Houghton Forest Regional event
Sunday 27th April 2025

We are grateful to the Norfolk Estate and Forestry England for their permission to use this beautiful area of Sussex woodland.

Officials:

Controller:	John Collyer (GO)	
Planner:	Steve Jarvis (SO)	07752 615000
Organiser:	Samantha Gibson (SO)	07824 552628 on the day, (sjgibson57@gmail.com)

Location:

The event assembly area is north of Arundel in West Sussex, near the villages of Amberley and Houghton. Off Bury Hill, A29. TQ002108; 50.888522, -0.57653278. Nearest postcode BN18 9FD. W3W: adjust.nightlife.pays.

The entrance to the parking area is just north of Whiteways Lodge roundabout at the junction of the A29 with the A284. This is a very busy road and CAN ONLY BE ACCESSED FROM THE NORTHBOUND CARRIAGEWAY, i.e. from the south. If approaching from the north, drive past the car park a short distance to the Whiteways Lodge roundabout, and take the last exit off the roundabout back onto the northbound A29.

As you enter the main car park entrance, turn LEFT. The grass car park at the south end of the car park has been reserved for orienteers. Please do not park on the hard standing as this must remain available to members of the public who will not be permitted to use our parking areas.

N.B. THE CAR PARK HAS A HEIGHT RESTRICTION OF TWO METRES. We will not be measuring the height of your vehicle so entry is at your discretion. The parking marshal can direct you to alternative parking without restriction barriers.

Please comply with the parking marshals' directions to maintain access routes for emergency vehicles.

Timetable

Registration: 10.15 to 12.15pm
Start : 10.15am to 12.30pm
Course closes: 2.30pm

Public transport

The nearest railway station is Amberley (2.6 miles via B2139).
Arundel railway station is 3 miles via London Road/A284.

Assembly

Assembly is in the field next to the car park. The two are separated by an overgrown earth bank with cut throughs.

Assembly includes registration and download, First Aid by Pulse South Coast Ltd, enquiries and newcomers help, hub tent for string course, and the portaloos.

Whiteways takeaway kiosk can provide hot and cold drinks, a range of burgers, chips and prepackaged and homemade cakes, and ice creams. You are politely asked to not use their toilets; their plumbing won't be able to cope.

Course information

Brown	8.7km	270m
Blue	6.3km	180m
Short Blue	5.1km	150m
Green	4.2km	120m
Short/Light Green	3.4km	90m
Orange	2.8km	95m
Yellow	2.3km	70m
White	1.6km	60m

There is a free string course with an animal theme set in the field and woodland 100m south from the assembly field. Certificates and a small prize will be given to all participants.

Biosecurity Measures

Before attending the event please ensure that your orienteering footwear/gaiters are clean. When you leave the car parking field to go to the start you will be provided with disinfectant to clean your footwear/gaiters before running in the forest.

After your run please ensure you remove any excess soil/leaf litter/needles from footwear, gaiters and clothing before leaving the car park. On returning home thoroughly scrub footwear/gaiters, wash clothing and leave to dry for at least 48 hours before reuse.

Starts

Routes to the starts will be taped and signposted. Start is 250m from assembly. There is no kit drop.

Starts are between 10:15am and 12:30pm (0930 for helpers) The courses close at 2.30pm.

Please note there are TWO start grids:

- Brown to Short/Light Green
- White, Yellow, Orange.

These are co-located but face in the opposite direction with different start kites. Routes to both start kites will be taped.

Yellow and White course maps will be available for viewing before the start line.

It is a punching start (and finish), so please ensure that you 'dib' at the start box, even if you are using contactless punching. SIAC (contactless) punching will be enabled for all other controls.

The string course start is located south of the hub tent by the assembly area.

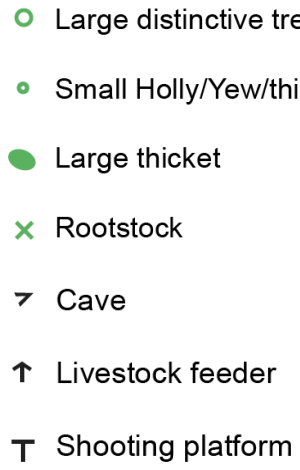
Map

1:10,000 with 5m contours

Resurveyed with LIDAR data in Autumn 2023 by Chris Hooker with planners' updates Spring 2024 and Spring 2025.

All maps will have pictorial descriptions except Yellow and White course. Loose descriptions will be available at the pre-start.

All maps are single sided A4. All map symbols are IOF standard, but the following symbols may be less familiar or used slightly differently from standard on the Houghton map:



There are many hides throughout the forest, typically made of vertically arranged branches and of various sizes (some quite substantial). These are regularly removed and rebuilt so cannot be relied on for fine navigation.

Please avoid the 'out of bounds' areas which protect bio-sensitive areas. Take reasonable care to avoid disturbance to wild fauna and flora.

Terrain

Houghton is a mixture of beautifully runnable beech forest, combined with slower areas of coniferous plantation, and patches of bramble and brashings, which can generally be avoided. New bracken growth is at present, minimal.

Many slopes are dotted with depressions, knolls and embankments, which provide interesting orienteering. The area is well contoured, meaning that careful route choice will be needed to minimise climb on the more technical courses. There is a good path and ride network, as well as a number of mountain bike tracks. The mountain bike tracks also frequently change and so should not be relied upon for navigation. Underfoot conditions are quite dry currently.

Finish

There is a taped route from the common last control for all courses to the finish, which is located close to assembly.

Punching finish for ALL courses. Courses close at 1430 You must report to download by 1430 to avoid unnecessary searches being launched, even if you have not finished the course.

Results

Live/final results will be available on the Southdowns Orienteers website Houghton Forest
Dogs

Dogs should be kept on leads in the parking area. Dogs must be kept under control at all times. Please ensure they do not present a nuisance or hazard to other competitors and members of the public. Please pick up after your dog.

Safety on the course

Safety bearing information: South-East towards Assembly at Whiteways Lodge Cafe & car park

SI / Download emergency contact mobile : 07526 792817.

Good clothing cover is essential as there is a risk of ticks. This is why you MUST wear full leg and torso covering in the woods (no running vests). Please check for ticks after running. Further advice is available on the Southdowns Orienteers website.

Bramble bashers are highly recommended for this event. Upper arm covering is also recommended.

The area contains many footpaths and bridleways which are shared with members of the public, including dog walkers, mountain bikers, and horse riders. Please show respect to other users.

Mobile phone signal is unreliable in the forest so carry a whistle in case of loss or other emergency. Spare whistles are available at Download if you do not have one.

Do not touch any forest machinery and please keep away from log piles, which can collapse and be very dangerous.

If you come to the event on your own, please leave your named vehicle keys / details at registration.

Note that in contactless mode no record of a SIAC "punch" is held in the control box. By using contactless punching, competitors are accepting the resulting risk that we may take longer to find you if you are lost or injured.

If you have a medical condition which may present symptoms during the race, you can leave a sealed envelope at download, with details for first aid responders. This will facilitate the appropriate, timely medical response. The unopened envelope can be collected when you have successfully completed the course.

You must download, even if you do not complete your course.

Risk assessment

A comprehensive risk assessment has been carried out by the organiser. Participants take part at their own risk and are responsible for their own safety during the event.

Please make yourself aware of and abide by the British Orienteering Participant Code of Conduct.

Orienteering is an adventure sport; your safety while orienteering is your own responsibility.