



**Welsh
Orienteering
Association**

British Orienteering Long 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.

As the start and finish are remote from the Arena it will be difficult to provide the full arena experience so we be focussed on ensuring the Orienteering experience is high quality.

Key dates

| Dates | Senior Entry Fee | Junior Entry Fee | Senior Colour Coded fee | Junior Colour Coded fee |
|---|------------------|--|-------------------------|-------------------------|
| 1 st February 2026 to 14 th February 2026 | £30 | £15 | £15 | £8 |
| Colour coded - Entry on the Day fee | - | - | £17 | £10 |
| Non-BOF member additional surcharge | £3 | £1 | £3 | £1 |
| Start lists published – 21 st February 2026 | | | | |
| Final details – 21 st February 2026 | | | | |
| WRE Bulletin 1 published – 22 November 2025. | | WRE Bulletin 2 published 7 February 2026 | | |

Entries

Enter using: <https://pre-entries.co.uk/dl/events/s/b75f6b/r/ca6IX8ctiYIzbl4peYI8>

This is for all competitors including World Ranking Event entrants. Any runner athlete on the WRE wishing to be allocated IOF Ranking points must supply their IOF Athlete number during the entry process. Elites will then be seeded according to their ranking.

There will be 5 start blocks to choose when entering but we cannot guarantee you will get the block you choose as it will depend on numbers. If you think you will be out more than 90 minutes you should choose one of the first two start blocks.

Where Parents have requested split starts the first parent will have a timed start and the second parent will have an open start time.

When you enter please let us know if you have any specific requirements medical or otherwise and we will do our best to help.

Refund Policy

If the event is curtailed or cancelled due to circumstances beyond our control, we may retain all or part of the entry fees. Competitors can request a refund only if the event itself has not been curtailed or cancelled.

Refunds for competitor cancellations are available as follows:

- Cancellations received by the final closing date (Saturday, 14th February 2026), will receive a full refund minus a 10% administration fee (90% refund).
- No refunds will be issued for cancellations requested after Saturday, 14th February 2026.

To cancel your entry, please contact the Entries Secretary.

Eligibility

Entrants must be a current member of British Orienteering or a member of an overseas IOF affiliated federation.

To be eligible to be a British Champion, 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 before entries close 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; or (ii) have at least one year's current permanent residence in Wales. Trophies are awarded to winners of the highest category (Elite, Long, or A) in each age class, with medals possible 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 we will be keeping a close eye on the weather forecasts and will ensure that, if required, competitors are made aware of any additional safety measures we will put in place. These might include:

- Additional radio controls to track competitors' locations
- Waterproof jacket with a hood and potentially waterproof leggings
- Requirement for hats and gloves to be carried
- Allowing parents to follow juniors at a distance. (Only for safety purposes and not to assist navigation)
- Mountain rescue safety on standby.
- Recommending carrying of mobile phone

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 Ogor 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.

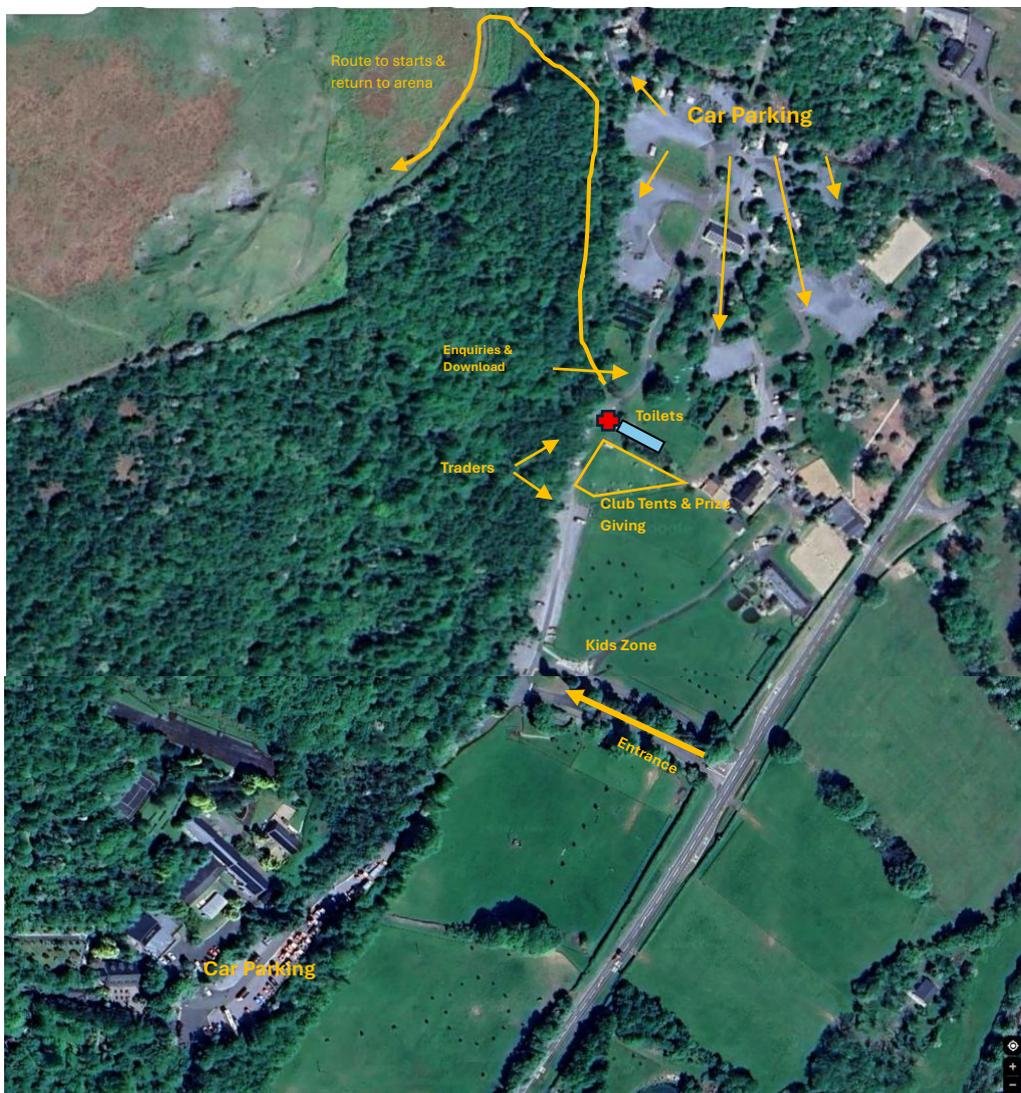
The car park involves numerous small parking places so please follow the marshals' instructions and park as tightly as possible. Please arrive by 12:00. No exits until after 12:30.

