



Swansea Bay
Orienteering
Club

SBOC SUMMER LEAGUE 2

Location: Cefn Bryn EAST

Date: Wednesday 6th May 2026

EVENT DETAILS

Location: OS Grid Ref SS531887 (nearest postcode SA3 2HE), W3W (major.confetti.delighted)

Travel directions: Parking on the Eastern edge of the Hill. From Swansea take the South Gower Road (A4118) passing through Parkmill. Turn right just after passing Three Cliffs Holiday Park (at the top of the hill). Drive over the cattle grid and park in the car park. No charge for parking.



Terrain: Open moorland. Many paths and subtle features e.g. small boulders and depressions.

Map: Eg A4. 1:7500. 5m Contours. Version
Maps will be pre-marked and printed on waterproof paper.

Course:	Course & difficulty level	Distance (km)	Climb (m)
(Subject to final planning)	Yellow - Easy	1.9km	30m
	Orange –Medium	1.9km	65m
	Lt Green - Medium	4.0km	100m
	Green – Hard	4.6km	170m

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.

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: 17:15
Starts from 17:30 to 18:45
Courses close at 20:00

Entry Fees:	<p>Standard entries close on Sunday 3rd May</p> <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:	<p>Peter O’Kane</p> <p>Mobile 07980012295</p>
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:	<p><i>Dogs are allowed BUT on a lead.</i></p> <p><i>Gower Inn for Post Event Social Catch-Up</i></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