



SOUTHDOWNS ORIENTEERS

Sunny Sussex Weekend

Sovereign Harbour

Sunny Sussex Weekend Sprint



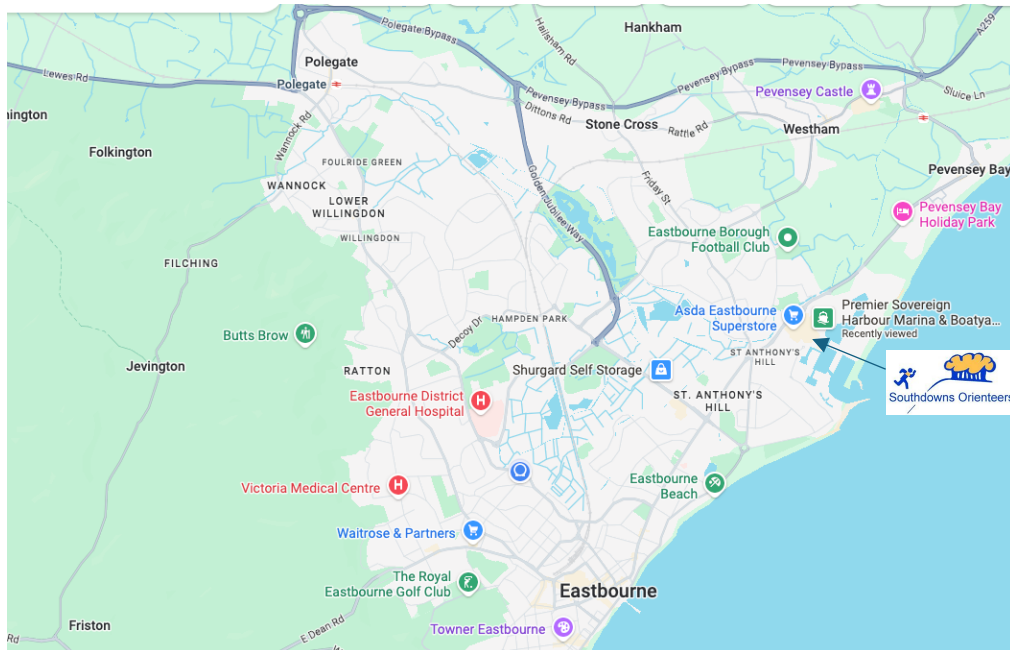
Saturday 9th May 2026. Start times from 18:30 to 19:30.

Southdowns Orienteers welcome you to Sovereign Harbour and hope you enjoy your run.

We are grateful to Premier Marinas, Columbus Point (Management Company) Limited and Eastbourne Borough Council for the use of this area.

Eastbourne Sovereign Harbour is the venue for our Sunny Sussex Weekend evening event. The water features, urban pathways, bridges, sea locks, and seafront setting provide a great venue to explore and race.

This is a sprint format Southern England Urban Orienteering League event, which will be planned with the aim of winning times of 12-15 minutes in each class.



Officials

Planner: Thomas Jarvis (SO)
Organiser: Darren Warner-Swann (SO)
Controller: Julia Jarvis (SO)

Location Info: Sovereign Harbour, Eastbourne

- **Postcode:** BN23 5QG *
- **Lat,Lng:** 50.79607,0.32574
- **Grid Ref:** TQ640022
- [Google Map](#)
- [Streetmap \(OS 50k\)](#)
- [Bing Map \(OS 50k\)](#)
- [OpenStreetMap](#)
- [What3words: wanted.grew.motion](#)

Car Parking:

The Waterfront Car Park shares a postcode with Harbour Quay please head for the Waterfront Car Park. The event will be signposted from the A259 Harbour Roundabout.

Take care if using a postcode on your Satnav that you don't follow directions via the Sovereign Centre Sports Centre, along the seafront to the rear of the Sovereign Harbour Retail Park, where you will not be able to gain access to the Waterfront Car Park. Please use the directions to the Waterfront Car Park.

If approaching from the East: Take the A259 from Pevensey and head in the direction of Eastbourne along Eastbourne Road. Go through the Martello roundabout to the next roundabout, Harbour roundabout. Take the first left at Harbour roundabout (you will pass the Asda Petrol station on your right and Sovereign Harbour Retail Park will be on your right). Proceed to take the first exit to the Waterfront car park with orienteering parking on the left-hand side.

