

BERKSHIRE ORIENTEERS

Invite you to join us for:

Local Forest event

on **Saturday 7th March 2026**

in the Swinley East forest in Ascot Bracknell

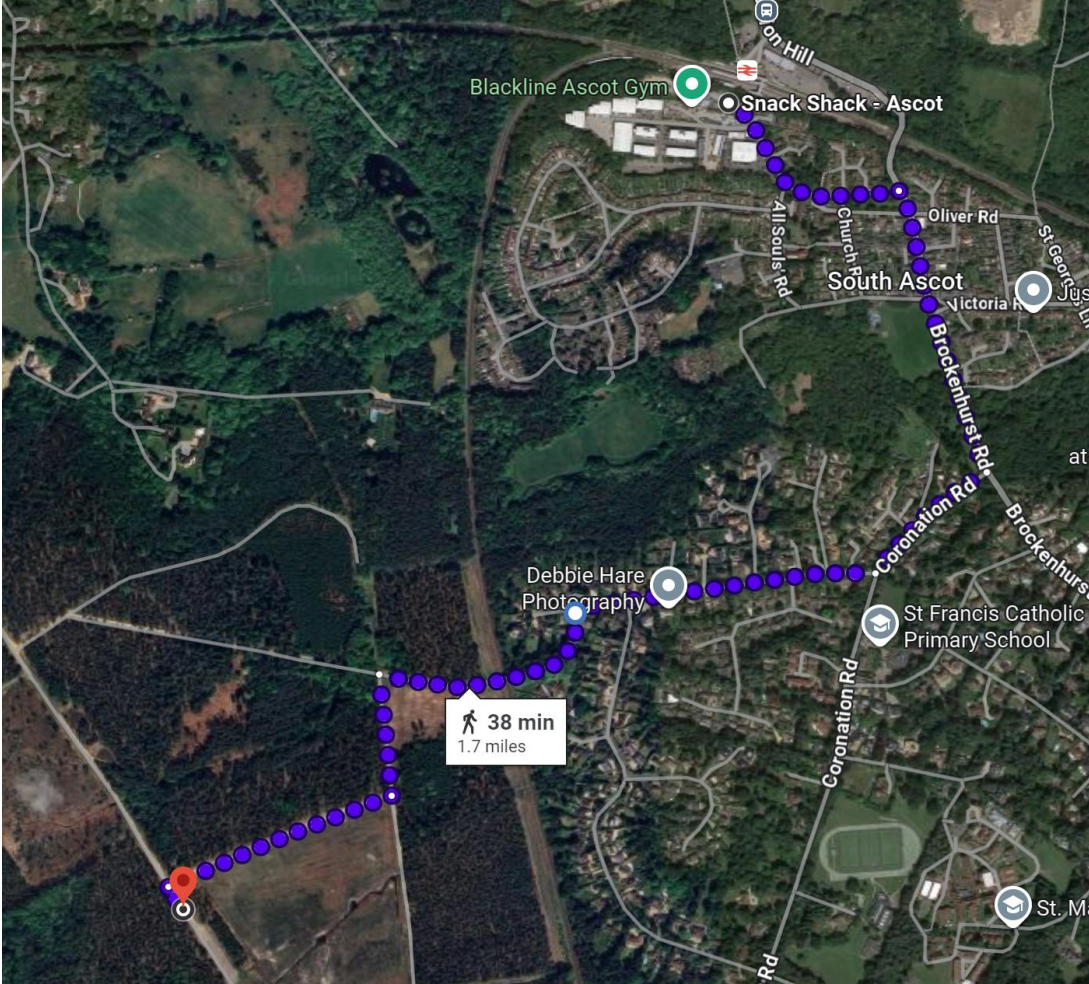
[Sign up to Berkshire Orienteers, Swinley East \(Buttersteep\)](#)

Event Final Details (Version 1, March 5th)

Summary	<p>Location</p> <p>Signposted from the A332 Swinley Road at GR SU904657, post code SL5 8AX, What 3 Words ///grid.loved.guard.</p> <p>Drive (or cycle) slowly and take care when driving along the forest road to the Car Par. Our future permission to use the area is dependent on us driving slowly.</p> <p>For public transport you can get the train to Ascot and then cycle or walk to the assembly. From Ascot station take a 1.7 miles route through South Ascot, cross the railway bridge off Woodlands Ride and use forest rides to get to Assembly at ///view.puppy.rival.</p> <p>Timings:</p> <p>Enquiries and SIAC collection from 10:15. All participants must be back and have downloaded by 13:30</p> <p>Start times:</p> <p>Between 10:30-12:00. No pre-allocated start time. Just show up at the start and go for your run.</p> <p>Equipment:</p> <p>This event takes place in forest - full leg and torso cover is required. Spare compasses available at registration.</p> <p>Toilets and drinking water:</p> <p>No toilets or drinking water provided at the event.</p>
----------------	--

