



Swansea Bay
Orienteering Club

SBOC WINTER LEAGUE 1

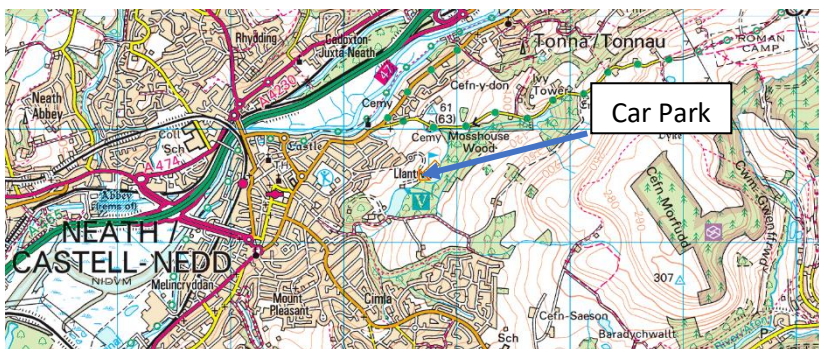
Location: Gnoll Country Park, Neath

Date: Saturday 11 October 2025

EVENT DETAILS

Location:

Postcode: SA11 3BS, NGR: SS766975, W3W : couch.update.horn

**Travel
directions:**

Car park in the park. £3.50 up to 4 hrs, £4.50 all day.

Terrain:

A mix of open grassland and woods. There is a complex path network and streams, least providing water features along with lakes and ponds. To add to the complexity there is a ruined castle that will provide complex navigating. Off the path most of the woodland is thick with undergrowth and is not passable.

Map:

A4 1:10,000.
Updated in 2025.

Course:

45 mins score
10 points per control
5 points penalty per every minute or part minute over time.

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..

**Registration
and Starts:**

Registration from: 13:30
Mass Start at 14.00 or 14.30 ish.
Courses close at 15:30

Entry Fees:

Standard entries close
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:

Niall Reynolds (07969199576)

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. <ul style="list-style-type: none"> - Paths are rough in places, take care near water features. • 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:	This event will follow on immediately after the British Schols Score Championships with an expected start around 14.00-14.30
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