POTENTIAL ROAD CLOSURE: There is a road closure from Thursday 7 May 2026 to Friday 8 May 2026 between 8pm and 6am each night on the A259 from Pevensey. This should not impact the above directions from the East. However, if the road is closed: at the A259-Pevensey High street junction, head straight on along the B2191 through Pevensey to Westham. At Westham take the left onto the B2104 Eastbourne Road, across the level crossing towards Langney. From Langney follow signs to Pevensey Bay on the B2104 on Langney Rise. Drive to the end of the road and at the roundabout the B2104 meets the A259. Take the first left and follow directions from the West or North below. Visit [Pevensey Bay Road closure](#) for updates.

If approaching from the West or North: At the Langney roundabout follow the A259 in the direction of Pevensey Bay along Pevensey Bay Road. After 0.5 miles take the second exit on Harbour Roundabout (you will see Asda and Sovereign Harbour Retail Park and pass the Asda petrol station on your right). Proceed to take the first exit to the Waterfront car park with orienteering parking on the left-hand side.

Please note that the reserved parking for orienteering has a height restriction of 2.1m. If your vehicle is taller than this, then you can take the second exit off the roundabout and there is free, unrestricted height parking for three hours between 06:00 and 22:15 and 10 minutes between 22:15 and 06:00.

Public Transport

Best train Station for transport connections is Eastbourne Train Station. To catch a bus, walk towards the Seafront along Terminus Road to Cornfield Road. Take the Number 5/99/LINK Stagecoach bus. Take one of these buses to the bus stop at Langney, opposite ASDA. At this stop, walk southwest towards Sovereign Harbour and walk towards the Quayside.

Assembly & Catering: The Assembly area is 200m from the parking area and will contain download and first aid. Toilets are available close to the assembly area and en-route to the start. Shower facilities are available on request by asking at the help or download tent.

There are a wide variety of restaurants at The Waterfront including Indian, Thai, Italian, Mediterranean, Pub/Restaurant, Chippy.

At the Sovereign Harbour Retail park there is a superstore and a variety of other shops.

Pre-entered competitors

Competitors who have already pre-entered may go straight to the start. If you have hired an SI dibber, please collect it from the SI station at the assembly area.

Clothing and Safety Equipment

Shorts may be worn on the urban course at Sovereign Harbour. For safety reasons we recommend you carry a whistle. The distress signal is six short blasts, wait one minute, then repeat.

Event Logistics

Event	Parking to assembly	Assembly to start	Call up	Finish to assembly	Start times	Course Close
Sovereign Harbour	200m	400m	Open start	200m	18:30-19:30	20:00

Map Details

Newly mapped in 2026, mapped to ISSprOM 2019-2, 1:4000, 2m contours. A4 map.

Electronic timing - contactless

Please ensure that if you are competing in the event, you do not walk into the harbour area before your run. Spectators can walk to the start. There is a **punching start and finish** for all competitors, even for those with a SIAC dibber. Please report to download even if you retire or do not complete your course. Pre-ordered dibbers will be available from the SI station at the assembly area.

Course Information

Course 1- MO: Anyone over 16. 3.8km - 10m climb - 19 controls

Course 2- MV: M40+. WO: any female over 16. 3.4km - 10m climb - 19 controls

Course 3- MSV: M55+, WV: W40+, MJ: M14-16 inclusive. 2.9km - 10m climb - 17 controls

Course 4- MUV: M65+, WSV: W55+, WJ: W14-16 inclusive. 2.5km - 5m climb - 17 controls

Course 5- MHV: M75+, WUV: W65+, WHV: W75+. 2km - 5m climb - 17 controls

Course 6- MYJ: M12-, WYJ: W12-. 2.0km - 5m climb - 20 controls

Free to residents Score course – 30 controls

Competitors wishing to score in the 2026 SEOUL league should enter the course number associated with the age class they wish to obtain a scoring run in.

