



SOUTHDOWNS ORIENTEERS

Sunny Sussex Weekend



Friston Forest Long Distance National Event

Sunday 10th May 2026

Southdowns Orienteers welcome you to Friston Forest. We are grateful to Forestry England and Mr. Stephen Carr for permission to use the area.

Officials

Planner: Chris Hooker (SO)
Organiser: Samantha Gibson (SO) on the day 07824 552628
Controller: Andrew Evans (DFOK)

Location

Friston Forest, Jevington, East Sussex nearest postcode: BN26 5QN.



Car Parking

TQ 560007 What3words ///puzzle.name.dots Postcode BN26 5QN. Car parking is in a level grass field.

Preferred approach: From the A259 to the south of the area, take the road north towards Jevington. Just before you get to the village there will be a sign directing you into the field on the left.

From the A27 to the north of the area, take the road south towards Jevington. Carry on after the village, to the next sign, indicate right just before the sharp bends and turn right into the field after the bends.

Park as directed by the marshal.

Public transport

Eastbourne Railway station is the nearest mainline railway station. A bus service (39) runs from stop G2 at Gildredge Road, Eastbourne (4 mins walk from Eastbourne railway station) leaving at 10.03am. This is the bright blue Sussex Art bus service stopping at Friston Pond and East Dean bus stop. This is the nearest bus stop to the event (4 miles). It is a limited service: return is via East Dean at 1342 or 1542. Polegate is the nearest local railway station is 2.7 miles from Jevington. Coaster 12 bus operates a regular service between Eastbourne and Brighton stopping at East Dean and Friston Pond. For further details see www.buses.co.uk/services/BH/12.

Assembly

Assembly is adjacent to the parking area and will provide orienteering trader Compass Point, Sublime coffee truck, Road Grill hot food truck, toilets, enquiries, Si download and PULSE first aid. W3w packet.topped.vanish.

It is a 1,300m uphill (80m upward) walk from assembly to the start along a chalk track that is shared with horse-riders, mountain bikers and walkers, and the same distance back from the finish. Please be aware of other users of the track and give way to them. The chalk gets very slippery when wet so take care and wear grippy footwear. The route to the start will be taped. Clothing may be left at the start at your own risk; it is near the finish (200m east of the start).

Pre-entered competitors

Competitors who have pre-entered may go straight to the start. If you have hired an SI dibber, please collect it from the Download Tent.

Children's Activity

A children's maze will be provided free of charge with a prize and bead bracelet/keychain making.

Dogs

Dogs are allowed in the car park on a lead. In the forest, dogs should be kept in sight and close-by, or on a lead if they don't always return when called. Please clean up after your dog.

Clothing and Safety Equipment

Ticks are common and can carry infections such as Lyme Disease and Tick-Borne Encephalitis. **This is why the rules of orienteering say that you MUST wear full leg and abdomen cover in the forest.** Full arm cover is also recommended as is the wearing of bramblebashers/gaiters. Please check for ticks after running and seek medical advice if you develop flu-like symptoms or a spreading circular rash after being bitten.

We strongly recommend carrying a whistle and/or carrying a mobile phone. The distress signal is six short blasts, wait one minute, then repeat. The Organiser may make the carrying of a whistle mandatory should conditions dictate this.

First Aid

The event will be attended by Pulse South Coast Ltd who will be located near to download.

Biosecurity measures

Before attending, please ensure your footwear/gaiters are scrubbed and clean. Near SI download tent you will find equipment to clean your footwear before running in the forest. Please remove excess soil/leaf litter before leaving the car park.

Water

Water will not be provided at the finish or in assembly. We recommend you bring your own. There is no shelter or shade in the assembly area.

Traders & Food

Compass Point will be trading for all your O-clothing and equipment needs. Sublime coffee will provide hot and cold drinks and Road Grill food truck will offer a range of hot food including burgers, hotdogs and chips. A cake sale to raise money for Southdowns Orienteers Juniors will also be providing biscuits and cakes at the event.

Map

1:10,000 for Black through to Short Blue and 1:7500 for all other courses, all with 5m contours. The Black and Brown courses will have double sided maps. The map is new for this event surveyed in Spring 2025 (with minor updates in Spring 2026) by Chris Hooker using Lidar data. All maps are printed on A4 waterproof paper.

Terrain

Friston Forest is within the South Downs National Park between Lullington Heath National Nature Reserve and Seven Sisters Country Park. It is the largest area of recently established forest in South East England.

The woodland comprises open and largely runnable beech forest with a wealth of embankments and depressions, and some very large craters. A steep scarp slope runs SW to NE towards the north of the map. The remainder of the area is more gently sloping. There are some areas of bramble; larger patches which impede progress have been mapped. Many of the wider rides have a narrow border of bramble – gaps can generally be easily found, and these strips have not been mapped to assist with map clarity. Some of the open beech forest has recent sapling growth, these reduce visibility; they have only been mapped where they significantly impair runnability. Leaf fall can be deep in places, and particularly on the scarp slope, can be energy sapping to traverse!

Mountain bike tracks criss-cross the area, competitors should be careful of mountain bikers who may be approaching at speed from behind. Please give way to mountain bikers; signs have been put out to alert them to our presence. Due to this activity small paths can appear very quickly, therefore are not always mapped. Mountain bike tracks which cross deep craters have not been mapped to aid clarity.

