SWOC Local Event
28/11/2026
Park Wood, Dinas Powys

Organiser	Tom Foord - 07766605827
Location	**Park Wood, Dinas Powys** **Registration/start/finish location:** OS grid ref: ST 151 720 What3words: ///rocky.goods.deny **Signposted/flagged route to registration** from junction of Pen-y-Turnpike Road and Millbrook Road in Dinas Powys OS grid ref: ST 154 716 What3words: ///ground.normal.proven **Ample parking available** on public roads/residential streets off Pen-y-Turnpike Road/Mill Road/Millbrook Road in Dinas Powys.
Event type / Area description	Local event **Park Wood** is an attractive area just a short (500m) walk from the village of Dinas Powys, easily accessible from Cardiff and surrounding areas. The terrain consists of deciduous woodland and open areas with a good path network throughout. The longer courses will encounter some steep slopes with significant climb, while the shorter courses have been designed to stay on easier ground in the valleys. All courses have been designed to avoid the major crags in the area, as well as the worst of the undergrowth (although some is likely to be encountered on the longer courses).
Entries	Entries online only via Fabian4. There may be entries on the day, subject to map availability. Maps only guaranteed by pre-entry before 22/11/2026.
Courses	**Blue** (hard) – 5.1km – 230m climb **Green** (hard) – 4.0km – 180m climb **Light Green** (medium/hard) – 2.9km – 130m climb **Orange** (easy) – 2.5km – 70m climb

	Yellow (easy) – 1.8km – 30m climb
Starts	11:00 – 12:30 If you are new to the sport and want some initial coaching please arrive early and someone will be there to show you the basics.
Cost	**Blue / Green / Light Green courses**: Seniors £7 Juniors £3 Non-member supplements +£1/+£3 **Orange / Yellow courses:** Seniors £4 Juniors £3 Non-member supplement +£1/+£2 **Free runs for SWOC Junior members** **Si Hire** £1 Seniors (Free Juniors) **Extra maps** for pairs / family groups going round together £1