Swansea Bay Orienteering Club
www.sboc.org.uk

SBOC SUMMER LEAGUE 7

Pembrey Country Park

Wednesday 26th June 2024

EVENT DETAILS

Location:	OS Grid Ref (Country Park Entrance) SN411006 (nearest postcode: SA16 0EJ) W3W: blueberry.crackled.jolt
Travel directions:	Follow signs for Pembrey Country Park on the A484 Kidwelly/Llanelli road. Turn off is in the village of Pembrey. An entrance fee is payable within the park (£4.50 up to 2 hours or £8.00 all day – payment machines are located within the park) **Parking**: the specific parking site to be used within the Country Park will be added to the details in the week prior to the event.
Terrain:	Very mixed parkland terrain – includes flat runnable grassland and patches of woodland, many with thick undergrowth. Some courses will cover small patches of dunes.
Map:	1:10,000 2.5m Contours. Version 2019, minor updates 2024 A4 waterproof paper. Maps will be pre-marked.

Courses: (Subject to final planning)

Course & difficulty level	Distance (km)	Climb (m)
Yellow - Easy	2.4	60
Orange –Medium	3.2	80
Light Green – Medium/Hard	3.6	90
Green – Hard	4.4	110

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: 17.30 Starts from 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 SBOC Juniors – Free Please make appropriate payment when entering the event on-line For entries on the day, payment may be made at the event using contactless card system.
Organiser:	Roger Stein rogerstein@btinternet.com 07777632222

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. • Runners (and drivers) should take care as vehicles have access to a variety of parking areas along the park road system, which will be crossed in several places by competitors. • 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:	As the area is used for livestock, dogs permitted on leads only.
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.