NEWSLETTER AWARDS 09 11 14 ~ 16 18 20 23

CompassSport

The Southdowner

June 2025 No. 213

YBT Heat

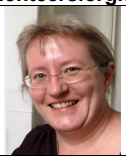
Knole Park, 23.3.25



Southdowns Orienteers

www.southdowns-orienteers.org.uk

Rogues Gallery - Know Your Club Representatives

			
Chairman **Alan Williamson** **chair@southdowns-orienteers.org.uk**	**Treasurer** **Ed Forman** **treasurer@ southdowns-orienteers.org.uk**	**Secretary** **Bea Waters** **Secretary@ southdowns-orienteers.org.uk**	**Club Captain** **Neil Crickmore** **captain@ southdowns-orienteers.org.uk**
			
Membership Secretary **Mike Turner** **membership@ southdowns-orienteers.org.uk**	**Safety Officer** **Karen Ashworth** **safety@ southdowns-orienteers.org.uk**	**Junior Team Manager** **Will Heap** **juniorteam@ southdowns-orienteers.org.uk**	**Fixtures Secretary** **Steve Jarvis** **fixtures@ southdowns-orienteers.org.uk**
			
Map Printing **Mike Gammon** **mapping@ southdowns-orienteers.org.uk**	**Eastern Mapping and Co-ordinator** **Chris Hooker** **mapco@ southdowns-orienteers.org.uk**	**Land Permissions Coordinator** **Steve Blount** **permissions@ southdowns-orienteers.org.uk**	**Head Coach** **Rob Lines** **coach@southdowns-orienteers.org.uk**
			
Web Manager and Junior Team Assistant **Anna Chapman** **webmanager@ southdowns-orienteers.org.uk** **juniordev@ southdowns-orienteers.org.uk**	**Publicity (Web Content)** **David Marsh** webeditor@ **southdowns-orienteers.org.uk**	**SO Clothing** **Di and Mike Turner** kit@ **southdowns-orienteers.org.uk**	**Welfare Officer** **Clare Lines** welfare@ **southdowns-orienteers.org.uk**

Chairman's Chat - Alan Williamson



There are many ways people get satisfaction from orienteering. Choosing a route that suits you as you make your way through the woods is at the forefront. (Whereas Park-O perhaps gives a very different kind of challenge.)

For those who have had the expertise, experience and privilege to plan courses, it is satisfying to see people's different route choices, in these days of route-gadget. A good course will encourage diversity of routes, where the individual tries to play to their own personal strengths.

There is also the pleasure in having the forest to yourself, when checking out your proposed courses beforehand. In the quiet, you can enjoy all the birdsong – and this time of year, perhaps the first cuckoo of Spring. In Ashdown Forest, the skylarks have been soaring and singing for quite a while now!

Enjoy the summer.

Alan

Editorial – Jane Lambert

Well having not long returned from an exciting Easter at the JK, I can truly say that it was so much fun to be part of such an incredible supportive club. I had somehow chosen late start times and thought that everyone would have left by the time I finished my courses, but a HUGE THANK YOU to everyone who was still there to shout as I came along the run-in. I was sort of hoping that I could creep in unseen, but it was really lovely to see friendly faces after being out in the wilds of West Yorkshire for so long!

Very well done to all those who took part and congratulations to all our medallists. Special mention to James Curtis who displayed great skill in the Trail-O and claimed top spot in the juniors. If you've never tried TrailO, do catch James or Karen for a chat about what is involved.



Emma shooting mid competition Photo B

The JK is such a whirlwind of events and this time Biathlon (a mix of orienteering and electronic rifle target shooting) was on offer. I must admit that I was very reluctant to have a go but thoroughly enjoyed the challenge of trying to control my heart rate to use a laser rifle after running a course and then having to do it all again a second time! Great fun and I thoroughly recommend giving it a go.

The whole Chapman family came away with medals, Anna taking the Gold in W50+ and Peter has written a great article for this Southdowner.

Another bumper edition, thanks so much to all contributors. We have news from our very active Junior section; our Club Captain, Neil, looks at route selection on a long leg; Karen talks about the Environmental Impact of O and its mitigation; Chris, our mapper, discusses why some features don't appear on your map; Little Dave concludes his quest despite taking on spaniel tendances and there's loads more!

Most of the photos used, unless credited to others, are used by the kind permission of Rob Lines.

In case you lose the initial newsletter link that's emailed to you, the Southdowner will appear on the front page of the website for a week or so, before moving to the "Links" tab, found in the "Information" section.

Wishing you all a Summer full of exciting O events, maybe even some overseas – safe running everyone!

Committee Chat – update from behind the scenes

IMPORTANT NOTICE

The AGM will take place on Saturday 7th June at 12.30pm in the David White Hall, Hellingly Community Hub following the Park O at Hellingly Country Park.

Our club is a great example of action and teamwork. Our events and training sessions are taking place and are possible with the enormous volunteering effort of a large group of members.

Some committee positions have limited terms and through changing personal circumstances there are vacancies and a chance for you to help shape our club. These positions are proposed and individuals voted in at the AGM.

For the vacant positions of secretary, treasurer, membership secretary, map printing, club kit, junior team manager and junior team assistant we have already received offers from club members willing to take on these roles (to be proposed and voted for at the AGM).

We are still looking for volunteers to take on the roles of permanent O course coordinator, junior representative, publicity officer and social secretary.
Could one of these positions be for you? You will be joining a great team!

For more information, please contact Bea:
secretary@southdowns-orienteers.org.uk



A change to the Rules has now been introduced:

Change of Rules regarding the Finish

British Orienteering has recently announced changes to the rules and one significant point that **ALL PLANNERS SHOULD BE AWARE OF** is the rules relating to the Finish.

The rules relating to the Finish now say:

27 The Finish

27.1 Appendix A section 7 and Appendix B section 5 contain full details on how to apply these Rules.

27.2 **The precise location of the finishing line or point must be clear to all competitors approaching it. The route to the Finish from the last control must be taped for the whole route unless the Finish or the Finish funnel is clearly visible to the competitor from their last control.**

27.3 As a minimum, the Finish should consist of one or more punch units, each with a control flag, with a prominent Finish sign that is clearly visible to the competitor. Sufficient punching units should be used to cope with the likely frequency at which competitors will finish.

Welcome to our New Members



Mike Turner – Club Membership Secretary. Photo Rob Lines

A HUGE and very WARM welcome to all our new club members since March 2025

We hope you enjoy your adventures in the woods, forests, parkland and urban areas, and would really encourage you to talk to any of the club representatives, or volunteers at our events if you have any questions or would like to talk about your run etc – we are all super friendly!

Julie Nora Moe W21	Sophia Cruz M10	Charlie Moss M45
George Carter M21	Jessica Beveridge W40	Mateus Moss W45
	Simon Waller M60	

Member Discounts:
Don't forget there is a wide range of discounts available to members with many retailers, including GoApe, Sportsshoes, RunnersNeed, Cotswold outdoor, YHA, Car Hire, Airport parking, AA and many more: https://www.britishorienteering.org.uk/discounts

SI Card6 and SI Card6 – End of Life

After more than 27 years of reliable service, SI are announcing the end of life for the SI-Card5 and SI-Card6. These cards, introduced in 1997 and 2002 respectively, have stood the test of time – but as technology evolves, it's time to move forward. Future SPORTident products and product updates will no longer support the SI-Card5 and SI-Card6.

What does this mean for you?

All SI-Card5 and SI-Card6 will continue to work with the existing stations and other SPORTident hardware as they are today. However, future SPORTident products and product updates (including firmware) will no longer support these cards.

