



British Orienteering Long Distance Championships 2026

World Ranking Event – Bulletin 1

Swansea Bay Orienteering Club (SBOC), on behalf of the Welsh Orienteering Association, welcomes you to the British Orienteering Long Distance Championships in Carreg Goch, Bannau Brycheiniog, Wales, as part of the British Championships Weekend (Long on Saturday, Relay on Sunday).

This year the Long Distance Championships are being run in conjunction with the Welsh Orienteering Championships. The event is a World Ranking Event (WRE) for M21E and W21E.

Website

<https://www.theboc.org.uk>

Date

Saturday 28 February 2026

Competition Format

Long distance competition with 3-minute interval start.

Start lists for M21E and W21E will be ordered according to IOF World Ranking rules based on the IOF World Rankings published on Monday 23 February 2026 (thus including any results up to the weekend of 21/22 February). Highest ranked competitors start last. Competitors with no IOF World Ranking will start before ranked competitors, ordered by British Orienteering ranking.

Location

[Carreg Goch, Bannau Brycheiniog National Park, Wales.](#)

Parking and arena at Dan yr Ogof National Showcaves Centre (NGR SN 841162, postcode SA9 1GJ, what3words dawn.fury.digesting).



Travel

No transport to or from the competition is provided by the organisers.

- By air – Nearest major airports: Cardiff (approx. 50 miles), Bristol (approx. 80 miles).
- By rail – Nearest stations with good connections are Swansea or Neath, then T6 bus.
- By bus – The T6 bus (Brecon – Swansea) stops directly outside Dan yr Ogof on the A4067. It runs hourly on Saturdays.
- By car – Follow signs to Dan yr Ogof National Showcaves Centre. Parking is on hard standing. Car sharing is strongly encouraged.

The start and finish are remote from the arena. Full details of the route to the start (walking) and from the finish will be given in Bulletin 2.

Officials

- Organising club: Swansea Bay Orienteering Club (SBOC)
- Event coordinator: Niall Reynolds (SBOC)
- Planner: Megan Mitchell (SBOC)
- Controller: Alan Rosen (HH)
- IOF Event Adviser: David Rosen (SROC)
- Map maker: Ben Mitchell (SBOC)

Entries & enquiries

Entries: [Pre-entries](#)

Enquiries: BOCenquiries@britishorienteering.org.uk

Classes

Full range of British Championship classes plus colour-coded courses.

WRE classes: M21E and W21E (IOF ID required).

Eligibility

The British Long Distance Championships are open to members of British Orienteering and to members of overseas IOF-affiliated federations.

British Champion title

You must be a member of British Orienteering on 27 February 2026 and either (i) a British citizen or (ii) have been a member in each of the three membership years 2023, 2024 and 2025.

Welsh Champion title

You must be a member of the Welsh Orienteering Association on 27 February 2026 and have been a member in each of the three membership years 2023, 2024 and 2025. Welsh Championship courses are the Elite courses or the A (long) courses in each age class.

Separate results will be produced for British-eligible competitors and for the full WRE field. If the top three in the WRE includes non-British-eligible athletes, a separate WRE prize-giving will be held.

Embargoed area

The competition area [Carreg Goch](#) is embargoed for all potential competitors until after the event. The area was previously used for Day 3 of Croeso 2024 (map and results available on the [Croeso 2024 Routegadget page](#)).

Entry fees and closing dates

All entries (including WRE) must be made online via the link above.
Entries close at midnight on 14 February 2026.

- On or before 30 November 2025: £26
- On or before 31 January 2026: £28
- On or before 14 February 2026: £30

Map

1:15 000, 5 m contours, ISOM 2017-2, surveyed 2024–2025 by Ben Mitchell.
The map has been extended for this event.

Expected winning time

88–92 minutes for both M21E and W21E (average of first three finishers).

Start times (provisional)

First start ~10:30, last start ~14:00 (exact times in Bulletin 2).

Timing & punching

SPORTident (Air+ enabled). Backup pin punches at all controls.

Competition clothing

Full leg cover must be worn. Studded/dobbed shoes recommended.

Refreshments on course

Only two drink stations on the elite courses.

Prizes

British and Welsh Champions receive trophies/medals. WRE prizes will be confirmed in Bulletin 2.

Accommodation and food

No accommodation or catering included in the entry.

Traders on site: CompassPoint, Podium Catering, Flynnns Coffee, S&A Grill, and SBOC Junior Squad cakes/hot drinks.

Visas

Check requirements: <https://www.gov.uk/check-uk-visa>

Apply: <https://www.gov.uk/apply-to-come-to-the-uk>

Terrain

Open mountain rising to 558 m. Physically demanding with complex contour and rock detail. A classic Bannau Brycheiniog mountain experience. Previously used for Croeso 2024 Day 3.

Weather (late February)

Typically 2–8 °C, often windy, with frequent rain, low cloud or mist. Snow possible on higher ground. Compulsory kit (minimum: waterproof jacket with hood; possibly also waterproof trousers, hat and gloves) may be enforced depending on the forecast.

Key Dates

- Start lists published: 21 February 2026
- Bulletin 2 & final details: early February 2026 (at least three weeks before the event)

Training opportunities

No formal training. For advice on suitable training areas and maps in South Wales before the event, please contact the event coordinator.