Swansea Bay Orienteering Club

Enter Event name and type: *SBOC SUMMER LEAGUE 6*

Location: *Pembrey Country Park*

Date: *Wednesday 11th June 2025*

EVENT DETAILS

Location:	OS Grid Ref. SN4057300489 W3W: finishing.crucially.frames nearest postcode: SA16 OEJ
Travel directions:	Drive to Pembrey village from Llanelli or Carmarthen via the A484 and follow the brown signs to the Country Park. The event will be signed once inside the park after the gate. Parking fees apply, pay before you leave with card or cash at the paypoint near to the event assembly area.
Terrain:	Parkland with a small area of sand dunes and some forest which is generally very brambly. Courses have been planned to avoid the nasty vegetation so expect fast running on paths and grassland for most of the time and cunning route choice being key rather than technical navigation!
Map:	A4. 1:7,500 2.5m Contours. Maps will be pre-marked and printed on waterproof paper.

Courses: (Subject to final planning)

Course & difficulty level	Distance (km)	
Yellow	1.9 km	Follows a series of paths in and out of the woods, mostly flat and suitable for beginners
Orange	2.6 km	Mainly on paths with more route choice options and longer legs between controls compared to Yellow
Light Green	3.2 km	A bit more technical with a few small hills. Controls will be less obvious and good route choices will help.
Green	4.3 km	Some long legs and a few tricky controls but this is likely to feel less technically demanding than the average green. The challenge will be fast running while planning routes and keeping track of all the paths that you will be crossing.

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.
Registration and Starts:	Registration from: 17:00 at the car parking area near the café. Starts from 17:15 to 19:00 (The start and finish are within 200m of parking/registration Courses close at 20:00
Entry Fees:	Adult BOF members £6.00, non-members £9.00 SBOC Juniors £1.50, BOF Juniors £3.00, non-member juniors £4.00 Student BOF members £3.00, student non-members £4.00

Organiser:	Steve Quinton 07510684238 steveqpembs@googlemail.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. • 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. • Specific hazards include minor road crossings on all courses, possible dogs or horses in the area, uneven terrain, thorny vegetation and rabbit holes. • Whistles are mandatory • There are numerous roads and paths and some signposts in the park. Follow signs to the café/restaurant or campsite to get back to registration if you get lost.
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.*
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.