There are no planned firmware updates for the BSF7, BSF8 or BSF9 stations that are currently in use in the near future. However, SI recommend that you consider upgrading to the SPORTident Active Card (SIAC), SI-Card9 or SI-Card8 to benefit from future features and innovations.



COMPETITION TIME!
Every photo tells a story…

On offer for the winner, who will be decided by a select panel, is a whistle or a bar of chocolate!

Open to all members big or small – come up with a caption for this lovely photo from Rob Lines.

Email your caption to the editor
editor@southdowns-orienteers.org.uk

Know your club member

Getting to know our juniors Ben and Emma Chapman, and also finding out some skills we all could work on!



Photo: Wendy Carlyle

Ben **How did you get into orienteering**
I got wheeled around in a pushchair. I was born into it!

Do you take part in any other sports/activities
Just activities that I take part in during Explorers – hiking, backpacking.

What are your most special achievements/memorable moments
Getting to run for the England team at Interland 2023 in Belgium. Spending a week training with the best M14's in Great Britain at Lagganlia, Scotland. Standing on the British Champs podium twice (first with Tommy and Ffion when I was 10 in 2019 and then last year with my sister, Emma, and Harriet).

What is your favourite type of orienteering/favourite area
I'm better at the navigation than speed, so more complex, less runnable areas.

Do you have a pre-race procedure
Warm up on the way to start with leg stretches.

What advice would you give to newcomers
Stay in contact with the map. You don't need to be fast to win (as demonstrated when I went to Lagganlia with a full arm cast, so had to walk and beat two people one day!).
Which skills would you advise a regular orienteer to work on
Simplification – focus on the big features instead of the small features.



Emma **How did you get into orienteering**
I was born into it.

Do you take part in any other sports/activities
Yes – I play netball, swimming, running and I enjoy long cycle trips when I have the time, as well as activities within scouts and explorers.

What are your most special achievements/memorable moments
Representing England at Interland and having a good run where I placed 2nd. I had a really good season this year with four JK medals, two individual British medals and topped it off with a win in the Women's short relay with Scarlet and Heather.

What is your favourite type of orienteering/favourite area
Long distance – mainly forested with a bit of open common area. I also like Moorland areas, such as Wales and the Lake District.

Do you have a pre-race procedure
Not really – sit in the car for ages, warm up on the way to the start, then worry about it until just before I start.

What advice would you give to newcomers
Don't go straight for a really difficult course first time and don't always go for the most direct route because sometimes the path or line features are quicker than spending time on complex navigation.

Which skills would you advise a regular orienteer to work on
Being more confident in the route you originally chose and control flow (always having a plan of how to go into and out of a control).

Know Your Map
by Chris Hooker
Part 4
Why Isn't It Mapped?



A common question that I'm asked is why certain features aren't shown on a particular map. There are several possible reasons.

But first I will introduce the mapping regulations, which for us means ISOM (International Specification for Orienteering Maps) 2017-2 and ISSprOM (International Specification for Sprint Orienteering Maps) 2019-2. What are they? I hear you ask. These are global rules for drawing maps so, in theory, the map should make sense wherever you orienteer. They specify what should be mapped, giving minimum sizes or defining expected speeds, etc and deal with map layout and printing. Find a copy on the BO website for your bedtime reading!

However, they do include an element of subjectivity and a statement along the lines of, if your area doesn't haven't features this big then reduce the minimum sizes! For example, depressions and pits should be at least a metre deep and 2 or 3m wide and knolls a metre high. This would leave a lot of our areas with very few, if any, features so sometimes I use a 'knee-high, knee-deep and obvious' rule to decide what to map.

So, in answer to the original question:

- The feature is smaller than the specification minimum height, depth or area.
- There is a more dominant feature nearby.
- To avoid the map looking cluttered; it's as difficult to run on an over mapped area as an under mapped area.
- Features are too close together in a small area to be shown clearly (this can be frustrating to a mapper when there is a high density of good features!).
- The map changes dramatically with the seasons (ideally maps are produced at the same time of the year as they will be used but this generally isn't possible).
- I see the area in a different way to you (emphasising how subjective the map is), perhaps because everyone orienteers differently, and so I'm naturally drawn to features that I use regularly even though I try to take in the whole picture.
- To be honest, I just didn't spot it!

To finish, it is worth mentioning an article I saw several years ago in which 6 top mappers were asked to produce a map of a certain area. All 6 maps were surprisingly different and yet you would have been able to use any of them successfully. But because we each have differing skill sets, the map that I would have favoured may well not have been the map that you would have favoured.

Next time I'll take a look at those squiggly brown lines that really shouldn't be ignored!
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Note the early deadline for content for the next Southdowner edition (September 2025)
15th August

Please send your contributions to
editor@southdowns-orienteers.org.uk
Also let me know if there are any additional features you would like to see in your Newsletter
Thank you!
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Biathlon Orienteering at JK2025 by sharpshooter, Peter Chapman (photos Bea Waters)



Traditional biathlon is a multi-discipline sport combining cross-country skiing and shooting. This mix of sustained heavy exertion and super-calm concentration is not very dis-similar to the demands of orienteering. Orienteering combines rapid detailed navigational decision making (clear head needed!) with physical power, stamina and mental determination. Perhaps, therefore, orienteering and shooting could be natural bedfellows in a hybrid sport?

Elements of Biathlon Orienteering have made guest appearances as side shows at large British orienteering events a couple of times over the last few years (predominantly the shooting part with a limited running sprint). The Yorkshire JK took UK Biathlon-O to a different level, however, with a micro-sprint orienteering version combining two 370m orienteering courses interlaced with two visits to the shooting range. The competition was to do all of this as quickly as possible, with inaccuracy (i.e. misses) during shooting incurring running penalty loops (resulting in additional time). The appearance at JK was billed as the first formal civilian Biathlon Orienteering competition in the UK.

Current international competitive biathlon (skiing and the orienteering version) shooting uses .22 calibre rifles and a 50m range for both standing and prone (lying down) target shooting. Unlike the skiing versions, the weapon is not carried away from the range – I couldn't see orienteers running round a wood with guns being a very acceptable activity in most (civilian) orienteering areas in the UK in any case! The JK25 shooting (as in the previous appearances at UK orienteering events) used laser training-rifles, a short range, and all prone shooting positions – more appropriate for the relative novice marksmen taking part.



A practice of the shooting was available at JK day 2 at Tankersley. The (Crawley) SO Chapman family all had a go, along with Emily and Bea Waters and we all enjoyed the challenge. Enthusiasm sparked, the scene was set for the main event, which was held on the edge of the assembly area at Day 3 (Wharncliffe). The travelling logistics of Day 3 meant that we arrived at the Assembly Area with lots of spare time, so decided to participate in the Biathlon before our main orienteering runs on the steep slopes of Wharncliffe. The format was Forest sprint-O followed by 5 shots at the target then penalty loops as required. This was followed by a further O sprint, 5 shots, and final penalty loops before a final SI dib stopped the clock.



Anna shooting mid competition



Competition classes were M16-, W16-, M18-45, W18-45, M50+, W50+ and our family covered four of these classes between us. The two Sprint-O courses were both quick dashes round the rather splendid string course area (full of features) at Wharncliffe and very exciting.

After each sprint it was necessary to get into position, and calm right down for the shooting. Whilst the orienteering run was pretty much run as hard as I could, I found that there did seem to be a trade-off of between being super careful (and slow) with lining up the shots versus a rapid (around 10s each missed shot) penalty loop. Anna proved to be a superlative marksman and didn't miss a target, helping her to a solid win in her class. Our very own Jane Lambert gave strength in depth to the SO dominance in W50+ in second place (and only one missed shot).

