

The Southdowner

September 2026 No. 218



- Properly equipped for the forest
- Mapping: Woody Issues
- Roundup of junior news/events

Rogues Gallery - Know Your Club Representatives



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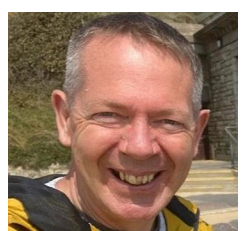
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Chairman's Chat – Liam Marsh

Hello! It's a pleasure to introduce myself as your new chairman for the next few years. It has been a fantastic summer of orienteering: time with SO friends at Lakes 5 Days, charging around the streets of Sussex in the RunSussex series, and enjoying our traditional Park-O series too. The RunSussex series deserves special mention: Rob, Ed and Euan, with help from Alex, mapped, organised and planned all eight events. They were extremely well received, attracting participants from local running clubs, neighbouring O-clubs such as Dartford, and even tempted one participant to fly to England specifically for our event! A fantastic effort.



The series finale in Henfield, based in a pub garden, was a delight: so many happy faces enjoying a drink, chatting about route choices and life in general, while waiting for the prizegiving. A wedding barn dance this summer reminded me of past club socials, from the Hurstpierpoint barn dance about 15 years ago, still fondly remembered by my friends and me, to club quizzes that brought people together. More recently, we've had Will's Pie-O, junior squad fundraising quizzes, and evening relays, knockout sprints and social training sessions led by Rob. Even without a social secretary for several years, club members have kept creating opportunities for us to come together.

In the past, training sessions before events were incredibly well attended, often with more adult coaches than juniors. I was never part of SEJS, so what I know about orienteering came from Southdowns Junior Squad sessions and time in the forest with people like Neil, Rob and Chris, it would be brilliant to see that return. With five newly trained coaches eager to share their knowledge, the rest of us have a great chance to spend more time in the terrain and practise skills we may not use enough — there is no pressure to be an expert.

Although orienteering is usually an individual sport, Southdowns offers plenty of ways to feel part of the community. Neil, Robin and Euan organise weekly social runs across Sussex, on streets in winter and trails in summer, combining navigation with good company. We also hold monthly training sessions at SOG events, with later start windows so everyone can still run. Several RunSussex events started from pubs to encourage people to stay and chat, and there are always people by the tent or finish ready to share mistakes, advice and stories from the forest. We may not have a social secretary, but we remain a socially active club. If you have ideas, or would like to help organise something, please get in touch. Many of us would be happy to help create more Southdowns fun, especially if you still have the barn dance caller's contact details from all those years ago.

Editorial – Jane Lambert

Words cannot fully capture the sadness at Little Dave's passing. Though he and Sarah only started orienteering after lockdown, they soon felt like longstanding members of Southdowns Orienteers. Warm, friendly and enthusiastic, they became part of the club with ease. Dave's Strava reports following each course were legendary: whatever had gone wrong, he always focused positively on what he could learn for next time. In his memory, Sarah has organised a walk up Wolstonbury Hill on Sunday 6th September, details are on the website and on page 4.

Thank you to everyone who contributed to this bumper edition. There is plenty to enjoy, including an introduction to our new Club Chair, Liam Marsh, in Know Your Club Member — he is also our cover star, in flying action, displaying how he often reaches the top of the results list. For those who missed attending our SO AGM, Clive provides us with all the information you need. Other wonderful articles include Chris Hooker exploring distinctive trees, thickets and rootstocks in his Mapping article; Sarah and John Russell share their Adventure Racing experiences and Chris and Vince rate their overseas adventures.

With age comes a new challenge for many of us orienteers – how on earth to read the map **and** look at the surrounding terrain without falling or getting misplaced! Ian Johnson has kicked the ball off with a solution that works for him on page 20. I hope to continue this discussion in future issues – if you've found something that works, please let me know.

Safe running to all

Jane

Welcome to our New Members

A HUGE and very WARM welcome to our new club members who have joined since June 2026

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!



– Club
Membership
Secretary.

Erin Barter (Junior) W10

Derek Spalding (Senior) M65

Information about BO Member Discounts: <https://www.britishorienteering.org.uk/discounts>

Can you help? Samantha is still looking for a volunteer planners.

If you would like to try planning an event, but are not sure how to go about it, please contact the volunteer coordinator. You will be supported by an experienced advisor and have the benefit of our many club experts who sort out permissions, create maps and ensure the safety of participants.



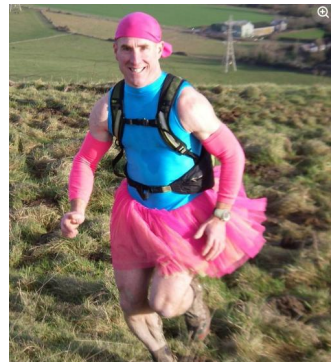
Please email Samantha at volunteer@southdowns-orienteers.co.uk for more information

A Walk in Memory of Little Dave Cummins – Sunday 6th September

Sarah Lowe has arranged a walk up Wolstonbury Hill in memory of Little Dave and everyone is welcome to join her.

All are welcome to join in on a walk to remember our friend Little Dave. From Pyecombe, we will head up to Wolstonbury Hill which was one of his favourite local places. Dress code is pink - preferably a pink tutu. The walk will be circular and roughly 3 miles. Plenty of free parking is available on London Road all the way up to Pyecombe Street. Meeting point will be South Downs Way at bottom of Church Hill -

<https://what3words.com/wound.boosted.paints>



Following the walk, we will head to the Jack and Jill pub in Clayton for some drinks where we can share dits and remember what an extraordinarily energetic, generous and kind person he was. The pub is about a 5 min drive from Pyecombe. We will have use of their function room, and they also have a large garden. The venue is dog friendly. See <https://jackandjillinn.co.uk/>. If the pub car park is full then parking is also available at Clayton Recreation Ground <https://what3words.com/stores.straddled.utensil>

One of Dave's friends is undertaking the GBDURO commencing 15th August 2026 in memory of him. It is a 2000km cycle race from Land's End to John O'Groats and she has chosen to raise money for CALM - a suicide prevention charity. Anyone wishing to help Nikki on her way to hitting her target can find her page at <https://www.justgiving.com/page/nikki-rides-gbduro>



There is an online tribute to Dave at <https://littledavecumins.muchloved.com/> where you can add photos etc. Dave's last adventure and fell top memorial will be on 18th September in the Lake District. Details here <https://littledavecumins.muchloved.com/.../Events/752453099>

The Winter season is approaching – do you need a Club long-sleeved top?

Ian Curtis, our kit officer, advises that supplies of long and short sleeved tops have been replenished in the most popular sizes. Although holding prices for a few years, costs have risen so its been necessary to revise the price of some items. He still has some summer tops and a few jackets remaining, so be sure to get your requests in while these remain available (as it is now proven that replacement stocks will inevitably be more expensive...). Contact Ian on kit@southdowns-orienteers.co.uk

Latest prices are as follows:

	£
Vest	18
Singlet	18
Mesh T	25
Junior Winter T	25
Adult T non-mesh	32
Adult T Long-sleeved	38
Jacket	38



Peter Chapman proudly displaying his SO club jacket after winning MSV BCR 2023



Note that the deadline for content for the next Southdowner edition (December 2026) is 15th November

Please send your contributions and competition entries to
editor@southdowns-orienteers.org.uk

If you have enjoyed adventures over the Summer or have ideas for new features, I would love to hear from you. Your suggestions and feedback are always greatly appreciated—they contribute to making the Newsletter both engaging and informative for everyone.

Thank you!



