



SOUTHDOWNS ORIENTEERS

Sunny Sussex Weekend



Friston Forest Middle Distance Event

Saturday 9th May 2026

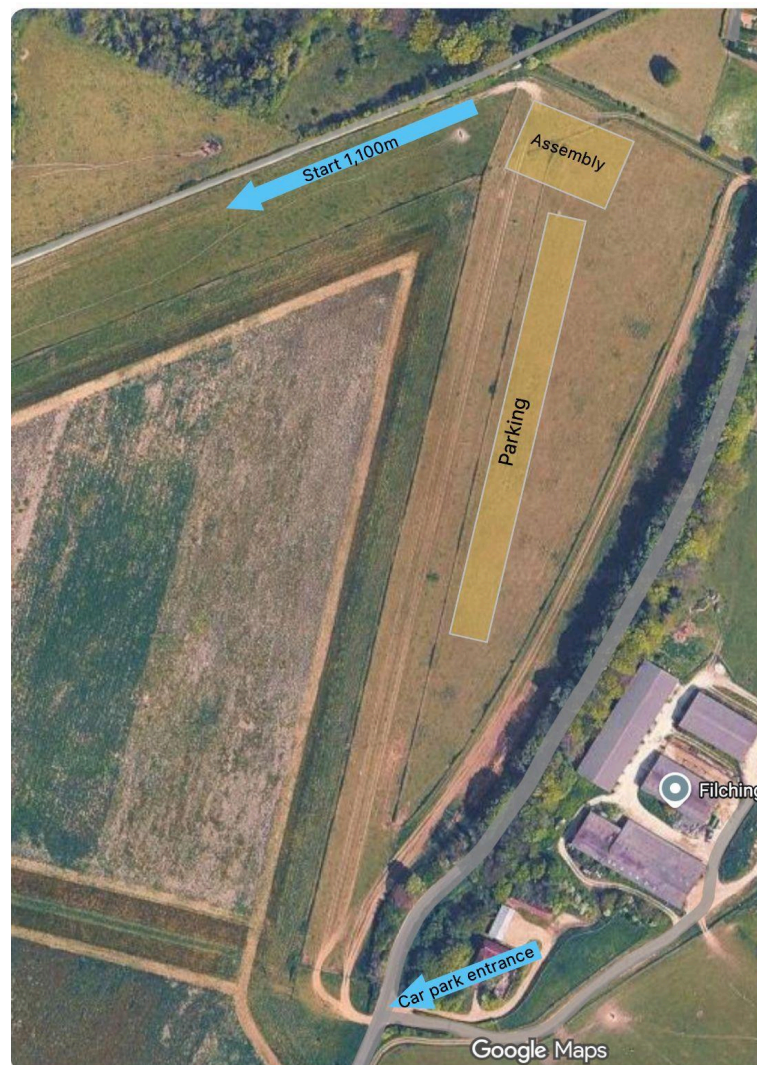
Southdowns Orienteers welcome you to Friston Forest. We are grateful to Forestry England and Mr. Stephen Carr for the use of this area.

Officials

Planner: Alan Velecky (SO)
Organisers: Clive Hawkes (SO) pre-event 07811661188
Samantha Gibson (SO) on the day 07824552628
Controller: Peter Chapman (SO)

Location

Friston Forest, Jevington



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 just after the bends.

Assembly

Assembly is within the parking area and will contain a caterer, orienteering trader, toilets, enquiries, download and first aid. It is a 1,100m uphill walk (80m climb) 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.

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 certificate on offer.

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 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.

In accordance with Forestry England advice to help protect our forests, please ensure your footwear is clean and try to clean them before leaving the forest. You can find out more about forest biosecurity [here](#).

First Aid

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

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. We are unable to cater this event. Please bring a picnic. A cake sale will raise money for our Southdowns Junior squad.

Map

1:10,000 for Black and Brown courses, 1:7500 for all other courses, all with 5m contours. The map is new for this event surveyed in Spring 2026 by Chris Hooker using Lidar data. All maps are printed on A4 waterproof paper.

Please note use of the following map symbols:

- ISOM-2017-2 Symbol 115 Prominent Landform (brown triangle) – platform
- ISOM- 2017-2 Symbol 418 Prominent bush or tree (small green circle) – single holly, yew or Scots Pine
- ISOM-2017-2 Symbol 419 Prominent Vegetation Feature (green X) – rootstock

Terrain

Friston Forest is within the South Downs National Park between Lulington 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, but 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 of our presence. Due to this activity small paths can appear very quickly, and are therefore not always mapped. Mountain bike tracks which cross deep craters have not been mapped to aid clarity.

There is some overlap with the Long distance race on Sunday, but the southern section of the map is only 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 NE to the start area.

Starts

Start times are from 12.00 - 13.30 and courses close at 15:00. There are no allocated start times. Yellow and White course maps will be available before the start.

It is a 1,100m uphill walk (80m climb) from assembly to the start. The finish is 140 metres NW of 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.

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 being launched.

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	6.0k	195m	25	M18, M20-40
Brown	5.1k	170m	20	M16, M45-50, W18, W20-40
Blue	4.3k	170m	18	M55-60, W45-50
Green	3.8k	120m	14	M65-75, W16, W55-60
Short Green	3.2k	125m	12	M80+, M14, W80+, W65-70, W14
Orange	2.3k	60m	9	M12, W12
Yellow	1.7k	45m	8	M10, W10
White	1.4k	30m	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.

On the White course, signs with smiley or sad faces will be used to help participants choose the correct route at potentially trickier points on the course.

Prizes

Prizes will be awarded to the winners in each of the following categories: M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65-75, 80+. Prize giving will be held in the assembly area at approx. 15:00, if not earlier.

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, please run your own course first if shadowing.

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 North East to the start/finish area.
- Carrying a whistle is strongly recommended and may be mandated by the Organiser
- 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.