In M16-, Ben Chapman was placed 3rd (2 missed shots and 26s off the lead). Emma Chapman was also 3rd (in W16-) with 2 missed shots and only 19s off the lead. I ended up in 2nd place (in M50+) with 3 missed shots and the slim margin of 13s from top spot on the podium. Whether those missed shots made the difference, I guess that I'll never now know, but it was still a very satisfying result, and a real surprise for the whole family to have podium places and be presented with medals (and Easter eggs!) as a precursor to the JK Relay prize presentation.

Biathlon Orienteering is still a very niche standalone sport with quite a small following (mainly in the Scandinavian countries). There is a GB representative on the international federation board (who is also a CHIG member), so there may be aspirations for it to spread into the UK. If the opportunity arises, we may give it another go.

Sign up for SO Junior Camp 28-29 June



The SO Junior Squad are running a junior camp from 12noon on 28th June to 3pm on 29th June.

It will take place at the private woodland at Knowlands and all SO junior members are welcome to take part from younger to older.

It's an opportunity to take part in some great training exercises, mini competitions, fun games, camp fires, tasty food and camping. It's also a great place to get to know friends and have a bit of fun.

Check out details and photos of the last camp we did here https://www.southdowns-oriente...

If children are younger, then parents can camp too (let us know in the comments if parents will camp too). We'll aim to give juniors as much space from parents as possible.

Camping takes place on private land at Knowlands Wood. Bea and Anna will be hosting the camp with the help of our club coach Rob and we hope our older juniors will also be able to camp and help with the coaching.

Please give us an indication of interest reasonably early so we can plan how many to cater for.
Contact Bea or Anna.

Let us know if you have a spare tent that can be used or if you need to borrow a tent from someone.



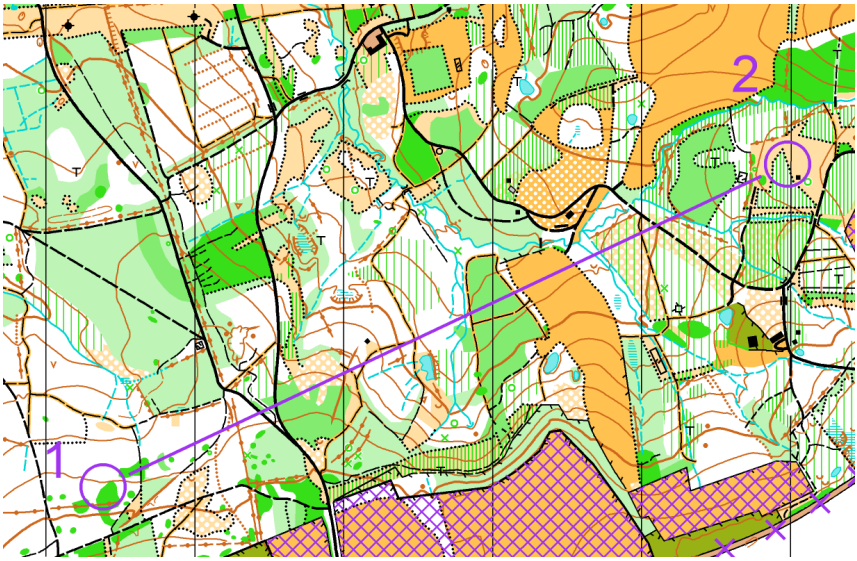


Analysis of a long leg by Neil Crickmore



A few years ago, I gave a presentation at one of Rob Lines' coaching days about my course planning philosophy and said that I always started by looking for challenging long legs.

Worthlodge has an extensive path network, so it is difficult to find many long legs that don't immediately lend themselves to a long path run. A few were identified though including the one below that found its way onto the Black, Short Brown and Blue courses. The straight-line distance is 1266m with a 40m drop down to the stream and then a 30m climb back to the control.



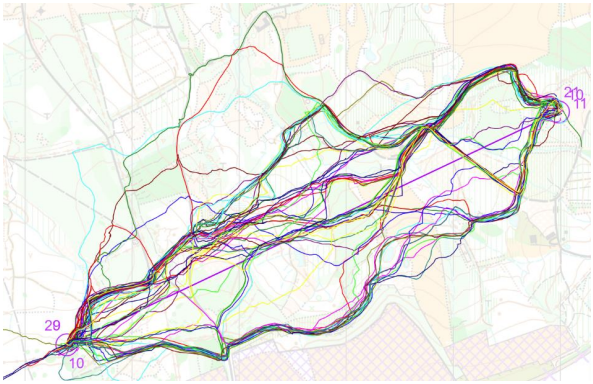
Two routes immediately catch your eye with this leg, the diagonal path/stream network heading approximately NE towards the tower by the pond and the route along the south of the map following the ride through the rough open with undergrowth section.

A nice thing about this leg though is that even when the initial route is chosen there are more decisions to be taken later on, particularly with the southern one.

The diagonal route takes you quite a way from the purple line and so a decision has to be made when to start cutting back towards the control. In both cases choices are influenced by some unpleasant looking terrain around the control.



So how did the competitors tackle it? Those routes that were added to Routegadget are shown below and highlight the wide range of options available.



Due to the thick vegetation around the control most competitors took one of two path routes into the control. It is interesting to note that while a lot of competitors took the southern ride route they all fanned out across the field suggesting that there wasn't one obvious route.

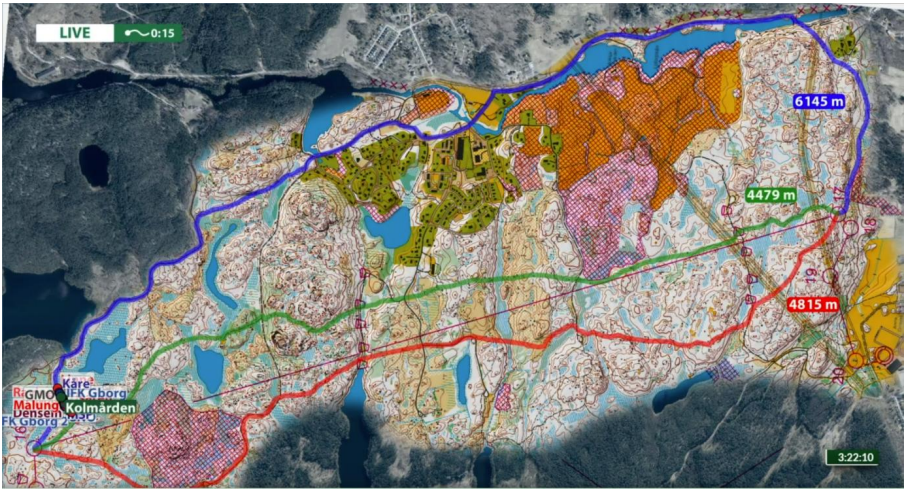
A few competitors went well north of the purple line, but I suspect that this was not deliberate. A common mantra amongst elite orienteers is "Straight is Great" and a closer look at Routegadget indicates that the better runners stuck closer to the line for the first kilometre.

An ex-SO member (Jonny Crickmore) was treating this event as a training exercise and tried to go as straight as possible on every leg. He travelled 1360m for this 1266m leg but was 30s down on the fastest time (possibly due to cutting through the slow run wood at the end).

Although the leg is not navigationally challenging the wide range of possibilities means that competitors are never sure that they have picked the right one, and that doubt can lead to changing the plan mid-leg, further affecting their mental state.

A more extreme example of a long leg was encountered at the Tio Mila relay held in Sweden over the May bank holiday weekend. The leg below was part of the 16.3km long night lap. The straight line length was around 4km and the planners had identified three possible routes including a straightish one of 4.5km and a path/road-dominated one of 6.1km. At this point a large "train" of 23 runners (including ex SO-member Jonny Crickmore) were running together at the front of the race and they all decided to take the "blue" route.

