



Swansea Bay
Orienteering Club

SBOC SUMMER LEAGUE 8

Location: *GRAIG FAWR*

Date: *Wednesday 15th JULY 2026*

EVENT DETAILS

Location:	OS Grid Ref: SS799864 (nearest postcode: SA13 2TA) W3W: scorched.cubed.wishes		
Travel directions:	From M4 Junction 38 take the A48 road towards Pyle. Take the first turning left (approximately 135m from junction 38), sign posted for Margam Stones Museum and Margam Abbey. Parking: there is a small car park (about 5 cars) adjacent to Graig Fawr Woods additional parking is available along the road leading towards the car park and 300m further along the lane by Furzemill Pond		
Terrain:	Steep wooded slope with contour and rock detail. There are areas of dense undergrowth limit runnability at this time of year. Limited paths so Yellow and Orange a bit shorter than usual.		
Map:	A4. 1:7500 5m Contours. Version 2016		
Course:	Course & difficulty level	Distance (km)	Climb (m)
	Yellow - Easy	1.3	60
	Orange - Easy-Medium	1.5	75
	Lt Green - Medium	2.8	150
	Green – Hard	3.4	210
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.		
Registration and Starts:	Registration from: 17:30 Starts from 17:30 to 18:30 Courses close at 19:30		
Entry Fees:	Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors / Students £3.00 SBOC Juniors – Free Please make appropriate payment when entering the event online.		
Organiser:	Ben Mitchell benmitchell1@live.com Mobile: 07547108884		

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. • Safety bearing South (Downhill)
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:	
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