Swansea Bay
Orienteering Club

MapRun #2

Llanelli

Wednesday 11th November 2026

EVENT DETAILS

You have 60 minutes, and a map with 30 checkpoints to visit. Your goal is to score points by visiting checkpoints. Score as many points as you can, and get back to the start within the time limit.

You can choose which checkpoints to visit, in any order, via any route. Speed is an advantage, but the fastest runner won't necessarily come out on top. It'll take smart planning to find the shortest route worth the most points.

Download the MapRun app to your phone to use as your timing chip and record your checkpoint visits, load the event using the app. We will provide you with the specially prepared map at the start.

Registration from 6.00pm with a Mass start at 6.30pm, there will be a briefing from the organiser at 6.25pm however if you are new to MapRun, we recommend arriving early to ask any questions.

ENTRIES: **FREE** but please register via Pre-entries: https://pre-entries.com so we know how many maps to print. Map availability on the night on a first come first serve basis.

BRING – phone, pen and colourful clothing – be seen be safe, waterproof in case the weather is grim. Some paths may be muddy and slippery.

You will need a smartphone with the MapRun app installed, this is best done at home.

It is also easier to download the event onto your phone, and watch if it is compatible, at home too. All these events will be named SBOC MapRun and then the location. All you have to do on the day is identify yourself to the organiser or register if Entering On the Day, collect your map and start.

There is a guide to using MapRun here.

SAFETY- You take part at your own risk, you will be running/walking on public streets/paths with traffic. You MUST use crossing points where available to cross roads and stop, look and listen! Please be mindful of personal space/social distancing particularly at the start/finish of your run.

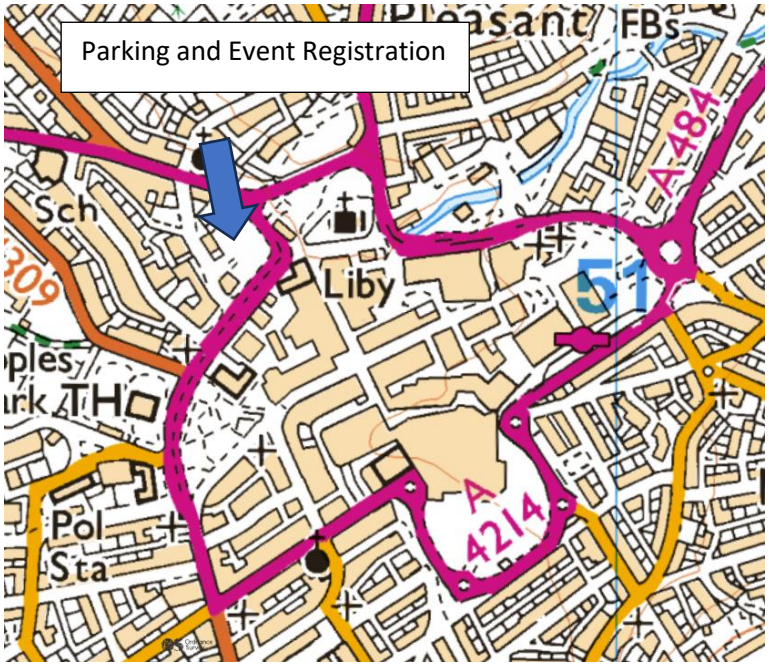
JUNIORS – Due to the urban nature of these events, **ALL** under 16's must be accompanied by an adult.

ACCESSIBILITY – We have previously had competitors enjoy these events using wheelchair/mobility scooter. Send us a message in advance and we can provide an annotated map with key obstacles (stairs/narrow gates) highlighted.

Upcoming MapRun Event Dates:

11th November – Llanelli	17th February – Bryncoch
9th December – Port Tennant	17th March – Llangfelach
13th January – Ystradgynlais	14nd April – Dunvant

IMPORTANT – Non-members are **not insured** under British Orienteering's public liability policy. By entering this event, you acknowledge that you are **participating at your own risk.**

MapRun #2	Llanelli	
Location:	NGR: SN505005 , Post Code: : ///comet.copper.verse	
Travel directions:	Parking Church Street Pay and Display car park, free after 6 pm.  	
Terrain:	Urban setting including parkland, housing estates and industrial areas.	
Map:	2022 Pre-printed at a scale of 1: 7500	
Courses:	**Course**	**Controls**
	1 Hr Score	30 controls with varying point values between 10 and 30
Registration and Start	In car park – Open from 18:00 Mass start at 18:30	
Detailed instructions:	You have 60 minutes, and a map with 30 checkpoints to visit. Your goal: to score points by visiting checkpoints. Score as many points as you can, and get back to the start within the time limit. You can choose which checkpoints to visit, in any order, via any route. Checkpoints are mixture of road junctions and path junctions and have between 10 and 30 points awarded. Penalties for being late back are 10pts per minute !!! The event is timed and checkpoint visits recorded using the MapRun app. Download the app and the event and read the detail user guide, but we can help you start.	
Entry Fees:	FREE – but please register in advance if possible so we can print enough maps at https://pre-entries.com Registering on the Day will be accepted provided there are enough maps – available on a first come first serve basis.	
Post Event Social:	The Thomas Arms ? ///	
Officials:	Organiser: Mike Dobbs	

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. You will need to bring a head torch and due to the urban nature of the event, we ask that you wear reflective or high visibility clothing. This is an urban setting, please take care when crossing roads and be aware of vehicles exiting driveways. Busy roads will be marked as Out Of Bounds, you must obey Cagoules may be compulsory if the weather is inclement. Competitors are reminded they are required to report to the finish 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.
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.