2026 SO AGM Round-Up By Clive Hawkes *(photos Rob Lines)*

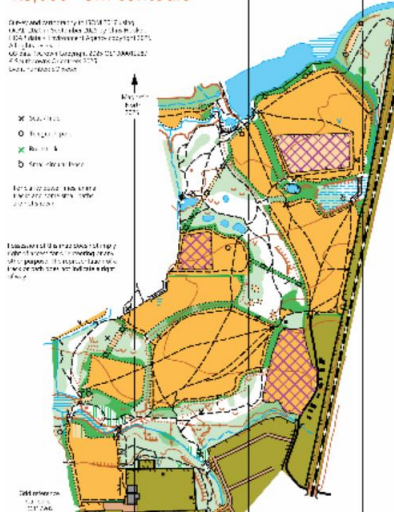
There was a great turnout at Bedelands Football Club in Burgess Hill on Saturday 6 June as Southdowns Orienteers gathered for our 2026 Annual General Meeting. With a packed year of forest navigation, urban sprints, and fantastic individual and team successes behind us, there was plenty to celebrate across the club!



A Change at the Helm & Committee Updates

After three years service, Alan Williamson officially stepped down as Chair. In his final Chairman's report, Alan reflected on how the club has gone from strength to strength during his tenure. He gave special mention to our flagship Sunny Sussex Weekend at Friston Woods and Sovereign Harbour and extended a huge thank you to all the planners, controllers, and behind-the-scenes helpers who keep SO running smoothly.

Taking over the reins as our new Club Chair is **Liam Marsh**, who stepped up at the meeting to lead us into the next chapter! Clive Hawkes stays on as Club Secretary, while Ian Curtis remains in charge of the club purse strings as Treasurer. We also welcomed Samantha Gibson officially into her co-opted role as Volunteer Coordinator, while continuing her stellar work as Membership Secretary. All our other committee members we're happy to stand for re-election, and they continue their sterling work for SO for another year.



Financial Health & A Record Mapping Year

Treasurer Ian Curtis delivered a very positive financial report. The club finishes the year in a healthy position with total funds standing at £19,688.59 across our current and interest-earning accounts. Event revenue reached a four-year high of £38,188, with over half generated by six major events—including over £7,000 from the Worth Lodge national event and £5,000 from the Brighton City Race weekend!

Equally impressive was the report from Mapping Coordinator Chris Hooker. The 2025 season was one of the busiest on record for our mapping team, with 16 brand-new maps completed (including Stanmer, Waterhall, Tilgate Park, and Worthlodge) along with numerous updates. By doing this surveying and drawing work in-house, our volunteer mappers saved the club well over £20,000 compared to external commercial rates!

Safety, Coaching, and Junior Progress

Safety Officer Karen Ashworth reported a clean bill of health

across all events, highlighting zero lost competitors, zero events without a signed off risk assessment, and zero events without officials who were either event safety trained themselves or mentored by somebody who was.

On the coaching front, we celebrated five club members who recently completed their formal qualifications to become licensed coaches: Anna Chapman, Ian Curtis, Edward Lines, Kasia Nichols, and Bea Waters.

Out in the woods, our junior section continues to thrive. Junior Team Manager Anna Chapman highlighted our fantastic 3rd place podium finish at the Yvette Baker Shield national final at Capite Wood, as well as our recent narrow victory over Southern Navigators to qualify for the 2026 final in South Wales! Special congratulations also went to our junior international stars: Heather High (GB - JWOC & JEC), James Curtis (GB - World & European Trail-O), and Emma Chapman (England - Junior Home Internationals).



Celebrating Our Trophies and Champions

Club Captain Neil Crickmore and outgoing Chair Alan Williamson presented this year's major awards to some extremely deserving club members:

- **Women's Senior Performance Shield:** Awarded to **Anna Chapman** after an exceptional season collecting four Championship medals across multiple disciplines.
- **Men's Senior Performance Shield:** Presented to **Liam Marsh**, indisputably the top-performing orienteer in the club over the past year.
- **SOOTY Trophy (Southdowns Orienteer of the Year):** Awarded to **Samantha Gibson** for her tremendous non-competitive contribution behind the scenes as Volunteer Coordinator and Membership Secretary.
- **Ricky Wise Junior Trophy:** Awarded to **Emily Waters** in recognition of both her personal athletic progress and her outstanding contribution to the junior squad.
- **Junior Performance Certificates:** Gold certificates went to **Heather High** and **Mark Johnson**, Silver to **Emma Chapman** and **Lucas Waters**, and Bronze to **Emily Waters** and **Ben Chapman** (with Compass Point vouchers awarded to all!). A Special Junior Certificate was also presented to **James Curtis** for his Trail-O achievements.



Looking Ahead to 2026/27

With club members topping podiums at the JK, British Championships, and South East Leagues, SO is in great shape! However, we still have a few crucial volunteer roles open, including **Social Secretary**, **Publicity Officer**, and from next summer, **Land Permissions Coordinator**. If you'd like to lend a hand and help keep the club moving forward by filling one of these important roles, please get in touch with any member of the committee.

Here's to another magnificent year in the woods—see you all at the next SOG event!

If you would like a copy of the formal minutes of the AGM, please email Clive Hawkes at Secretary@southdowns-orienteers.org.uk



Know your Club Member – Liam Marsh

(get an insight into our Newsletter front cover star, and new Chair of Southdowns Orienteers, photos Rob Lines)

How did you first get into orienteering, how long have you been orienteering, and what keeps you coming back?

I first went orienteering as a fairly young child - my parents/grandparents had done it back in the good old days and saw something about the local club so took us all out for an adventure. To start with, Grandma and Grandad would escort us round our yellow and white courses, then they would chase us round, before eventually we graduated to flying solo! It must be coming up to 20 years now since we started, so around 80% of my life has been spent identifying as an orienteer! There are so many great things about the sport that keep dragging me back in - the community we have at SO is fantastic, the views and peaceful time spent in the woods is invaluable, but the main thing would be that it gives a level of thrill and adrenaline that just can't be matched by going for a regular old run!



Do you take part in any other sports or activities outside of Orienteering?

At university I dabbled in Ultimate Frisbee, without much success. I run for fun from time to time, also without much success. At work (as a primary school teacher) I lead the girls football team, netball club, dance club and rounders club, and have found a lot more success competing against the children in these!

What achievements or memorable moments stand out most to you?



Most of my favourite memories and achievements have come from being in SO relay teams. Winning a silver at the British relays with Alan and Will was an incredible feeling for someone who had to retire from the individual event the day before because it was too long! Getting team members to run wearing a bright green tutu in some of my earlier relay teams was also pretty iconic - footage exists of Steve Blount tutu'd-up if required. Winning the Peter Palmers at Lancing ring was also quite good fun - whilst generally it's an individual sport, it's so much more enjoyable for me when sharing the experience with other people. In recent years, running the M21E at JKs has been enjoyable - not because of competition, but because I always seem to end up with a friend or a train and we just have a nice 2 and a half hours out in some lovely terrain having a chat (and occasionally navigating).

What type of orienteering do you enjoy most, and do you have a favourite (and least favourite) area?

Middle distance first events are the absolute best - I think partly because they are quite similar to how many of our SOG events are planned these days so feel familiar. I love Chelwood in Ashdown, and the Scottish coastal areas like Roseisle and Culbin. For least favourite areas, Bigland in the Lake District is a source of pure evil, and I've never managed to get over the overwhelming cow presence on Newtimber Hill.

Do you review your runs, and those of your fellow competitors on Routegadget?

Only when it's gone badly! I find it more interesting to discuss choices in person rather than watching the traces, but I will sit down and watch my route to confirm what went wrong on certain legs.

Do you train outside of events? Do you follow a pre-race routine?

