Swansea Bay Orienteering Club

SBOC SUMMER LEAGUE 5

Location: *MERTHYR MAWR WEST*

Date: *Wednesday 4th JUNE 2025*

EVENT DETAILS

Location:	OS Grid Ref: SS837770 (nearest postcode - CF36 5NF) W3W: cheek.wreck.ripples
Travel directions:	From Swansea take M4 east. Come off the motorway at Junction 37 Pyle. At the roundabout take the third exit A4229 towards Porthcawl. At the third roundabout take the first exit, Newton Nottage Road, A4106 towards Newton. At the next roundabout take the third exit Bridgend Road. Take the third road on the right Clevis Crescent that becomes Clevis Hill. Go straight on at the crossroads and along Beach Road. Turn left just before Newton Beach, signposted Newton Beach Car Park. Pub of the night after your run is the Ancient Briton, return up Beach Road, turn left at the crossroads, then first right onto Pine Close for the car park.
Car parking:	Parking available at newton Beach Car Park at a charge of £3 for 2 hours, £6 for 4 hours and £9 for 8 hours. ***Car Parking time starts as soon as you enter the car park, not from when you pay for your parking!*** There may be some free street parking available on Beach Road, but do not obstruct homeowners access to their property.
Terrain:	Complex vegetated sand-dune system with mounds of gravel towards the beach (remains of former sand and gravel works). The area is crossed by several marked and unmarked paths. There are marked fences on the map, please use the crossing points to cross any fences. There is thick knee-high vegetation in places and full leg cover is recommended.
Map:	A4. 1:7,500 2.5m contours, version 2021. Maps will be pre-printed with separate control descriptions available.

Courses:

Course & difficulty level	Distance (km)	Climb (m)
Yellow - Easy	1.7	20
Orange – Easy/Medium	2.6	25
Light Green - Medium	3.2	30
Green – Hard	4.0	50

Event Registration and Start:	Registration will be at Newton Beach Car Park (directions as above). Registration opens at 17:30. Control descriptions and hire SI cards (dibbers) will be available and car keys can be left. Start from 17:30 to 18:45. Maps will be given at the start. There is a punching start. Download after your run at registration. Courses close at 20:00.
Entry Fees:	Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors/Students: £3.00 SBOC Juniors: £1.50 Please pre-enter this event online via pre-entries. There will be limited entry on the day subject to map availability.
Organiser:	Sarah Jenkins sarahjenkins74@outlook.com Mobile: 07511 585 687

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 adders in the area. If spotted stay away. If bitten medical attention should be sought immediately. • 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. • A specific hazard for this area is the abundant rabbit holes that are a significant trip hazard and sometimes difficult to spot under dense vegetation – take care. • Safety bearing, head south to reach the beach and then west along the beach to the start/finish/registration area.
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:	***Dogs allowed but must be kept under strict control.***
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.sboc.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.