Swansea Bay Orienteering Club

Welsh League and SBOC Winter League 9

Location: Pen Rhiw Wen

Date: Sat 22 March 2025

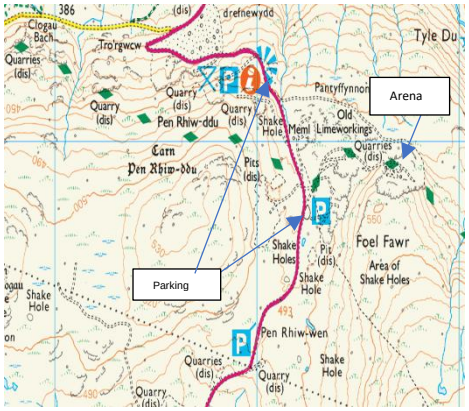
EVENT DETAILS

Location:

Parking: NGR: SN732187 Nearest postcode: SA19 9PA W3W: transmits.thrilled.detriment

Arena: NGR: SN737189 W3W: hounded.meanders.spirit

Travel directions:



From the North – Take the A4069 towards Brynamman, car park is the second on the left after the sharp left hand bend, before you reach the summit.

From the South – Take the A4069 towards Llangadog, car park is on the right after you have begun your descent.

Additional parking is available to the north on the way down the hill.

Arena with registration & enquiries is 700m to north east along the Quarry road.

Terrain:

Open fell used on Day 4 of Croeso 2024. Rocky in places with numerous pits and depressions. There is an old quarry at the North end of the map and paths are few and far between away from here

Map:

A3. 1:10000. 5m Contours. Version 2024. Maps will be pre-marked on waterproof paper

Course:

(Subject to final planning and environmental constraints)

Course & difficulty level	Distance (km)	Climb (m)
Yellow - Easy	1.6	50
Orange –Medium	2.4	60
Lt Green - Medium	3.5	100
Green – Hard	4.5	135
Blue - Hard	6.1	180
Brown - Hard	8.1	250

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.

Registration and Starts:

Registration from: 10:30am Starts from 11.00 to 13.00 Courses close at 15:30

Start is 350m to east of Arena along small path.

Entry Fees:

Standard entries close 23.59 on 16 March 2025

Seniors: British Orienteering members £10.00. Non-members: £13.00

Juniors / Students £5.00 Non BOF juniors £6.00

SBOC Juniors – £1.50

Late Entries close 23:59 on 19 March 2025 and will be subject to £2.00 late entry fee.

Entry on the Day will be subject to map availability and will incur £2.00 late entry fee.

Organiser/ Planner:	Margaret Reynolds. [mn.reynolds@outlook.com or 07814527342]
Controller:	Niall Reynolds
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. The following are the key risks to be aware of: ▪ Inclement weather on high ground – Cagoules and whistles may be compulsory ▪ Crags and steep cliffs – courses designed to avoid these but do take care if your route takes you close to these ▪ Stony ground – take care when crossing to avoid injury ▪ Marshes and streams – take care when crossing • 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:	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 are allowed in car park and arena under close control or on lead if not. Dogs are not allowed on the courses due to presence of sheep. No toilets at event but there are toilets at the Black Mountain Centre in Brynamman where you can also get coffee and other goodies on your way to the event. Please be aware that ground nesting birds frequent the area and will be looking for nesting sites. Please avoid disturbing these wherever possible.
Acknowledgements	We are very grateful to the Bannau Brycheiniog National Park staff for their support for this event.
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.

www.sboc.org.uk

COACHING OPPORTUNITY
Alongside this event, the Welsh Juniors will be having a coaching session starting at 10.00 and finishing at 12.00 to the west of the road and using the quarry areas opposite to the parking. This coaching will be open to all but please register using pre-entries option so that enough maps can be made available.