I try to maintain a level of fitness and go to as many of the clubnight/trail run/evening activities as I can, but don't do any training that hasn't been organised by the club. I'm just here for a good time - any success is a bonus more than a target! I don't have a particularly good routine - just the usual toilet trip and a few half-hearted stretches whilst playing mind games with my opponents.



Which skills do you think it's important for regular orienteers work on, and are there any you'd like to improve yourself?

The most important skill I have picked up (and the one I struggle to do the most) is staying focused on the map and actually taking the time to navigate. It is so easy to get to a control, take a bearing, and run off expecting to find the next control - especially in the South East where half the time this technique of vibe navigation works. But when it goes wrong, this is what leads to people walking in circles with no clue where they are, or the 30 minute + leg times we see! At challenging areas, I have to spend half the course talking to myself, reminding myself to read the map, look for features and actually orienteer, so I should probably work on making that Plan A!

What advice would you give to newcomers?

Get stuck in, make mistakes and have fun! Nobody gets it right every time, especially not at the beginning, but if you keep on coming back then you will get better! We have several newly qualified coaches who are keen to share their advice, so I would say go along to the sessions and see what they have to offer! I would also say it's always worth going round and doing a course with a friend - maybe taking it in turns to do a leg, or working out your route together - company is always fun and you can learn from each other as you go. Mostly though, for 99.9% of people who do the sport it is just a hobby, so do it however you find enjoyable!



CompassSport Cup Final – Pippingford Park, Sunday 18th October

The CompassSport Cup (CSC) is the premier UK Club orienteering competition. It is structured so that any club member can enter, with the top 25 scorers, from a range of different age classes, contributing to the overall club total. However, there is great strength in numbers running for the club as everyone can contribute by pushing rival runners down the points list. **Last February we qualified and the final is to be held on close to home turf, at Pippingford Park, near Nutley.**

Entries must go through Club Captains rather than individual members, so please watch for Neil's instructions on how to add your name.

With the final taking place so close to home, a strong Southdowns turnout could make a valuable difference to the club's overall result.

Be sure to take the opportunity to join this exciting competition!

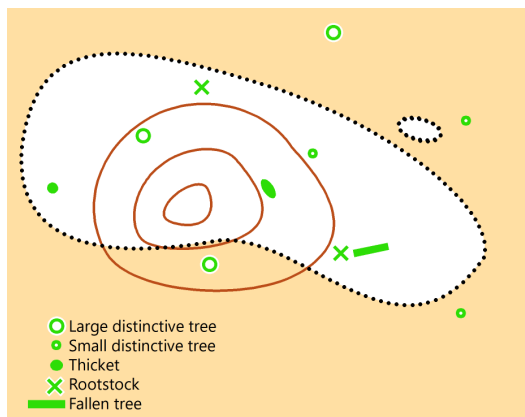
Know Your Map, by Chris Hooker

Part 8

Woody Issues



In this edition I will look at possibly the most subjective area of mapping; distinctive trees, thickets and rootstocks. Consider the following map section:



The 2 distinctive (or prominent) tree symbols are defined in the mapping regulations, but no suggested sizes are given. Some mappers choose to use height; others girth and yet others will just do it by eye. However the decision is made, they need to be obvious when racing and I like to be able to pick them out clearly from over 50m, preferably 100m away. From an orienteering viewpoint you have to figure it out as you run unless information has been given in the final details. In areas where there is a lot of contour and rock detail, distinctive trees are often not added which catches a lot of us Southern orienteers out!

A couple of thickets are shown but there are occasions when you may ask when does a small tree become a thicket? Again, very much down to the mapper. Personally, I consider it a thicket if I can't see the trunk but that's just a 'rule of thumb' guide! If you see a small tree or thicket symbol approach with an open mind!

In the mapping regs **X** is a prominent vegetation feature and so must be defined in a legend on the map and in the final details. Almost without exception (in my experience) it is used to represent a rootstock, but what is a rootstock? Is it a fallen tree with roots attached, or set of roots without the tree; or both? And do you map all or some of them?

In the main, only the largest are mapped (standing, for example, more than 2m tall) regardless of whether the tree is still attached, and only where they are isolated and obvious. Because it is so subjective they are often not mapped but in areas where there are few features, like many of ours, they provide useful navigation and control points. And again, if you see one mapped, approach with an open mind.

Another feature shown on the map is a fallen tree. These are seldom mapped but occasionally you find one that is massive and visible from a distance or that blocks a path or other access route and so may influence route choice.

I should also mention that a possible copse is shown on the map. A copse is a small cluster of trees and may be used as a control site, which prompts the question how big must the clump be before it's no longer considered a copse? There is no special mapping symbol for a copse so it is very much down to the planner to decide upon its suitability.

As I've already said, these features are highly subjective, and mappers may choose not to use some of them at all. Ultimately the decision to include them will depend upon how useful they are to orienteers in a race, as well as the complexity of the map.

Run Sussex – Urban Events *(photos Rob Lines)*



Run Sussex was a fantastic series of summer evening urban adventure races across Mid-Sussex in June and July. It was the brainchild of Rob Lines, Ed, Euan and Liam, with assistance from Alex.

The aim was to make orienteering more accessible to newcomers while giving SO club members competition during the usually quieter Orienteering season. Rob secured excellent sponsorship, enabling high-quality maps to be printed to international standards.

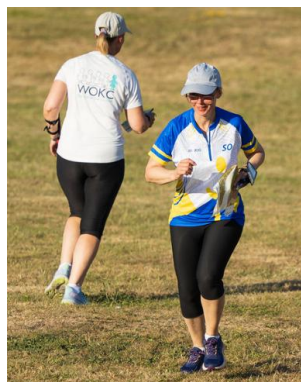


At the end of the series, overall course winners were decided by each runners highest total scores from their best four results.



Each event offered plenty of route choice opportunities. This example (left) from Portslade shows three different routes competitors took to reach the same control – which would you have chosen?

Top positions were closely contested across all categories, with some final standings decided only at the last event.



Full results can be found here: [Run Sussex 2026 Results](#)

Hopefully the series will become an annual fixture. In the meantime, Rob hopes to create a Maprun for each event so people can run the courses in future, effectively turning them into permanent orienteering courses. He has plenty of maps available for anyone interested.



Our journey with AR and orienteering – Sarah and John Russell *(photo credit Questars)*

We've dabbled with orienteering on and off over the years, but with our focus more on marathon running, ultras and triathlon over the last 25 years, we never really took it seriously, nor were very good at it.

A couple of years ago we started doing adventure racing events, and it was recommended we use orienteering to get better at navigating.

We've been coming to SO events for around 2 years on and off but keep a low profile as we still don't really know what we're doing – generally running around like headless chickens. Finally, we've plucked up the courage to join the club and are *very* slowly starting to get the hang of it. Perhaps in another 2 years we'll feel confident enough to wear a club t-shirt.



Controls are not obvious!

Whilst we admit we started orienteering simply to improve our navigating for adventure racing events, we find ourselves looking forward to SO events and enjoying orienteering in its own right. Everyone has been so friendly and welcoming, and the combination of frustration and challenge is somewhat addictive. 'Next time I'll be better' is the usual mantra in the car on the way home. And of course, the 'next time' we just make a different mistake.



Sarah and John in Dorset

But allow us to tell you a bit more about the adventure races because if you don't know about these events, it may well be something you'd like to try, and we often wonder why we don't see more orienteers there.

What is adventure racing?