A following group then took the "green" route but lost a couple of minutes on the main group.



The Story of a Leg
or
Who shall I blame this time? By Ed Foreman



Members who have not got round to Googling me might not know that in a former life I was an academic specialising in French theatre, with a particular interest in tragedies – in which people do terrible things then embark on long soliloquies explaining why it wasn't really their fault. So I came to consider myself something of a world expert on excuses (and have even written a book on the subject).

Orienteering is often a bit like that. If something goes wrong, our first impulse is surely to exclaim (expletives deleted) 'Well, who can I blame (other than myself) for that?'

Take a leg on a recent SOG, where my target was a single distinctive tree (mapped as a green circle) in a small area of white forest, encircled by a bigger area of light green forest, with no catching feature and quite a long way from the nearest viable attack point. The forest, as it happens, was almost exclusively deciduous and the control description was an unambiguous , so my assumption was that I was looking for the only coniferous tree in the block, which would by definition be 'distinctive'.

Sure enough, there was one, slim but quite tall and green and standing out against the predominantly brown background of trees with no foliage … off I thundered, but no flag!

Because I'd gone straight to a visible target, I had lost count of paces and had little sense of direction in what might still have been light green. So it took a few minutes of going round in circles before I did eventually find another tree, a bit bigger than the rest but otherwise pretty similar – certainly to my mind less 'distinctive' than the one I'd found earlier!

So, who was to blame? Obviously the mapper for not noticing the distinctive quality of both trees. The planner in selecting a site with ambiguous targets. The planner in compiling the control descriptions so imprecisely. The controller for approving both of the planner's decisions. Oh yes and the gods for inflicting this on a hapless but innocent individual – all are more culpable in this instance than poor me, their victim!

Another dozen or so Green league points the poorer, I didn't take long to recover and did some research. It turns out that the basic control description in column 4 is <u>not</u> supposed to distinguish conifers from broadleaved trees – the 'distinctive tree' symbol is correct for all. If there is a strong reason to specify which sort of tree it is, the planner can put the different symbols or in column 6 – but since only one tree was shown on the map it could hardly be reasonable to expect the planner/controller to think of that – or could it? Should the mapper have marked both trees? – my single conifer was obvious in the particular context of a spring day when the other trees were all bare, but probably scarcely stood out as distinctive when surrounded by other trees in leaf, bracken and brambles!

Of course, if it turns out that the mapper had in fact identified my conifer as the mapped distinctive tree and the planner/controller chose a different one, you would be getting into blood-on-the-carpet territory, but I hasten to assure you that that is not what I think happened! As reason reasserts itself, I concede that if a control site had to be disqualified from use because of this degree of (alleged) ambiguity, we would never have a course. So, the mapper done good, the planner done good, the controller done good and I muffed it. If I had known the detail of control description etiquette, had taken more care with direction and distance from the attack point and had kept my cool when the first tree turned out not to have a flag, all would have been well.
But then I might have lost this chance to set a new PB for the number of words spent in dissecting a stretch of a leg well under 100 metres long!

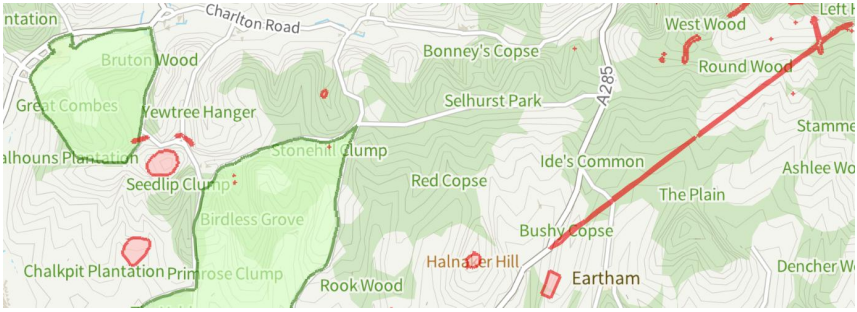
Environmental risk assessment for Orienteering Events
by Karen Ashworth

We are lucky enough to be able to run in some very beautiful areas and, thanks to the work that goes on in the background with our permission-getters talking to land owners and communicating any special requirements to planners and organisers, we maintain ongoing good relationships which allow us to continue staging events at these locations.
As you can see from the maps below, there is "a lot going on" in some or our areas with nature reserves, sites of special scientific interest and scheduled monuments often present.



Source: https://magic.defra.gov.uk/MagicMap.html

Zoomed out	Zoomed in	Designation
		NNR = National Nature Reserve
		LNR = Local Nature Reserve
		SSSI = Site of Special Scientific Interest
		National Park (boundary in dark green)
		Area of Outstanding Natural Beauty boundary

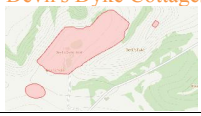


Source: https://historicengland.org.uk/listing/the-list/map-search/

	Heritage category listed park / garden
	Scheduled monument

Land permissions are often contingent on us taking appropriate precautions to protect sensitive areas or species - and British Orienteering, led by Environment Officer Emma Monkman, have recently been raising the profile of environmental risk assessment as part of event planning.

At Southdowns, we have decided to manage this by adding an environment section into our normal starting point risk assessments - so next time you are planning or organising, you should see a new section in green. This is split into 'generic' items (the "what we do as a matter of course" regarding litter, path erosion, gates, etc.) and site-specific items agreed with the land owner to protect sensitive ecology, ancient monuments, etc. Below are some examples of the precautions we have been asked to put in place:

Possible outcome / injury		**Mitigation**	
Notes on potential severity	**Likelihood at this event**	**What control measure?**	**Who is Responsible?**
EXAMPLE OF SPECIES PROTECTION – GROUND NESTING BIRDS Damage caused to Chailey Common Site of Special Scientific Interest + Local Nature Reserve - an important site for a number of ground-nesting birds	LOW	As requested by the Chailey Commons Society Conservation Officer, to avoid disturbing ground nesting birds, we have agreed not to stage any events on the common between 1st March – 31st August each year.	Organiser + Planner
EXAMPLE OF SPECIES PROTECTION – RARE FLORA Damage caused to St. Leonard's Forest Site of Special Scientific Interest	LOW	Area with rare lilies is marked out of bounds on map and avoided by courses 	Organiser + Planner
EXAMPLE OF BOISECURITY REQUIREMENTS Transmission of fungal spores or insect pests into Eartham forest	LOW	Forestry England require biosecurity stations at entry/exit from carpark into forest where shoes can be cleaned with brushes and disinfected with 'Cleankill' (A spray which is both effective and biodegradable) Notices to be displayed saying to clean going in and out.	Organiser
EXAMPLE OF PROTECTING ANCIENT MONUMENTS Damage caused to ancient monument	LOW	Penetration of ground not permitted on scheduled ancient monument areas (Devils Dyke Hill Fort, Post-Medieval Stock Enclosure within the Dyke, Romano-British farmstead 480m north west of Devil's Dyke Cottages) 	Organiser + Planner

And finally, a reminder that if everyone does their bit on the 'basics' it helps ensure our future use of our beautiful Sussex countryside:

- Arrive with kit and shoes cleaned and dried out after previous outing
- Close any gates you open
- Take your litter home (including picking up the tapes used to mark control locations if you are collecting controls)

Junior Section
Southdowns Junior Squad Report
from Anna Chapman (Junior Team Assistant)



Spring is a busy time in the Orienteering calendar for major competitions, with a number of juniors travelling up and down the country to participate in high class events. Closer to home we've had our Spring SOG series and the heat of the Yvette Baker Trophy junior competition.

