final. For M/W21E classes, IOF rules take precedence in case of conflict with British Orienteering Rules.

Jury

The jury for the WRE and the BOC will be:

Julie Cleary, Ronan Cleary, Philip Gristwood and chaired by David Rosen (IOF Event Adviser).

Photography

There will be photographers in the area. If you do not want your photograph published, please speak to the officials at Enquiries **before** you run so that your bib can be marked. If you have concerns regarding inappropriate or intrusive photography, please report it to any event official. No drones allowed.

Dogs

Dogs are only permitted in the car park and arena provided they are under control, on a lead and cleared up after. No dogs are allowed in the competition areas.

Acknowledgements

We are really grateful to our members and those from other clubs who volunteered to help with this event. It is a huge undertaking for a small club and without them we could not have done it. We are proud to have been given the opportunity to host the BOC2026 and to showcase all that Wales has to offer in terms of Orienteering Terrain.

Bannau Brycheiniog – for use of the area, and Craig y Nos country park and their support with transporting equipment onto the hill.

Mr Ashford Price – Dan yr Ogof Cave complex for car parking and facilities.

The Commoners on whose land we are running.

The Western Bannau Brycheiniog Mountain Rescue team for operating the drinks stations for us.