In its most extreme form, expedition adventure racing generally involves a team of 2-4 people navigating to find checkpoints, sometimes over hundreds of kilometres and many days – combining foot, paddle and bike stages with special activities including climbing and abseiling. Globally you may have heard of races like Eco Challenge which was featured in the TV documentary 'The World's Toughest Race' with Bear Grylls. In the UK the longest event we have is ITERA (for 2026 it's 200-300km) and there are world champs and many other events around Europe and other countries.

In the UK we have a fantastic monthly series of far more doable one-day adventure races organised by Questars. These range from anything between 2-6 hours depending on the discipline and time of year and you can take part solo, in a pair or team of 3 or 4.



Paddling is not our strength....

People take part with friends, partners, siblings, parents and children or even work colleagues.

The minimum age is 8 years so it really can be something for the whole family to get involved in. The events use 1:25k OS maps and are score courses, combining running/hiking, cycling and kayaking.

The Southdowner

At Questars there are many ‘race format’ options and you can choose from:

- Masters Trio – 6 hours, bike, run/hike and kayak
- Novice Trio – 5 hours, bike, run/hike and kayak (ideal for newcomers or those wanting a shorter day)
- Duo – 5 hours run and bike only (no kayaking)
- Run only - 2 hours score course orienteering
- Bike only – 2 hours score course MBO
- Winter events don’t include kayaking



The kayaking is usually on calm water

The kayak slot is a maximum of 1 hour, but the rest of the day is yours to work out how to you want to tackle it. Being late

back incurs horrible time penalties, so you really do need to plan your route well.

The map (with marked checkpoints) is provided 1 hour before the start, which gives you time to plan your route. Most people try to split their time between foot and bike equally, but some will spend more time on their favoured discipline and that’s totally fine.

Once the clock starts, you’re given a control sheet with checkpoint values, control descriptions and notification of which are the ‘dummy’ checkpoints. Which usually means a route change!

Top tips for your Questars AR race

- You need a mountain bike, helmet and trail shoes, as the terrain can be technical, muddy and rocky
- Questars offer reasonably priced bike hire at each event
- Kayaks (and all the equipment) are provided
- A map board for the bike is essential. You’ll also need a compass, highlighter pens, sharpie and mandatory kit (whistle, first aid, foil blanket, drink, food, etc)
- The checkpoints are not like visible orienteering controls. They are small blue boxes often hidden from sight, so accurate navigation becomes far more important
- Have a look at an OS map of the area before the event, checking out the contours and topography, footpaths, bridleways and possible checkpoint locations. The top scoring points are often to be found on high ridges, at trig points and in places of special interest. Cycling is restricted to bridleways, byways and roads so it’s important to know your OS mapping
- Very few people ‘clear’ the whole course, so be realistic with the number of checkpoints you plan to get and plot your routes accordingly
- After each event, take the time to debrief, work out what you could do differently and where you made mistakes as well as what went well
- If you’re new to kayaking, don’t worry, this is the shortest section of the race and lots of people have never done it before. You can even skip it altogether and just do the ‘duo’ event. Support teams will help you get in and out of the kayak and give you instructions on the best direction to go. You can spend up to 60 minutes kayaking. They use double ‘sit on top’ kayaks and they provide paddles and everything you need.



You can race solo if you prefer

What we love about it



Controls are usually hidden out of sight

As experienced – but ageing - runners who have done everything from triathlon to ultras, finding a ‘new’ angle to the sport has given us a new motivation and enjoyment. There’s always something to improve. We love taking part together as a ‘husband and wife’ team and often joke it’s like doing 6 hours of marriage therapy. Trying not to argue, agree on the route, support each other when we’re hangry or tired, forgive each other’s navigating errors and trying to paddle in time in the same direction, can be challenging. It’s a metaphor for marriage and life. Questars events are super friendly and encouraging. The ‘race format’ options mean you can take it super seriously, or simply just come along with some friends for a fun day out and enjoy the countryside. The organisers Joe and Kim, create a unique welcoming vibe where everyone feels part of it whether you’re new or a regular participant.

It’s always such a joy to see the different teams racing together, but I especially love seeing the parents racing with their kids in a pair. The events take us to areas of the country we’ve never been or would probably never go. The routes often include areas of beauty, notable hills or ridges, viewpoints and points of interest. We are never disappointed.

We love how there are so many things to work on and develop. Route planning, strategy, dynamic route choice, fuelling, hydration, kit choice, fitness across 3 disciplines, team work and more. There’s always something to improve!

Events this year have already taken us to the Chilterns, Henley, New Forest, South Downs and Wiltshire with more planned for Yorkshire, Brecon Beacons and Long Mynd later in the year. There is generally one a month and they don’t often clash with SO events.

We know that orienteering is great for reducing the risk of dementia but add in cycling and kayaking and you really do have a multisport event which provides a fantastic balance of cognitive and physical activities, keeping the body strong and the brain young.

Find out more about Questars events at www.questars.co.uk



Locations are always in beautiful areas of the UK

Junior Section **British Sprint Championships and Relay** **Championships, 27-28 June 2026, Bristol** **A Great Weekend for SO Juniors**

(by Anna Chapman, Junior Team Manager, photos by Bea Waters)

It was a great weekend of sprint racing around Bristol's two University sites at the British Sprint Relays and British Sprint Champs. We had nine juniors competing across the weekend. Our younger juniors, Mark, Harriet and Lucas held their own in the Junior 16- class, as did Emily and Oliver in the ad hoc class. James and Emma ran to a bronze medal in the ad hoc class, along with one of our coaches - Ed Lines.



SO individual medallists Emma, Mark, Roger and Emily

On day 2 - the individual sprint champs we had two races to compete in - the qualifier and then the final. An amazing five of our juniors made it into the A final and three finished on the podium - Mark silver in M12, Emma silver in W16 and Emily bronze in W16.

It was a great effort by the whole junior squad and even more so as most of them were in the lower year of their age category. Roll on next year when the British Sprint Champs will be on home turf at University of Sussex.



Team HeartSome (Junior under 16)



An individual silver medal for Mark



SO Ad Hoc team ChuckleSome picking up a Bronze medal



Emma collecting her Silver and Emily her Bronze Individual medals

Great News from the European Trail O Championships in Szczecin, Poland. GB get their best ever ETOC result *(photo credit: Ian Curtis and David Jukes)*

Our very own James Curtis was in the British Junior Team, along with Jack Knight and Tom Knight. They finished in a brilliant 7th place in their debut junior outing, just missing out on a podium place.



In GB Team 1– Tom Dobra, Charles Bromley Gardner, and Ben Kyd finished in second place, just 6 seconds behind Finland. Ben is currently living with the Curtis family, so we can really congratulate him too.



For more information please see: [https://www.britishorienteering.org.uk/news/GBR Trail O results](https://www.britishorienteering.org.uk/news/GBR%20Trail%20O%20results)

Also deserving of a mention is Ian Curtis, who tagged along as an official with the GB team and whilst not in the competition he did the Pre ETOC warm up events. He followed these with the PreO days and in the “public” event where you can tackle the courses after their completion by the National teams. His comments say it all – “Boy, were the challenges tough!”

Juniors M/W12 and over to take part in Peter Palmer Junior Team Relay - Sept 13th *(photos Will Heap)*

Although SO qualified for the Yvette Baker Junior Final in July, we were unable to get a full team together to travel to Wales.

Better news for the Peter Palmer Junior Team Relay which takes place in Sussex on Sept 13th. We’ve got two teams taking part – one in the full Peter Palmer relay and one in the Daybreak relay.



It’s not too late if you’d like to give it a go, contact Anna - it’s the best experience!

Each of the two relays can be run by up to three people, with the quickest time scoring, which makes it a great opportunity to experience the relay without too much pressure.

The team has the opportunity to stay overnight at Broadstone Warren either in a lodge or camping.