As summer approaches, we move onto the Park O series. This can be a good opportunity to try a longer course, or try more independent navigation. This year we will be running a junior warm up session from 10:15 to 10:30 at each of the Park O's, so do come and join us – all are welcome.

The big 'must do' events for this summer are the Junior Camp at Knowlands on 28th & 29th June and the YBT final at Capite, near Ashington on Sun 6th July. We'd love to see as many juniors as possible at both of these events.

The camp can also be attended on either or both of the days without staying overnight. Contact Anna Chapman or Bea Waters on juniordev@southdowns-orienteers.org.uk for more information on either of these events.

British Orienteering Incentive Certificates

A great way to help juniors see progression in their orienteering is to take a look at the incentive scheme that British Orienteering run on their website. The British Orienteering Navigation and Racing challenges are incentive schemes that enable you to track your progress through the colour-coded courses and their corresponding technical difficulty (TD). Certificates are available to download via the member's area of the website.

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

- Gold Award. Participants time < Course Length (KM) x 12.5mins
- Silver Award. Participants time < Course Length (KM) x 15mins
- Bronze Award. Participants time < Course Length (KM) x 20mins

Your certificates are available for you to download via the member's area of the website

Spring SOG Series

We've just come to the end of the Spring series of SOG's. It's been great to see some new names cropping up on the results. Each of these juniors will receive a certificate at the AGM on 7th June (just after the Hellingly Park-O):

Yellow M	1st Tom Cottrell 2nd Mark Johnson 3rd Spencer Turner	Yellow W	1st Elsie Smale 2nd Lizzie Nichols 3rd Annabelle Carrington
Orange M	1st Lucas Waters 2nd Christopher Warner 3rd TBC	Orange W	1st Harriet Nichols 2nd Rose Garood
Short Green M	1st David Neville	Short Green W	1st Sophia Bowes
Green M	1st James Curtis	Green W	1st Emily Waters
Blue M	1st Ben Chapman	Blue W	1st Emma Chapman

Scout League

The results of our second Scout League are in and Horsham District topped the table this time, followed by Mid Sussex, Crawley and Chichester.

The aim of this league is to encourage participation from juniors in the Scouting movement. Remember, if your child is a Squirrel, Beaver, Cub, Scout or Explorer, when entering, select their Scout District for their run to count towards the league. Orienteering counts towards their Navigator Staged badges and other outdoor badges. It can also be used as the Physical element of the DofE and has a huge advantage when it comes to expeditions. We have club members who can sign off DofE records for those that are interested.

Interland 2025 – The Netherlands, by Emma Chapman

On the 2nd of March this year, Interland, an annual European orienteering competition took place between England, France, Luxembourg, The Netherlands, French Belgium and Flemish Belgium. Three members of Southdowns were selected to represent England at this year's Interland; Me, Julia and Will.

We travelled on the Friday before the weekend to give time for a training event on Saturday before the main event (which meant a day off school for me!). I met the team at Windsor at 12:00 and travelled by coach to Dover, to take the ferry over to France and then drove on, to Belgium. We stayed overnight in a hotel (I was in a room with three other W14's) and then drove further east into The Netherlands. After a quick stop in Amersfoort for some sight-seeing, we headed to the training event. This was a great introduction to the terrain and gave us a chance to run off the long journey. I found that the area was pleasingly flat, as I was expecting it to be and the navigation was not too difficult.

On Sunday, the main event took place. The area was an army training area, so a lot of sandy tracks with a few open expanses of sand. There was also an area with a lot of wiggly paths around complex contour detail. The sand meant it was a lot easier to run through the woods or next to the tracks than on them but the woodland was quite runnable so did not cause much of a problem. My course was very quick with a winning time of 26 and a half minutes and all courses had quite quick winning times. I placed 2nd which I was pleased with And contributed to a win for the England juniors as well as the overall win. The weekend was very enjoyable, not just for the event but for the chance to get to know more people and do a bit of sight-seeing.

Southern Champs - Wiltshire

In March, five of our juniors travelled to Great Ridge in Wiltshire to take part in the Southern Champs. The event was bathed in beautiful sunshine and two of our juniors came away with podium positions and a jar of local honey!

Silver	Bronze
Maddie Bartlett W20E	Emma Chapman W14

British Middle Distance Champs – West Sussex

The following week Mark, Oliver, Lucas, Ben, Tommy, Emma, Emily, Heather and Maddie all took part in the British Middle Champs at Holmbush and Buchan Park, near Crawley – nice and local! Again, two of our juniors came away with podium positions and a British Champs medal.

Silver	Bronze
Emma Chapman W14	Mark Johnson M10

YBT Heat - Kent

Our team of 14 juniors travelled to the SAXONS YBT heat at Knole Park towards the end of March. They showed great team spirit and managed to secure a place in the YBT final, with Harriet and Mark both scoring top points in their competitions.

Yellow	Orange	Light Green	Green
Harriet Nichols W12 Mark Johnson M10 Oliver Johnson M10 Christopher Warner M12 Lizzie Nichols W10 Emilie Naess-Twena W12	Lucas Waters M12 Raphael Naess-Twena M14 Sophia Reed W16	Thomas Duncan M18 Emily Waters W14 Maya Hill W18	Emma Chapman W14 Ben Chapman M18

We are now looking to recruit more juniors aged 10 to 18 for the final. Please let us know if you are available to take part – the only criteria is to be able to run without an adult. On the yellow course running in pairs is also allowed.

JK International Festival of Orienteering – South Yorkshire

The Easter weekend always means the JK – one of the most sociable multi-day events of the year. The sprint took place on Good Friday in Sheffield City Centre. Saturday was the middle-distance race at Tankersley, which offered a complex area of pits and depressions from old iron workings. Wharncliffe on Sunday was the venue for the long-distance race. This time we were thrown into a mosaic of boulder strewn slopes, open moorland and forest. The longest courses had over 14km to navigate! Finally, the relay was on Bank Holiday Monday at Middleton Park near Leeds.

Once again our juniors performed really well in technical terrain and we had more podium places.

Silver	Bronze
Men's Short Relay (Stan Heap M21, Ben Chapman M16, Nick Jarvis M21)	Mark Johnson M10 Sprint Emma Chapman W14 Sprint Emma Chapman W14 Overall Women's Short Relay (Scarlet Heap W21 – Emma Chapman W14 – Heather High W18)

Running alongside these events was also a Trail-O competition and a Sprint Orienteering Biathlon (read more about this later). James Curtis M18 claimed top spot in the junior Trail-O competition and Ben and Emma Chapman both claimed bronze in the Biathlon competition.

British Long Championships – Lake District

In May four of our juniors travelled to the Lake District for an epic weekend of tough technical terrain. The individual race on the Saturday took place in Grizedale Forest. Our juniors all performed really well considering it's pretty different to the South! Emma went one better than the JK and made silver medal spot and Emily made 6th place and attained her first gold standard time – what a place to do it!

On the Sunday, the sun was out in full force over Bigland as Southdowns Orienteers took on the British Orienteering Championships relay day. With breathtaking views all around, spirits were high. The terrain didn't make it easy! A steep run-in and some truly testing courses made for an unforgettable challenge.

A huge shoutout to all our runners, and a very special congratulations to Scarlet, Emma and Heather—our gold medal winners in the Women's Short category! You did us proud!

Gold	Silver
Women's Short Relay (Scarlet Heap W21 – Emma Chapman W14 – Heather High W18)	Emma Chapman W14

What have our younger juniors been up to?
Coaching sessions led by Karen Ashworth



At Eartham in the beautiful spring sunshine, the younger juniors focused on how to relocate if you get lost.

They practised putting their maps the right way round, identifying features on the map and on the ground, and combining that with what they remembered about their route from the last control to successfully identify their location.