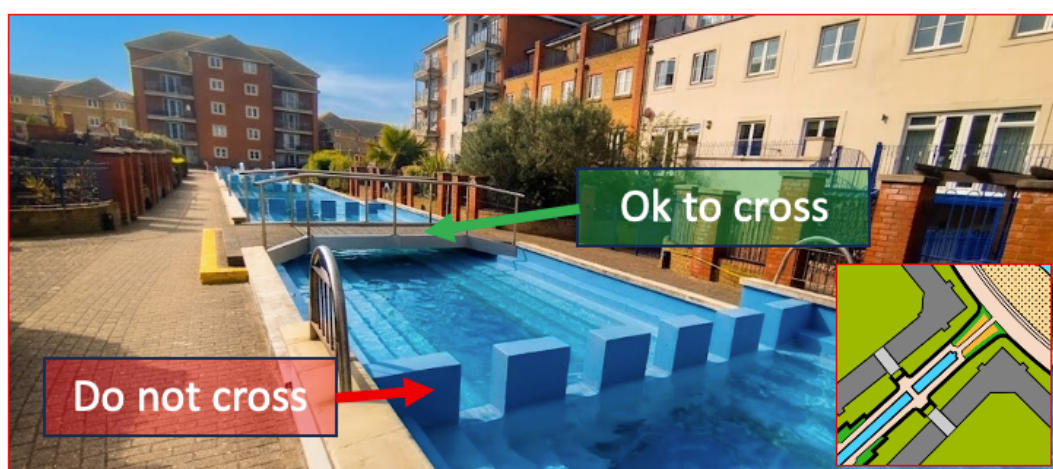
First prize only awarded to the first eligible competitor in each category. Prizes will be awarded at the end of the Friston long event on Sunday 10th May.

Route To Start from Assembly and SI Station



SAFETY ON THE COURSE

- **Safety Bearing: Head West to Atlantic Drive (relatively main road) and follow North to “The Waterfront”.**
- Barriers to the water must not be crossed.
- Be aware and considerate of pedestrians & cyclists. There are some blind corners, move at an appropriate speed to ensure you will not collide with others. Some paths are shared with cyclists.
- Juniors should run with a phone.
- All competitors must return to the event centre and download before leaving the event.
- Much of the area is residential including private car parks, gardens and pathways – please do not enter any area shown as olive green or cross any uncrossable walls or fences.
- Courses 1,2,3,4,6 enter a Southern part of the map which includes narrow water features (as pictured below). These are mapped as uncrossable water. There are bridges shown on the map which can be used to cross them. There are also weir like blocks which are not shown on the map, you **must not** attempt to cross using these.



SPECIFIC SAFETY INFORMATION TO JUNIORS AND PARENTS OF JUNIORS

- 1) **Under 16s (age on day of race) must wear high visibility tops.**
- 2) M/W14's may run Course 3/4 (MJ/WJ) unaccompanied if they are normally able to complete an orange course unaccompanied.
- 3) M/W12's may run Course 6 (MYJ/WYJ) unaccompanied if they are aged 11 or over and are normally able to complete a yellow course unaccompanied.
- 4) M/W10's (up to and including age 10 **on the day of the race**) must be accompanied whichever course they run.
- 5) **Any competitor that is 10 years old or younger on the day of the race, may not run any course unaccompanied.**
- 6) There will be a marshal at the finish to ensure juniors are directed back to the assembly area (which is 300m away).
- 7) All maps will include an emergency phone number which juniors can ring if they are lost – all juniors are encouraged to run with a mobile phone.
- 8) Parents are responsible for ensuring their children are briefed with safety information as follows:
 - a. Take care crossing roads (on all courses)
 - b. Course 6 (MYJ/WYJ) have 1 road crossing. This is between controls 2 & 3 which is marshalled.
 - c. Be courteous of other people in the area and be particularly careful when rounding corners or exiting alleys
 - d. If lost, phone the number on the map and provide information about which road you are on or which shops/restaurants or other features are close by and someone will come to find you.
 - e. Don't talk to strangers.
 - f. Take care near water. The harbour edge is fenced and the fountains area is shallow. Only cross water using the bridges. There is no need to go near the sea or on the beach.

Results

Live Results: <https://www.southdowns-orienteers.org.uk/live-results/>



First Aid

The event will be attended by Pulse South Coast Training and Medical Services who will be located near to Download.

Water

Water will not be provided at the finish on any day. We recommend you bring your own.

Shadowing Children

Adults may wish to shadow younger juniors. 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

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser, dependent on the problem. If this does not resolve the issue, then complaints should be made to the Day Organiser in writing via Enquiries. A complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The Organiser is the adjudicator. A protest can only be made against the Organiser's decision, in writing to the Controller, again via Enquiries. Protests and appeals will be handled under Rule 16 and Appendix A of the 2018 British Orienteering Rules version 3.7.

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 prize giving 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.