Read up on the last Peter Palmer relay [here](#)

Contact Junior Team Manager, Anna Chapman [here](#).



SHOUT OUT TO ALL JUNIORS –

SO Junior Camp 2026 by Bea Waters – Are you coming?? *(photos from last years camp)*

The **SO Junior Camp 2026** will take place from **Saturday 7 to Sunday 8 November 2026** at the Scout Hut (Gummys), Beacon Hill Campsite, near Colgate.

The weekend will be packed with a mix of training, fun and team activities for ALL our junior orienteers. Saturday afternoon will feature terrain training, so those who wish can take part in the SOG event at Selhurst on Saturday morning before joining the camp. Saturday evening will include games and, if conditions allow, a fun night event.

On Sunday morning, we'll continue with more training, followed by a fun team event to round off the weekend.

Further details will be published closer to the event.

This camp is for ALL our juniors! Please use Spond to confirm that you are coming or speak to one of our coaches.



“Orient- touring” with Chris Jepson and Vince Joyce



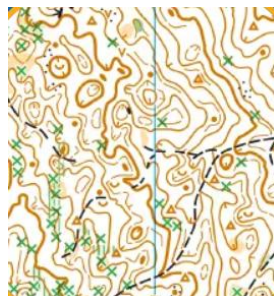
Chris and Vince returned from 5 weeks orienteering overseas just in time to attend the Urban O Race in Henfield!

Here is a roundup of the events they had attended along with their rating of each event.



Event 1: Cansiglio Orienteering Meeting 2026

This event is held every two years and having done it in 2024 we couldn't wait to try this area again. Some of the forests in this area are as technically difficult as it gets. A real test of your ability to navigate which can be frustrating when you get it wrong but so satisfying when you get it right! The low numbers help to make it more enjoyable and friendly, on two of the days when parking was very limited they provided free transport by minibus from Farra d'Alpago where we were staying. 3 days of good quality orienteering in a beautiful setting. The Pian del Cansiglio is close to Belluno in the eastern Dolomites. Easily accessible by car if you fly to Verona or Venice.

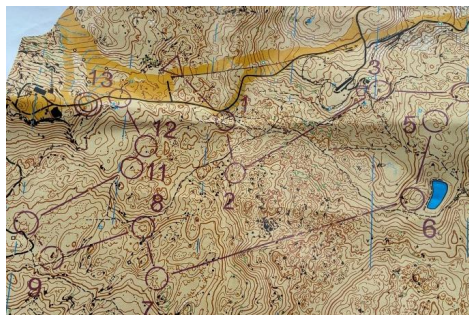


Segment of Day 2 map (Taffarel)

Overall rating Vince 9/10; Chris 10/10 (loved it!)

Event 2: 3 Days of Madonna Di Campiglio

This was the first edition of the “3TreO” event. It will take place again next summer. It started on Friday evening with a night sprint around the town of Madonna. First start was 8:30 pm but it didn't get dark until 9:30! Everyone wore a head torch, but everyone finished before the sun went down. A bit bizarre. The next day we were in the forests between the ski runs above the town after a long uphill walk to the start. The last day was in a superb area with lots of contour detail, unfortunately the planning didn't do it justice, and the uphill finish was brutal! Madonna Di Campiglio is about 2hrs drive from Verona airport in the Brenta Dolomites.



Stage 3 Spinale – Chris's map W65

Overall rating: Vince 6/10; Chris 5/10 (W65 combined with W60 - tooooo tough!!)

Event 3: 5 Days of Val Di Sole

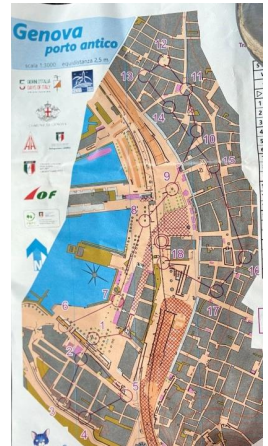
The first of two “5 days of Italy”. This one was only 45 minutes drive from Madonna. Two forest days in Passo del Tonale the second of which was not included in the overall results because some competitors were unable to start due to a thunderstorm. Two forest days in Lago di Caprioli. The assembly, start and finish were by the lake, probably one of the nicest settings you could find! Sadly the planning was poor on one of the days. The week ended with a part forest, part urban event in the old village of Sassello which worked well.



Overall rating: Vince 8/10; Chris 8/10 (Great event but my courses were harder than Vince's)

Event 4: 5 days of Apennines

The second “5 days of Italy”. This one was organised on the back of the World sprint championships taking place in Genoa. The forest stages took place high up in the Apennine mountains which look down on the Italian Riviera. The first event was excellent, good terrain and good planning, testing for an M70 but the last two forest days for M70 were just slightly harder than an orange course, very disappointing! The first sprint race was in Pegli, a newer part of Genoa and was very easy navigation but the last sprint in the old town of Genoa (where the world champs were held) was great. Genoa is easily reached with flights direct from Gatwick but some of the roads to the events in the Apennines were very narrow, steep and winding, not for the faint hearted!



Overall rating: Vince 6/10; Chris 8/10 (My courses were great)

Event 5: Swiss O-Week, Porte du Soleil (both sides of the French/ Swiss border)

This has always been a good quality multi day event (my first was in 1978) and this one was organised by a Southdowner, Ali High who lives in Switzerland but has retained her Southdowns membership. It did not disappoint, top quality terrain, good planning and organisation. They were unlucky with day 4 which was to be part urban in the ski resort of Avoriaz and part forest. Unfortunately, the weather forecast predicted thunderstorms and with 4 chairlifts to negotiate to get to the event they sensibly cancelled the Avoriaz stage and implemented the ‘reserve event’ which was held in Mogins and no lifts required. The terrain and the course planning on each day was challenging and enjoyable. There were some very long walks to the starts and back from the finish, but it was worth the effort. I believe Ali has offered to organise the next edition in 2028 at Saas Fee. Go Ali! Switzerland is very accessible but can be expensive.



Overall rating: Vince 9/10; Chris 9/10 (Only lost one point due to the tough walks to the starts)

Ed: At the time of pulling articles together Chris and Vince are now competing in the World Masters in Poland!

Southdowners competing in Switzerland: Chris, Vince, Tim and Linda Hulley, Di and Mike Turner

Map-reading vision: challenges and a practical solution, by Ian Johnson

(Ed.. *It would be so interesting to hear how others have solved this issue, please let us know*)

As many of you know, I've long struggled with close vision for map reading. Before orienteering, my optician found a contact lens setup that worked well for desk life: -3.5 in my dominant right eye for distance and a de-tuned -2.0 in my left for close-up and screen use. I adjusted quickly, and it worked for driving, though on long journeys I still used -3.50 in both eyes. For orienteering, however, I missed fine detail. At first this forced useful simplification, but it also meant too much straight-lining through ficht and too many runs where I was "lost" after passing features others would use to navigate. I tried cheap close-up glasses with an elastic strap, but they bounced so much I ripped them off after two legs.



I then bought an expensive compass magnifier, which helped in complex areas but made it easy to get bogged down in detail. Switching back to the plain map was slow, and I often lost orientation, misplaced myself, or even jumped to the wrong leg and missed controls. So still not good.

Next, after much discussion with my very patient optician, we tried -1.75 in the left eye and -2.50 in the right: enough distance vision, with better close-up help for the map. But I had to change lenses after driving, and if I left it too late before the start, my vision stayed unsettled until mid-race. Even then I still missed details, and switching in and out of the magnifier caused regular flaky mistakes.