They were so good at it that we deliberately introduced distractions like making them spin around, and taking turns to pretend to be things like 'a big clip-cloppy horse', 'a yappy dog' and 'some deer with big antlers'. They still all managed to find their correct location at each stop.



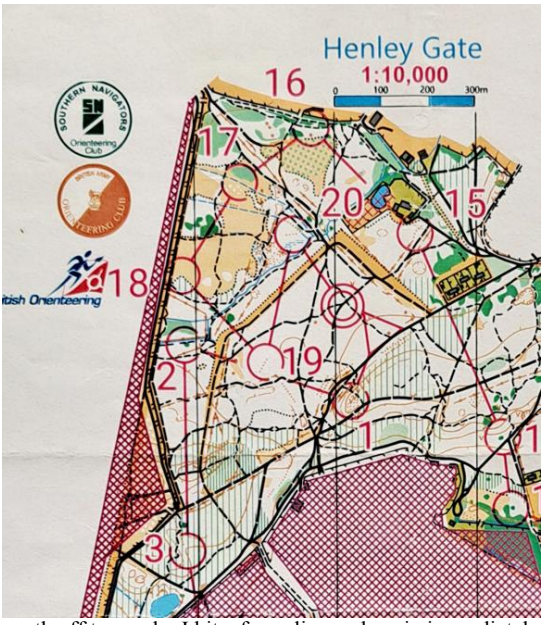
They all also picked up the mini-eggs they'd won in the pre-Easter online competition to match control points to photos!

BAOC Henley Gate Blue Course in which Little Dave has been considering the question:

"Would you rather a good clean run or a faux result?"



Continuing Little Dave's quest from the March edition for the answer ……



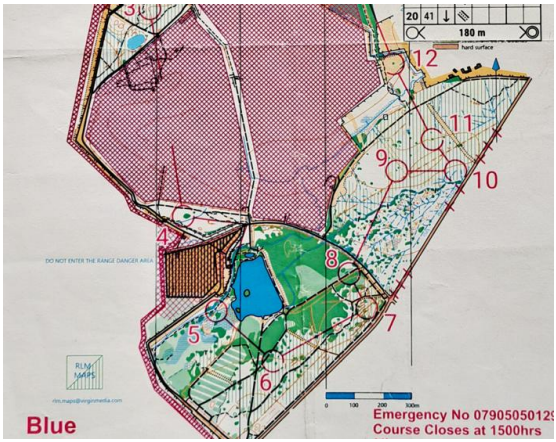
I start off slowly but surprised for a short leg to #1 and pretty much along a track. As I approach the track junction and my AP I see a smiling Di Turner heading down the hill. A quick hello and wave and I'm into the trees and locate a pit but no flag, quick map check and I see this is another mapped pit and a further few metres away, I find my control. This is easy!

Obviously with that headrush I dash off picking up a path that is not the path I think it is and after running through chossy woods I arrive on a ride but none of the features I'm expecting are present. A quick map check and I realise I'm, way too far NE, the ride is orientated in the wrong direction. Not great running on the compass but a very quick rectification and realisation of where I am. I'm now able to relocate and run to my AP. Back out of the trees onto the ride and I'm running. I've not counted the tracks off the ride correctly and I take a path off too early. I hit a fence line and again immediately recognise my error and although a few additional metres run I still in touch with the map. I run on to #3 fairly clean.

Run off on a bearing and pick up a path, ticking off collecting features until I hit the large track running adjacent to the high fence. Now to turn on the speed, catch the military lad in front and give it some beans. It's a good 500m of running but somewhere along that track my brain gets befuddled. I have created an imaginary fence line on my left and now that it is not present on the ground I need to take a large track to the left. I see the path as I shoot past it but turn around and head back to disappear into the trees on my path. The military lad carries on along the track. Immediately I'm confused. The path is meandering and is indistinct. In the distance I can see a clearing and a meadow, none of this is on the map. Slowly I realise I have taken a turn into OOB area. DSQ. Realising my mistake I immediately run straight back out, getting back on to the track and seeing the obvious corners and bends ahead. Such a stupid mistake, on easy ground. The map was screaming at me with clues and I blindly convinced myself I had found the correct track. I'm angry but I have to forget about it. This is not a race, this is me challenging myself. I find the correct track junction and very quickly find my thicket.

My next control is further along the track and I have to negotiate a large road/track junction, there are black lines everywhere surrounded by dark green and a lake! My eyes are struggling to read all the information. I let the military lad go one way and I take the other path, pretty sure it's going to mean a river crossing but it's all good adventure. I follow the fence and path until I realise that I now need to make the river crossing. It is a disgusting rusty brown colour and I hope not too deep. I dive through the rhododendron, cross the sludge stream and then smash back out the other rhododendrons onto the path to shock the military lad.

The next control is challenging, the military lad doubles back on himself opting for a long run back round the lake. I decide to go straight. Fortune favours the brave and for once the swamp is not too evil, a lot of the rhododendrons have been cut down and I'm making good progress towards the path. Just before the path a few people tentatively approach in the opposite direction, and I face plant. Absolutely stack it in the ground. My forearm and shin scream in competition as to who is hurting the most. I try to switch off from their moaning. Nobody is interested in the idiot lying in the undergrowth arguing with body parts.



I pop into some chossy woods to collect #6 and then head straight back out to take the path and ride to the next control. I'm drawn into the woods too early (analysing in the comfort of home) and I'm pulled over to some ditches that are further south. I don't see them on the map clearly, the thickets surrounding them should have alerted me but I spend too much time checking numerous ditches before eventually running on to the correct ditch. It was spaniel O at it's finest, cover as much ground as quickly as possible until all ground has been searched. Definitely not good O.

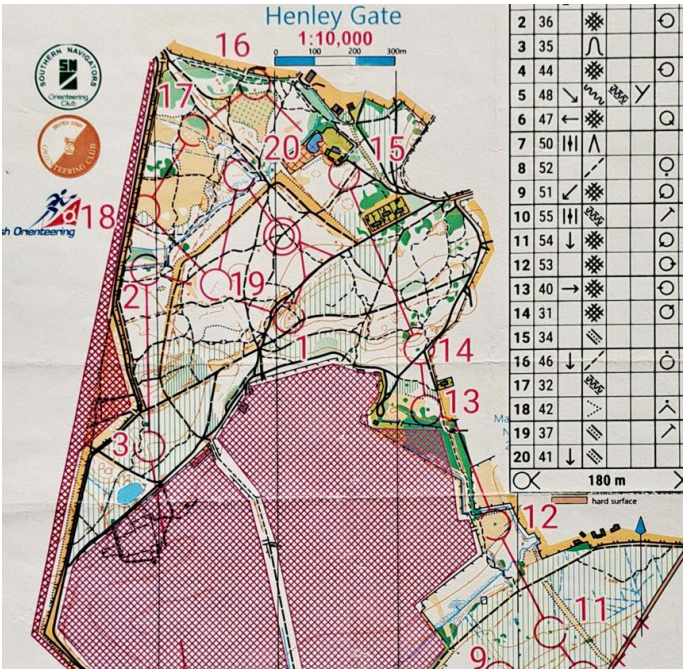
A simple track junction control then leads on to a horrible potential route. I'm considering going straight but the map looks disgusting. Arteries of seasonal water courses and ditches, thickets. It just smacks of danger, I could be wandering for days. I run the track. Reach the large junction and take the track North. I'm tempted into the Ulo early but resist realising the OOB area will create an ideal AP, reach the corner and I'm on a bearing and pace counting. I pass a thicket and on my bearing I can see two thickets roughly about the right distance. I run. Find the control. At last some good O skills.

