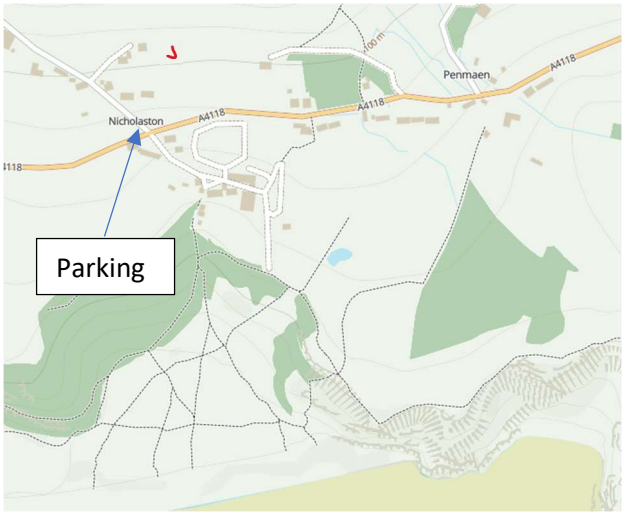
Swansea Bay Orienteering Club

SBOC Summer League #8

Nicholaston Burrows

Wednesday 2 July 2025

EVENT DETAILS			
Location:	NGR: SS523883, Post Code: SA3 2HL, ///takers.flickers.cornfield		
Travel directions:	 Parking is in the field just North West of the cross roads in Nicholaston on the A4118 from Swansea, just past Penmaen.		
Terrain:	Complex sand dunes and wooded slopes, some spiky undergrowth in areas. Full leg cover is recommended.		
Map:	2015 map Pre-printed at a scale of 1:7500		
Course: **(Subject to final planning)**	**Course**	**Distance (km)**	**Climb (m)**
	Yellow – Easy	1.5	
	Orange – Easy / Medium	2.6	
	Lt Green – Medium	3.2	
	Green - Hard	4.0	
Entry:	Entries for members and non- members is via Pre-Entries which can be found on the SBOC website https://www.sboc.org.uk/events Click on “Enter Here” for each event. Newcomers can hire SI cards through this. Entry on the day (subject to map availability) – Payment by Card or Cash		
Registration:	Can be found in the car park. Club flag will be flying.		
Starts:	17:30 to 18:45 Courses close at 20:00		

Entry Fees:	Seniors: British Orienteering members £6.00. Non-members: £9.00 Juniors / Students £3.00. Non-members: £4 SBOC Juniors – Free
Organiser:	Edward Parsons, 07703 579 450, edward.parsons295@gmail.com
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, do not approach. If bitten, seek medical attention immediately. There may be ticks in the area. Please check after your run, and remove immediately. A leaflet about ticks may be found at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf 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:	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:	All competitors are expected to adhere to the Welsh Orienteering Code of Conduct that can be found here. Dogs are allowed.
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.