By then I was losing heart. I even drafted an article for British Orienteering, complaining that for older "un-visionaries" the sport was becoming more of a sight test than a navigation challenge, and arguing for better scales for over-55s. It stayed as a draft, but my frustration pushed me to try something else.

I ordered +1.5 vented orienteering close-up glasses, based on my reading prescription. First time out, I couldn't see the map and ended up kneeling on a ride, changing back to a closer-up left contact lens mid-race. The O glasses went into the growing O drawer, and I returned to lopsided contacts plus magnifier for about a year, still knowing I couldn't see the map clearly enough and that it was costing me places. At Chidingly I tried a more de-tuned -1.5 left and -2.50 right, but found it still limiting, with the right eye still being too strong for good close-up and the soft focus spoiling seeing controls easily.

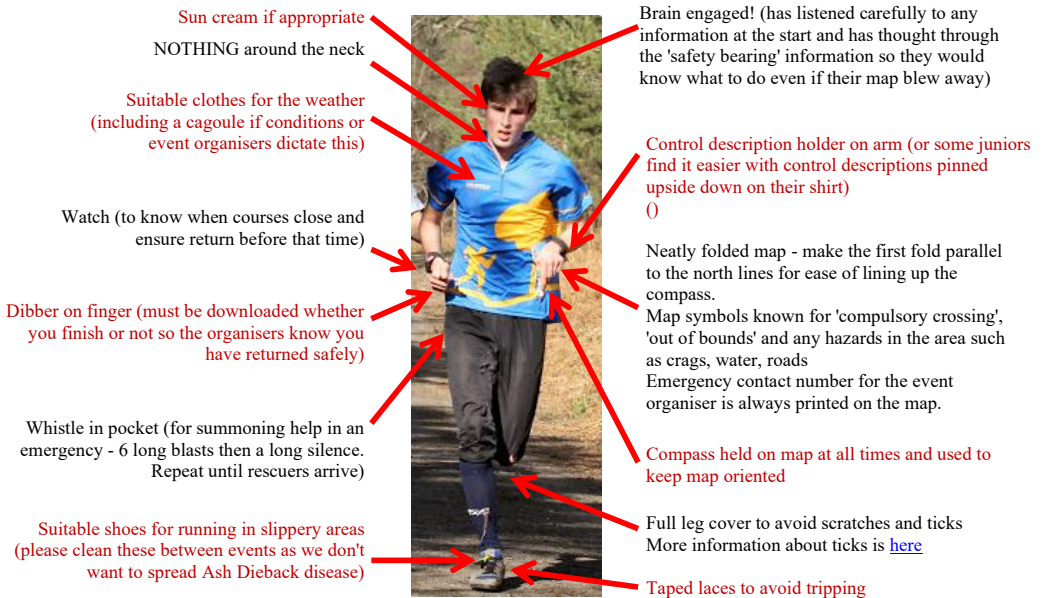
Next was an Urban race, and I happened to have two distance vision lenses in from driving that day. A recent conversation made me revisit the O glasses and realise my earlier mistake: I'd used them with an already de-tuned left contact. With -3.50 distance contacts, the map looked clear. At the Burgess Hill Urban race I was able to navigate all but the very finest detail solved using the magnifier just twice on a fencing/path complex, but quickly returning to glasses once past.

So, what have I learned? Firstly, opticians struggle to solve the quick, precise map glances orienteering demands; their solutions are usually for everyday vision. Secondly, many older runners have tried almost everything, from weighted varifocal contacts to O glasses, and most settle for a compromise. For anyone still experimenting, I'd suggest sorting distance vision first, then testing close-up, downward-looking options with a detailed urban map held at race height. Ideally, you want sharp vision without relying on a magnifier. A split-level solution may work, but it must be secure for running. For me, that means distance contacts plus +1.5 O glasses with a forward-vision hole — until it rains, when a running cap may be the next experiment.

Testing options is tricky because you rarely have all the parts to hand. Start with opticians for distance, then use their reading glasses to find the right power for a detailed urban map at race height. Sturdy split-level prescription glasses may suit some; if your distance is fine or corrected with contacts, try the relevant O glasses at a regional event when CompassPoint O shop are in attendance, plus the powers either side. Run in them to check map height and stability. Vented lenses seem to reduce misting, even over 6km at 30C last week...

Properly equipped for competing in the forest?

With the coming of Autumn and the return to Orienteering in the forests here is a timely reminder from Karen Ashworth



(as modelled for junior training by our British Champion, Ali)

Competitors are permitted to carry a mobile phone for use in an emergency and we encourage everyone (particularly children and vulnerable adults) to do so. There is an emergency contact number printed on the map (or on the bib at larger events).

For night events, there would also be a head torch and a small backup torch.

And don't forget any personal equipment such as asthma inhalers that might be needed.

Some other safety related FAQs

What if I have a medical condition?

Competitors are advised to carry with them any medication which may be required in an emergency and an information sheet with any essential medical details. Any competitor with a high risk medical condition is invited to download and complete the form available from the BOF website [here](#), place this in a sealed envelope with your name on the outside, and leave it in the box at Registration. Envelopes will only be opened if required for a medical emergency, and unopened envelopes will be destroyed immediately after the event.

What if I need first aid?

Even at small local events, a first aid kit and details of the nearest hospital are always available at the download point.

At larger events there is a nominated first aider or first aid team present.

How would you know if I was missing?

The electronic timing system can be used to identify missing competitors (that is why it is so important you download even if you don't finish the event). If you are at the event with someone and you are concerned they have been out longer than expected, please come and see the team at download. If you travelled alone,

and wish to leave your car keys as another cross check that someone is still out, there is a box provided at registration.

How do I make sure my child does a course they can cope with?

At our SOG events, it is ALWAYS OK to go round a course with your child or shadow from a distance until they are confident.

At our SOG events, it is ALWAYS OK to ask to see the map to decide whether a course would be within your child's capability.

At our SOG events, it is ALWAYS OK for a child to ask for help from another orienteer if they are in difficulties.

Insurance

All of our events are registered with British Orienteering and are covered by their public liability insurance; individuals are advised to consider their own private accident insurance.

Participants who are **not members of British Orienteering** are **not covered by**

British Orienteering's public liability insurance. By entering this event, you acknowledge that you are **taking part at your own risk.** For example, if you were to accidentally injure a member of the public or damage property during the event, you would not be covered.

Please note that the insurance only covers those registered as being part of the event so if you are taking part as a group, or are accompanying / shadowing a child please make sure you register the names of everyone taking part as you sign up.



Helping Others

You should give help to anyone in need of assistance for their own safety, abandoning your own course if necessary

Ticks

Ticks are common across many of the areas we run in and can carry infections such as Lyme Disease and Tick-Borne Encephalitis. Please wear full leg and abdomen cover in the forest and check for ticks afterwards and seek medical advice if you develop flu like symptoms or a spreading circular rash after being bitten. There is an excellent government leaflet here:



https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1148613/Tick-awareness-A5-leaflet-April-2023.pdf

Some things to discuss with a child who is ready to run unaccompanied:

This is a set of suggestions from parents of our current juniors of topics it is helpful to discuss with your child (in addition to everything on page 1) before they run unaccompanied. It is by no means exhaustive but we hope you will find it helpful.

Yellow maps are always picked up in advance of the start and can be talked through. At a SOG competition, it is fine to ask to see any other map in advance if, for example, you need to talk it through with your child as they move up from yellow to orange or orange to green.

Where am I going?

Can your child use their compass to put the map the right way round?

Can they talk you through the course, telling you what they will see on the way?

Where will they meet you afterwards?

Potential hazards on the way?