The skills are left at the control as I follow a weak bearing getting pulled all over the place by the terrain. The undergrowth is heavy and very little features. I have arrived at my paced location but no sign of any of the ditches mapped. I'm now wandering, clambering around the debris and I'm joined by a couple of others. The thicket is helping guide me on to the minor water channel but even when I see the flag I'm unimpressed. A slack bearing leads me to the wrong thicket for the next control but good visibility means I can spot the correct thicket and I'm off to collect #11.

I'm getting tired or perhaps my luck is just plain running out. I head off on a bearing, I've aimed off so when I hit the track I need to turn right to then locate the path through the trees but somewhere on the way I lose my brain. I hit the path and instead of being confident and turning right to continue my journey I have a meltdown. I dive straight over the track into a complete mess of ground. I've no idea what was going on in my brain, complete panic. I can't make the map make sense (sat here enjoying a hot wet it's so obvious I feel like taking myself back outside for a few words…) and I wander deeper into the abyss. Eventually a couple of fences give me something to orientate on and I now try to make my way through the worst undergrowth and brambles of the day. Only I can find ground like this on a day like today. I get back on to the path and run across the rough ground to the lone thicket. The next couple of controls are on a corridor to get us back to the northern section of the area. I've slowed down and concentrating a bit more after the last few errored controls. Leaving #14 and confidence is back up, so I run on a bearing. Hit some paths but don't allow myself to be drawn along a nice easy running route. The plan is that I will hit the houses and then use them to create and execute my plan. Simplify the run, a rough bearing should suffice. I reach the houses further east then perhaps I'd planned so the route takes me to the east of the buildings. Maybe slightly off the optimum line but I'm always moving and in generally the right direction. A less than optimum plan takes me west of the next property on my way to #16. Later analysis of the map and I see a lovely path and route to the east, much simpler and safer, really can't understand how I missed it during the run. Running too fast for the brain, again. To be fair that speed doesn't have to be very much to outrun my brain.

A bit of path running to #17 where perhaps I should have taken a brave pill and gone straight. A large thicketed area on open ground would have been a massive feature to allow some adventurous routing. I now run across the open ground on a bearing, but the obvious northern point of the distinctive vegetation boundary is not obvious to me. People are coming out of the trees from a general direction and the compass agrees with them, so I progress finding the control adjacent to a tree. One of many trees.

I run out on a bearing, which should also be following the boundary but I'm still sceptical, reach the large ride and I can accurately locate myself to take a bearing to the small erosion gully of #19. I collect a path junction on the way and I'm confident I'm heading towards the control. It doesn't appear, the ground is a right mess, hard to see any ground features under all the undergrowth but I eventually walk slightly past the gully and dib.



A less than straight bearing, potentially hampered by the distraction of another runner next to me (he ducks off to go to the finish) brings me back to the ride but further east than optimum. I follow the confusing tracks and know I'm roughly in the right location, just need to break track and head into the trees. I find a gully but it's running in the wrong direction. I wander back and see the correct gully but no flag. I take a step away, looking at the map as panic starts and out of the corner of my eye I see the flag hidden by a tree. Job done, just run back to the finish. I know where that is so I can just run. I'm legging it up the track not looking at my map and suddenly I can see download but not a finish. How have I missed it? What's going on? The finish is just off the path to the west of download, just out of my sight.

I finish.

A great run out, a fairly easy course but I made it difficult on the more navigationally challenging controls plus a few stupid mistakes and brain burps. Perhaps not my best orienteering but some good moments using pacing and bearings.

Another fantastic day out of the office enjoying some O. Once again on finishing I just want to carry on running but before I got sucked in to more running I spotted Di Turner and enjoyed a post event debrief, although I resisted the egg banjo.

So clean run or faux glory? I think I am now closer to knowing my answer…
And Never Ever Give Up! You just never know…

Let's get SO Quizzical by David Wilson



Answer to March's quiz, page **25 – Over The Hill:**
Whose calculation was correct, Alf or Sammy, and why?

Sammy is correct. If you want to calculate a simple average of speeds, you have to take them over two periods of equal time rather than of equal distance. More mathematically, because Time = Distance/Speed, you need to average the reciprocals of the speeds i.e. 1/6 and 1/12; the average of these is 1/2(1/6 + 1/12) or 1/8. One km at 8 km/hr is 7½ minutes.*

The winner pulled from a number of correct answers is Ed Foreman. Congratulations Ed, please contact Neil for your free SOG run.

NOTE: This months Quiz, has two levels so come on even if you've not reached Maths A level you can still give this a go – Juniors and other non-mathematicians actively encouraged!

A GRAVE PROBLEM by David Wilson
(based on a problem from Compass Sport by kind permission of the editor)

Our three members of MOK (Mathematicians Orienteering Klub), Alf, Betty and Sammy were talking over a recent park run. "What's that symbol in the middle of that circular copse?" asked Sammy. "The copse has a tumulus in the middle so it's a mound, and it ought to have a grave symbol too – as an ancient monument it's out of bounds", explained Betty. "Some previous owner took advantage to make it the centre of the copse" added Alf.

"I see you had a couple of diametrically opposite controls" said Sammy "Not much route choice there, then". "It's not that simple", said Alf. "That path across the centre of the copse is quite overgrown, whereas by going round the outside, it's faster running on grass. And off the path, the copse is thick with bramble". "Look at the map carefully, too" added Betty. "There's a circular fence round the tumulus to protect it, so that makes a bit of extra distance".

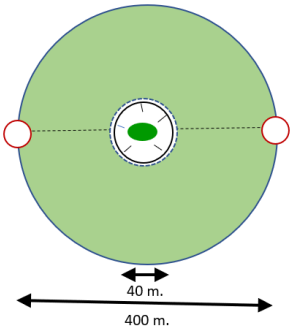
"At a guess", said Sammy, "with the copse 400m diameter and the enclosure 40m diameter, it's about 200m further if you go round the outside". Alf chipped in "I did choose the direct route as being shortest"

[Those who haven't got further than GCSE Maths, can declare it and just submit the difference in distance between the two routes; others read on]

"I reckon the overhanging trees slowed me down to ⅔ of normal running speed" Alf continued. Did he make the right route choice, or would he have been quicker to go round the outside?

[A level Maths and above] Please provide the difference in the times as a percentage of the quicker route, to 2 d.p,. (and do have an intuitive guess before you do the math!).

Optional P.S. (no prizes). Sammy wasn't convinced that the map was accurate (we've all been there!) so he went back and checked. This time he obtained a figure for the diameter of the central enclosure which meant that the % difference in the times for the two alternative routes were the same to within 0.006%. What was the diameter of the enclosure to the nearest 0.5m?



All entries to editor@southdowns-orienteers.org.uk by 15th August please

SOUTHEAST LEAGUE



Club night runners get their hands on the SEL Trophy

The final two events of the SE League took place in March

Firstly, results from Ashridge South – 2nd March 2025 event 8

This event:-

Position	Club	League Score	Match Points
DIVISION 1			
1	SO	4908	6
2	HH	1612	5
3	SN	1582	4
4	DFOK	1226	3
5	GO	971	2
6	SAX	938	1
DIVISION 2			
1	MV	1030	7
2	SLOW	831	6
3	HAVOC	524	5
4	LOK	440	4
5	CHIG	404	3
6	BAOC	300	2
7	RAFO	122	1

Total after 9 events:-

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	48	-
2	HH	36	-
3	SN	35	⇓1
4	DFOK	31	-
5	SAX	24	-
6	GO	15	-
DIVISION 2			
1	SLOW	60	-
2	MV	55	-
3	HAVOC	36	-
4	LOK	35	⇓1
5	CHIG	27	-
6	BAOC	24	-
7	RAFO	12	-

COMMENTS:-

A massive win for SO in the 1st Division at their own event furthering their lead overall in the final event of the season.