<p>Location</p>	<p>Signposted from the A332 Swinley Road at GR SU904657, post code SL5 8AX, What 3 Words ///grid.loved.guard.</p> <p>Drive slowly when entering and leaving the forest area. The car park will be along a wide forest ride. Follow instructions from car park marshals.</p> <p>Public transport: Ascot Station is a level 1.7 miles walk/cycle route through South Ascot, cross the railway bridge off Woodlands Ride and use forest rides to get to Assembly at ///view.puppy.rival. Note, this route is different from the access route for cars and will take you through the competition area.</p>
<p>Safety</p>	<p>Competitors are responsible for their own personal safety.</p> <p>There are no road crossings for any of the courses. Take care when parking and leaving by car as runners will pass car park when walking to start and coming back from finishing their run. There are some water features with steep banks that are difficult to get out of but the planner has designed the courses to avoid them.</p> <p>The area is popular with dog walkers. There will be people around who are not aware of our event. Please show consideration and take care.</p> <p>Cycling is normally not allowed in the forest with signs at entrances stating 'no cycling'. We have an exemption from Crown Estate to allow cycling to and from assembly only.</p> <p>The weather forecast looks like dry and good temperature for running (i.e not too warm). However, make sure you hydrate before and after your run. We will not provide water at the event.</p> <p>Download on finishing, even if you retired early, so we know you are not in the Forest.</p> <p>First Aid kit available at assembly. Report to First Aid or to any member of the Event team in the event you are injured. Emergency number to organiser is printed on the map. Nearest A&E is Frimley Park hospital 8 miles away. For smaller injuries, the Bracknell Urgent Care centre is 4 miles away. Maps to A&E and Urgent Care centre are available at enquiries tent at assembly.</p>
<p>Health</p>	<p>If you have a pre-existing medical condition that could be relevant for the event team, you are advised to place details in a sealed envelope with your name and "Medical condition information" clearly written on the envelope. Hand to Registration. The envelope will be destroyed unopened after the event.</p>

Late change to event	The event team will monitor weather forecast and will communicate any late changes via e-mail and event website on Racesignup. Check before setting out.			
Courses	Course	Controls	Distance (straight route)	Climb
	Yellow	10	2.6 km	45 m
	Orange	10	3.6 km	55 m
	Red	13	4.1 km	60 m
	Light Green	15	4.4 km	70 m
	Short Green	12	3.6 km	55 m
	Short Blue	17	5.3 km	105 m
Times	<p>Dibber (SIAC) collection from 10:15 – 11:55</p> <p>Starts from 10:30-12:00</p> <p>Finish by 13:30</p>			
Start & Finish and competition area	<p>Start and Finish are both located within 200 metres of assembly and car park.</p> <p>Controls will be SIAC (touch free) enabled but competitor must punch the start and finish controls.</p> <p>Out of Bounds: Out of bounds areas are marked on the map.</p>			
Courses close	Courses close at 13:30. Download even if you do not complete the course, so we know you are back from your run.			
Facilities	<p>For those arriving by bike/walk you can leave your bag with change of clothes at the registration gazebo at assembly. First Aid kit will be in the Assembly area.</p> <p>No water, no toilets.</p>			
Dogs	Allowed on lead/under control at car park but not loose while running in forest.			
Map	A4 size, scale 1:1000 with 5m contours for all courses. Descriptions on the front of the map only. There will be no loose control descriptions.			

Terrain	<p>Swinley East is a flat and fast area of mixed terrain with a distinct network of forest rides and paths. The area is a commercial forest operated by Crown Estates with separate blocks of runnable forest, felled area and new plantation. Bracken is a significant feature of Swinley Forest. But at the beginning of March it is expected to have only little impact on fine navigation and running speed. Within the individual blocks of terrain there are a variety of point features to challenge your fine orienteering skills.</p>		
Contact to Event team	<p>If you need to make an inquiry before the event, please e-mail events@bko.org.uk.</p> <p>During the event, Contact the Organiser or one of the Event team in the area around Assembly.</p>		
Access route from Ascot Station			
Officials		Name	Contact
	Organisers	Bo Oqvist	events@bko.org.uk
	Planner	Rob Mullens	