Can your child point out to you:

- any specific hazards shown on the map? (check that they can recognise the appropriate symbols - roads, cliffs, water, etc)
- any areas marked out of bounds?
- any compulsory crossing points?
- any boundary where there might be a danger of ending up off-map?

Is your child aware of any specific safety information from the final details or from the details provided at the start?

Is your child aware of how to behave when they meet other forest users (stranger danger), dogs, horses, mountain bikes, etc?

If things go wrong?

Have you agreed how long it is reasonable to spend on the chosen course? At what point will they return regardless? Do they know the course closing time? Do they have a means of knowing the time?

Have you talked through the safety bearing so they would know what to do if they were completely lost? (or their map blew away, or whatever)

Is your child carrying a whistle and do they know how to use it to summon help?

Is it appropriate to run with a mobile phone - particularly whilst they are 'just moving up' (many children do - and for some events like the Brighton City Race we insist on it - though obviously not all forest areas have suitable reception).

Some useful items you might like to add to your mobile phones:

- Set up the ICE number and emergency details if your phone allows this.
- Add the club mobile number 07526-792817 (on at every event and located with the SI team at download)
- Register your mobile phone with the UK 999 text service (it is often possible to get a text message through even when reception is too poor to support a voice call). Text 'register' to 999. You will get a reply with instructions to follow. More information is here <https://www.emercyncsms.net/>
- Download the What3Words app to your phone so that you could tell the emergency services your position to within a 3m square. More information is here <https://what3words.com/about-us/>
- Download the Ordnance Survey OS Maps app (there is a free version which includes a 'locate me' function that gives your current position as a grid reference or latitude/longitude in order to tell the emergency services)

Thunderstorms – Important Information

With the weather we have experienced over the last few months, we thought it would be helpful to highlight the information from RoSPA (The Royal Society for Prevention of Accidents) on their safety advice during thunderstorms

The RoSPA 30/30 rule is a lightning safety guideline indicating when to seek shelter and when it is safe to resume outdoor activities.

- **Seek Shelter:** Count the seconds between seeing a lightning flash and hearing the thunder. If it is 30 seconds or less, the storm is within 6 miles and poses an immediate danger.
- **Wait It Out:** Remain in a safe shelter for at least 30 minutes after the final clap of thunder before going back outdoors.

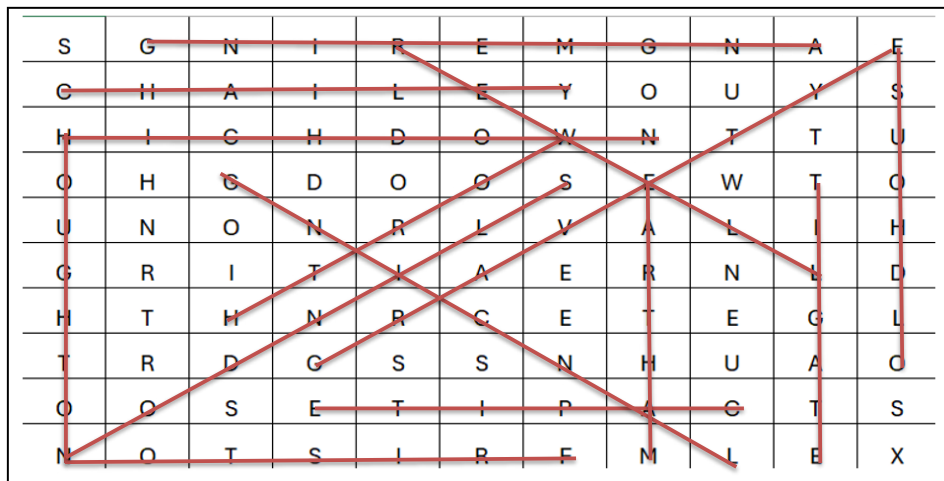


For full details and interesting information on storm safety, visit the [RoSPA Lightning Safety Guidance](#).

Let's get SO Quizzical – by David Wilson

June's answer - Word Search

Huge thanks to David for another fun competition. There were lots of correct answers, along with the correct tie-break answer. The winner is Christopher Warner. **Congratulations Christopher, as a junior winner you will receive a bar of chocolate, please let me know your favourite choice (editor@southdowner-orienteers.org.uk)**



The 14 SO map areas were:

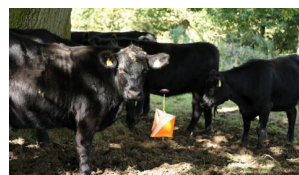
Angmering	Chailey	Highdown	Houghton	Friston	Capite	Slindon
Worth	Lancing	Oldhouse	Eartham	Gravetye	Rewell	Tilgate

Tiebreak question and answer: What do the unused spaces spell? Southdown Orienteers Sussx

Every photo tells a story... Photo Caption Competition Winner

Some wonderful captions were received for June's photo (on right).

Yet again they were all very entertaining and witty (thank you everyone). The winner was: **Matt Waters: "Better go the udder way!"** Matt please let me know which prize you would like to receive, a whistle or bar of chocolate.



The Photo O Caption Competition will hopefully return in December

Transit through the Toll – best use of token - Answer:

If you missed this "just for fun" question, the map was included in June Southdowner. You had **1 token** to use which allowed you transit through the TOLL – you can use it at any time. The optimum route was deemed to be leg 10 – 11 but that there wasn't much in it. You might have spent too much valuable time checking for the best one!

September's Let's get SO Quizzical Problem by David Wilson

HIDDEN FEATURES

Our Mathematicians Orienteering Klub friends, Alf, Betty and Sammy were driving down to a camp site to take part in a weekend's eventing. How many orienteering features can you pick out from this account? Each feature has been reduced to the main word e.g. Isom description 'small depression' would appear as 'depression'. There are 14 altogether.



The features can all be found in the ISOM list but may be in clear text or disguised e.g. "Are they sheep? Yes, a flock, **no llamas**" contains the feature "knoll".

(<https://www.quantockorienteers.co.uk/images/Training/Maprunner-map-symbols-2017.jpg>)

"We should be well there by now", grumbled Alf. "Yes", agreed Betty "If you hadn't taken an early turn-off down that broad street, Sammy, we would have been sure to arrive right on time". They pulled up at the entrance to the camp site and the warden collected the fee "For estate maintenance" he said, as Betty stooped to pat his dog.

They drove on to the site. "A good place to stop, I think" said Alf, turning round. "It's a couple of strides from the fence, for shelter, and it has a view of the sea." "I suppose we'll have to take a chance on a passing gull – your sandwiches could be at risk!" said Betty.

After a snack, the friends settled down for an evening game of Monopoly. "Your tents are quite safe here", said Sammy. You can leave your wallets and bank cards there. After all, it's only a game, you won't owe real money". But it soon got dark, the stars came out, and there was a good view of Mars high in the sky.

All entries to editor@southdowns-orienteers.org.uk by 15th November please. The competition is open to everyone. An adult winner will receive a free run at a SOG event, or if a junior wins, they'll get a bar of yummy chocolate.

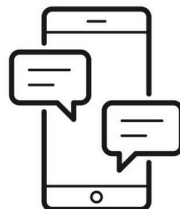
SO Club WhatsApp Group Would you like to join our group?



Our SO WhatsApp group provides a free and efficient means of communication, allowing us to share details about upcoming events and other useful information quickly and easily. Members can post questions relating to equipment and any other matters connection to Orienteering and the Club.

It's such an easy way to connect with other members. You might want advice on O shoes, head torches or compasses, or to share details of an interesting event you've found.

If you would like to be included in the group, please send your phone number to Jane at editor@southdowns-orienteers.org.uk.