There is some overlap with the Middle distance race on Saturday, but only the southern section of the map is used for the Middle distance race.

If you open a gate as you pass through it, please make sure that you close it after you.

Safety bearing is EAST to the field, then downhill to the car park.

Starts

Registration 10.15am to 12.15pm.

Start times are from 10.30 - 12.30 and courses close at 14:30. There is one start for all competitors. It is a 1,300m uphill (80m upward) walk from assembly to the start along a chalk track. Please allow sufficient time to walk from assembly to the start. The route to the start will be taped. Clothing may be left at the start at your own risk; it is near (200m) the finish.

There are allocated start times. These will be visible on Racesignup after entries close. Start times will be strictly observed. Call up will be -3 with a punching start. Loose control descriptions will be at -2 minutes. Yellow and White course maps will be available before the start.

Control Descriptions

All courses will have their course description printed on the map. Yellow and White courses are written, Orange are written and pictorial, all other courses are pictorial. Loose descriptions will be available in the start lanes. The following special symbols are used on the map:

- X rootstock
- O distinctive tree, usually Yew, Holly or Pine
- △ platform

Finish

Finish is 1,400m from the assembly field, mainly following the same taped route to the start. Punching finish for all courses. You must download even if you do not complete your course.

Course close

Courses close at 14.30. You must report to download by 14.30 to avoid unnecessary searches.

Electronic timing - contactless

SportIdent electronic timing will be used. All controls will be enabled for SIAC contactless dibbers, but will work as normal for those who don't own a SIAC. **The start and finish controls must be punched.** Pre-ordered dibbers will be available from the Download Tent in the assembly area. You must report to download as soon as possible (whether you complete your course or not) to avoid unnecessary searches.

Results

Provisional live results will be available online by scanning the QR code printed on your Download slip.

Courses

Course	Length (km)	Climb (m)	Controls	Category
Black	10.9k	400m	27	M21
Brown	9.6k	300m	23	M20 M35 M40 W21
Short Brown	7.4k	22m	20	M18 M45 M50 W20 W35
Blue	6.0k	200m	14	M16 M55 M60 W18 W40 W45
Short Blue	4.9k	165m	14	M65 M70 W16 W50 W55
Green	4.0k	145m	10	M75 W60 W65
Short / Light Green	3.3k	95m	12	M14 M80 W14 W70
Very Short Green	2.9k	80m	10	M85 M90 W75 W80 W85 W90
Orange	2.7k	85m	9	M12 W12
Yellow	2.0k	65m	9	M10 W10
White	1.5k	35m	8	

White and Yellow are suitable for beginners, Orange and Short Green for improvers and Green to Black for experienced orienteers. Please note that since the terrain is not sufficiently technical for TD5 legs, the Short Green course is suitable for those who would normally run Light Green. There may be log piles in the area although most have now been removed. Please keep away from any that you find.

Prizes

Prizes will be awarded to the first three places in each of the following age categories: M/W 10, 12, 14, 16, 18, 20, 21, 35, 40-45, 50-55, 60-65, 70, 75-80, 85+. Prize giving will be held in the assembly area at 15.00, if not earlier. Prize ceremony will be held for both the Friston Long, and Sovereign Harbour sprint (First place only) as soon as practicable after course closure.

Shadowing Children

Adults may wish to shadow younger juniors but please don't pick up an extra map. Young juniors may be shadowed by an adult and may still run competitively, provided the shadower does not give any navigational assistance. Please declare at the end of the course if the young junior has had navigational assistance. Adults, if shadowing, you **MUST** run your own course first to be competitive.

Complaints, Protests and Appeals

Any complaint should initially be raised with the Organiser, using the standard Complaints/Protests form. When approaching the Organiser or any other event official you should bear in mind that they are volunteers who have given their valuable time to lay on the event, often under circumstances which are not ideal. If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller who will, if necessary, convene a Jury.

Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should make themselves aware of British Orienteering policy. The Organiser reserves the right to challenge anyone who is giving cause for concern.

There will be photos taken at the prizegiving by our event photographer, who will be clearly identified. Photos may be published on Southdowns Orienteers website. Please inform the event organiser if you do not wish you or your child to be photographed.

Data Protection

Personal information provided for this event will be used to process your entry, communicate about the event, publish results and check for missing runners only.

Safety on your courses

- Good clothing cover is essential as there is a risk of ticks (see the advice given above). Please check for ticks after the event.
- Gaiters are advised given summer vegetation growth on the edges of the rides.
- The area is heavily used by mountain bikers so please take extra care when crossing or using downhill mountain bike trails.
- Safety bearing: Head East to the field, then downhill to the assembly/car park.
- Carrying a whistle is strongly recommended and may be mandated by the Organiser, as phone signals are unreliable in the forest.
- SI EMERGENCY PHONE 07526 792817 monitored in SI Download.
- You must download even if you do not complete your course.
- If you come to the event alone, please leave your named vehicle keys / details at registration.
- If you have a medical condition which may present symptoms during the event, you can leave a sealed envelope at download with details for first aid responders. This will facilitate the appropriate, timely medical response. Please collect the unopened envelope on completion of your course.
- **Orienteering is an adventure sport; your safety while orienteering is your responsibility.**