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 enquires 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.

- **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 9:00 am until 15:00 pm 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.

- **First Aid**

First Aid will be located in the arena and an additional point will be located near the pre-start area 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.



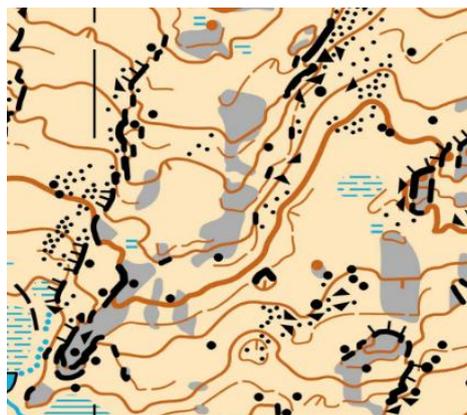
Map details

Drawn to ISOM2017-2 in 2024 by Ben Mitchell. Extended and updated in 2025

Scale: 1:15,000 / 1:10,000/ 1:7500 and Map size A3 or A4 depending on course. 5m contours.

Special Map Note - **Symbol 531 Prominent man-made feature - x** has been used to show an Airplane wreckage.

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 | A3 | Red |
| 18 | | W14A, W16B | 4 | 160 | 13 | 4 | 1:10,000 | A3 | Red |
| 19 [Orange] | M12A, M14B | W12A, W14B | 3.3 | 150 | 11 | 3 | 1:10,000 | A3 | 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 |

Start Lists

These will be produced as soon as possible after Entries close and will be posted on the British Orienteering Long Championships website. It is intended they will be provided by 21st February 2026.

Drinks

As this is a World Ranking Event, there will be water available for the elite courses in line with the IOF rules. It is unlikely that we will be able to supply water for other courses given the remote nature of the area.

Start 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 to the start 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.

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 and whistle. We will adopt a no bib, and no whistle no go policy. Signs in the arena will advise if additional measures such as carrying of waterproofs will be mandatory and if so, these will also be checked.

The pre-start area is close to both starts 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). There are no toilets at the starts.

Red Start

This is for courses 1-18.

Blue start

This is for courses 19-21 inc. colour coded courses.

Start Process

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

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 box area.

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

- -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
- -10 secs: Pick up your map from the map box and check the course number
- Start on the long beep 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 please see the late team 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 (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/90 second interval for Elite courses (1, 2, 3, and 6):

e.g. original start time 11:00, you arrive at the start at 11:10, there are competitors starting on your course at 11:12 and 11:13, you will be allowed to start at 11:12:30. 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 at 11:12:30 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.

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..

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 |

Other Information

Communications

We will set up a WhatsApp community for the event to facilitate communications between competitors and to the competitors from the Organising Team.

Accident and Emergency

There will be an emergency first aid post on the hill in the pre-start area.

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

Complaints, Protests and Appeals

We will follow the British Orienteering updated rules and guidance on Complaints, Protests and Appeals.

- In the event that you are not satisfied with an aspect of the Event, please discuss your concerns with the Day's Planner, Controller or Organiser, as appropriate, via Enquiries.
- If this does not resolve the issue then a formal complaint should be registered in writing with the Organiser via Enquiries. A complaint about a course should be made as soon as possible after finishing, and at the latest within 15 minutes of the course closing time.
- If the complainant is not satisfied with the Organiser's response, a written protest should be made at Enquiries within 10 minutes of receiving the response. This will be considered by the Event Jury, whose decision is final.
- For M/W2IE classes, where there is conflict between the IOF and British Orienteering rules, the IOF rules take precedence for all other classes the BO rules apply.

Jury

The jury for this event will be:

TBC

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. As most of the areas have sheep and horses roaming, no dogs are allowed in the competition areas.

Accommodation

There are many options for accommodation in and around the area.

www.breconbeacons.org is a website with many options.

Additionally close to the event location are the;

<https://www.pentreridingstables.com/stay-with-us.html>

and

<https://www.craigynoscastle.com/>

If bringing your campervan/motorhome it might be possible to stay in the car park on the Friday and Saturday night. Please request a place when entering, Places will be limited and there is a fee of £10.00 per unit per night.

Acknowledgements

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.

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