MV won in the second division but SLOW top for the season. Little change in the overall positions.

18 people exceded their target speed.
The top 5 scorers were:-

Sarah Rollins	SN	W45	120.1
Thomas Rollins	SN	M18	111.8
Simon Errington	HH	M60	111.7
Alan Velecky	SO	M55	111.3
Jill Blount	SO	W65	111.0

Philip Gristwood SEL Co-ordinator

Results from Worthlodge 16th March 2025 - final event and **WE WON** - another wonderful league win for SO!

This event:-

Position	Club	League Score	Match Points
DIVISION 1			
1	HH	4631	6
2	SN	1038	5
3	DFOK	1000	4
4	SO	952	3
5	GO	617	2
6	SAX	282	1
DIVISION 2			
1	SLOW	1549	7
2	HAVOC	906	6
3	MV	854	5
4	LOK	715	4
5	CHIG	425	3
6	BAOC	385	2
7	RAFO	0	0

Total after 8 events:-

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	43	-
=2	SN	31	-
=2	HH	31	⇑1
4	DFOK	28	-
5	SAX	23	-
6	GO	13	-
DIVISION 2			
1	SLOW	54	-
2	MV	48	-
=3	LOK	31	-
=3	HAVOC	31	⇑1
5	CHIG	24	-
6	BAOC	22	-
7	RAFO	11	-

COMMENTS:-

HH won comfortably in the 1st Division at their own event with SO trailing in 4th place..

SLOW had a good win in the second division to further increase their lead.

Little change in the overall positions.

51 people exceded their target speed.
The top 5 scorers were:-

Jill Blount	SO	W65	129.6
Alan Rosen	HH	M70	125.9
Simon Errington	HH	M60	124.2
Alan Velecky	SO	M55	120.6
Kate Brett	BAOC	W60	119.0

Philip Gristwood SEL Co-ordinator

Huge congratulations to everyone who took part in one or more of these events. Everyone's contributions are really valuable and can help SO continue their winning streak, held since 1998/99!!!

SE League Events planned for 2025/2026 – add these to your diary now!!

23 November 2025 Hindleap (SAX)
30 November 2025 Frith and Windmill Hill (SN)
7 December 2025 Epping North (CHIG)
18 January 2026 South Ashdown (DFOK)
8 February 2026 Egypt & Burnham Beeches (HH)
15 February 2026 White Downs & Ranmore (MVOC)
3 May 2026 Winterfold (SLOW)
10 May 2026 Sunny Sussex Weekend (SO)



Major Events – looking ahead:

Hopefully you will have already entered the SE Sprint Champs taking place on1st June at Brunel University, this is followed at the end of June by the Chasing Sprint Regional event at Addington Hills – if you haven't visited this location before you are in for a treat!

The Harvester returns in 2025 to be held at King's Wood, near Ashford in Kent. This is amongst the best woodland in the South. There are two races, an A race for 7 runners that starts at midnight and a B race for 5 runners that starts at 01:30. Camping is still in the progress of being sorted but updated details will become available on the JOK website as permissions progress. Our Club Captain, Neil, will be collating teams, please see this link for full details and how to enter: https://www.southdowns-orienteers.org.uk/archive/harvester-and-british-sprint-relays.

Our juniors qualified for the Yvette Baker Final which will be held on 6th July in Capite Wood. This is a national inter-club junior competition, alongside which a National event, open to everyone, takes place.

The Scottish 5 Days returns to Royal Deeside at the end of July. This includes 5 days orienteering in amazing locations and a rest day Sprint race! Check out full details here: Scottish 6 Days

The Annual White Rose Event had an enforced rest last year but returns with a full weekend of events in Dalby Forest for their 50th Anniversary. This commences with a Night Race on Friday 22nd August, and is followed by a Middle, Classic and finally Sprint race on the Bank Holiday Monday. As usual the competition areas will be close to the very basic campsite which creates a brilliant, relaxed atmosphere. Details here: White Rose Weekend – Eborienteers Orienteering

Completing the Summer events will be the British Sprint Championship weekend on the last weekend in August. The relay champs take place at RAF Honington, near Bury St Edmunds with the Individual Sprint Champs taking place the following day at UEA. Details here: British Sprint Championships 2025 - British Sprint Championships Weekend 2025

Club nights

Do think about joining one of our super Club Night runs on a Thursday evening. There are always routes to cater for those who enjoy a longer run as well as courses for those who prefer a more gentle pace or even ones which cater for those would like to walk and talk!

We explore a different area of Sussex each week. It's a great opportunity to get to know new areas and have fun with other members in glorious countryside.

Each run starts at 6.30pm and lasts between 60 – 90 minutes. Event details can be found on the club website.

SouthEast League (SEL)

This annual competition between the member clubs of the SEOA runs over the autumn/winter/spring season. The league is based on events approved by SEOA and individual runners score points for their runs. See previous article for 2025/26 diary dates.

More information can be found here: https://www.seoa.org.uk/info/orienteering-competitions-within-seoa/south-east-league

A few events at a glance, June to August
(check club websites to confirm details and for more information and see BO website for a full list of many more events)

Date	Event Type	Location	Organising Club
Sunday 1st June	**SE Sprint Champs Regional**	**Brunel University**	**LOK**
Saturday 7th June	SO Sprint	Hellingly Country Park	SO
Sunday 8th June	**Urban Regional (SEOUL)**	**Norwich City Centre**	**NOR**
Sunday 8th June	**Urban Regional (SEOUL)**	**Tidworth**	**WIM**
Thursday 12th June	Evening Trail Challenge	Waterhall	SO
Saturday 14th June	SO Sprint	Brooklands Park	SO
Sunday 15th June	**Urban Regional**	**Guildford**	**GO**
Thursday 19th June	Evening Trail Challenge	Devils Dyke	SO
Saturday 21st June	SO Sprint	Withdean Park	SO
Thursday 26th June	SO Knock-out Sprint	Knowlands Wood	SO
Saturday 28th June	**Chasing Sprint Regional**	**Addington Hills**	**JOK**
Sat/Sunday 28th/ 29th June	**Harvester National**	**King's Wood, near Ashford**	**JOK**
Sunday 29th June	**Urban Regional (SEOUL, UKUL)**	**Rooksbury & Winklebury (Basingstoke)**	**BADO**
Thursday 3rd July	Evening event	Washington Common	SO
Sunday 6th July	**Yvette Baker Final National**	**Capite Wood**	**SO**
Saturday 12th July	Sprint	Tlgate Park	SO
Saturday 19th July	Sprint	St Anne's Well Gardens	SO
Sunday 20th July	**Urban Regional**	**South Hill Park**	**BKO**
27th July – 1st August	**Scottish 6 Days**	**Royal Deeside**	**Entry closing date 30th June**
Saturday 9th August	**Urban Regional SEOUL**	**Great Linford (Milton Keynes)**	**SMOC**
Saturday 16th August	**Urban Regional SEOUL, UKUL**	**Goldsworth Park, Woking**	**SN**
22nd – 25th August	**White Rose weekend**	**Dalby Forest**	**EBOR**
Sunday 24th August	**Urban, National SEOUL**	**Epsom**	**MV**
Saturday 30th August	**British Sprint Relay Champs**	**RAF Honington**	**Closing date 17th August**
Sunday 31st August	**British Sprint Championships**	**University of East Anglia**	**Closing date 17th August**



SOUTHDOWNER is the official journal of Southdowns Orienteering Club.
Views and opinions expressed in SOUTHDOWNER are those of the individual contributors and do not necessarily reflect the views of the editors, the club committee or Southdowns Orienteering Club