Major/Local Events – looking ahead:

Peter Palmer Junior Relays

The Peter Palmer Junior Team Relay (PPJTR) competition is an "overnight" 6 leg relay event for M/W12 – M/W18. Teams arrive on the Saturday and sleep on or near to the event area on the Saturday night, getting up at 4am for a 5am start to the race. The first 2 legs are run in the dark, with the legs 3 and 4 ran at dusk depending on the quickness of the teams. Legs 5 and 6 are run in the daytime.

This year's event takes place in Sussex on Sept 13th. We've got two teams taking part – one in the full Peter Palmer relay and one in the Daybreak relay. **It's not too late if you'd like to give it a go, contact Anna - it's the best experience!**

Compass Sport Final – Pippingford Park – See article on page 9

The CompassSport Cup (CSC) is the premier UK Club orienteering competition. It is structured so that any club member can enter, with the top 25 scorers, from a range of different age classes, contributing to the overall club total.

SE Middle and Nights Champs

SE Middle Championships are due to take place at Hampstead (LOK) on 11th October while SO are planning the SE Night Champs on 14th November to take place in Tilgate Park and Forest. Both are open to all British Orienteering members.

City of London Weekend

The 17th London City Race takes place on Saturday 19th September 2026 in Bermondsey, featuring substantial newly mapped areas never before used for Orienteering.

There will be accompanying races on Friday evening and Sunday:

Friday – [Sprint, Middlesex University Hendon, organised by LOK](#)

Sunday – [Thamesmead Urban, organised by DFOK](#)

Caddihoe Chase Weekend

The Caddihoe Weekend 2026 takes place on October 24–25, 2026. It is hosted by the Devon Orienteering Club (DEVON) and this year takes place at Hound Tor and Hay Tor on Dartmoor, featuring open moorland with complex areas of gullies, knolls and depressions from previous tin mining activities making for challenging and technical navigation.

Day 1 Long Distance National (Level B) event, UKOL, South West Long Distance Championships

Day 2 25th October Middle Distance Regional (Level C) event, UKOL

Day 1 and 2 times will be combined to form the Caddihoe competition.

Club nights

As mentioned enthusiastically by our new Chair, Liam Marsh, we have fun weekly SO Club nights. As the nights draw in, our Club Nights move from the countryside to the streets around Mid-Sussex. There's no pressure to go out on your own unless you want to, small groups form to tackle the challenges together, running or walking – there's 60 minutes of interesting puzzles to solve.

Each evening commences at 6.30pm and event details can be found on the club website.

Kent Night Cup

The Kent Night Cup Series runs on Thursday evenings during the winter months, with events organised by Saxons (SAX), Dartford Orienteers (DFOK), Southdowns Orienteers (SO) and Mole Valley (MV). A list of fixtures can be found here: <https://www.saxons-oc.org/info/kent-night-cup-2026-27>

SouthEast League (SEL)

SO won in 2025/26 again, see article below.

Provisional diary dates for the Autumn/Spring season 26/27.

22 nd November 2026	SN	TBC
29 th November 2026	SAX	Bedgebury
6 th December 2026	CHIG	Epping
3 rd January 2027	DFOK	South Ashdown
14 th February 2027	LOK	Holmbury
21 st February 2027	GO	Waggoners Wells
25 th April 2027	SLOW	Leith Hill & Pastures Wood
9 th May 2027	SO	Oldhouse Warren & Cowdray Forest

The league is based on events approved by SEOA and individual runners score points for their runs.
More information can be found here: <https://www.seoa.org.uk/info/orienteering-competitions-within-seoa/south-east-league>

SOUTHEAST LEAGUE

The Final Results are in!

This is the inter-club competition where absolutely **every member** can contribute to the overall result for the SE League trophy.
After the final two races of the 2025/26 season, at Winterfold and Friston, SO have retained the trophy – Well done to every club member who took part in any of the events that make up the series



Event 7: Winterfold – 4th May 2026

This event:-

Position	Club	League Score	Match Points
DIVISION 1			
1	SO	2631	6
2	SLOW	1847	5
3	SN	1818	4
4	MV	1161	3
5	HH	888	2
6	DFOK	703	1
DIVISION 2			
1	SAX	1027	7
2	GO	516	6
3	HAVOC	354	5
4	BAOC	341	4
5	LOK	315	3
6	CHIG	126	2
7	RAFO	0	0

Total after 7 events:-

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	37	-
2	MV	29	-
=3	SN	24	↑ 1
=3	HH	24	-
5	SLOW	17	↑ 1
6	DFOK	16	↓ 1
DIVISION 2			
1	SAX	44	-
2	HAVOC	31	↑ 1
3	LOK	30	↓ 1
4	GO	28	-
5	BAOC	25	-
6	CHIG	22	-
7	RAFO	7	-

COMMENTS:-

SO won again in the 1st Division.

SAX well ahead in the 2nd div increasing their lead overall.

8 people exceeded their target speed.

The top 5 scorers were:-
Peter Martin SAX M75 107.4
Roger Maher SO M85 104.6
Jill Blount SO W65 103.9
Julia Jarvis SO W55 103.5
Melanie Stade SN W55 102.2

Philip Gristwood SEL Co-ordinator

Event 8: Friston Forest – 10th May 2026

This event:-

Position	Club	League Score	Match Points
DIVISION 1			
1	SO	4249	6
2	DFOK	905	5
3	MV	892	4
4	SLOW	788	3
5	SN	763	2
6	HH	531	1
DIVISION 2			
1	SAX	605	7
2	HAVOC	510	6
3	LOK	415	5
4	GO	370	4
5	BAOC	296	3
6	RAFO	109	2
7	CHIG	0	0

Total after 8 events:-

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	43	-
2	MV	33	-
3	SN	26	-
4	HH	25	↓ 1
5	DFOK	21	↑ 1
6	SLOW	20	↓ 1
DIVISION 2			
1	SAX	51	-
2	HAVOC	37	-
3	LOK	35	-
4	GO	32	-
5	BAOC	28	-
6	CHIG	22	-
7	RAFO	9	-

COMMENTS:-

A huge turnout by SO at their own event ensured their win in the 1st Division.

SAX won in the 2nd div. No change overall.

16 people exceeded their target speed.

The top 5 scorers were:-
Jill Blount SO W65 116.7
Alan Velecky SO M60 116.3
Roger Maher SO M85 114.1
Colin Dickson BAOC M70 112.8
Ian Ditchfield MV M70 111.1

Philip Gristwood SEL Co-ordinator

A few events, at a glance, September to December
(please check club websites to confirm details and for more information.)
See BO website for a full list of many more events)

Date	Event Type	Location	Organising Club
Sat 5 th Sept	Park O	Southwater Country Park	SO
Sun 13 th Sept	SO Peter Palmer Junior Relays (National)	Broadstone Warren & North Ashdown	SO
Fri 18 th Sept	City of London Weekend Regional	Middlesex University Hendon Campus	LOK
Sat 19 th Sept	City of London Weekend National/SEOUL/UKOL	Bermondsey	SLOW
Sun 20 th Sept	City of London Weekend National/UKOL	Thamesmead Urban Sprints	DFOK
Sun 27 th Sept	Regional Urban	Didcot	TVOC
Sat 3 rd October	SOG (1)	Southwick Hill	SO
Sun 4 th October	Regional/SEOUL Urban	Aldershot	SN
Sun 4 th October	Regional	Thorndon Park North	HAVOC
Thurs 8 th Oct	Kent Night Cup KNC (1)	Dering Wood	SAX
Sat 10 th Oct	SOG (2)	North Ashdown	SO
Sun 11 th Oct	SE Middle Champs Regional	Hampstead Heath	LOK
Thurs 15 th Oct	KNC (2)	Kings Wood, Challock	SAX
Sat 17 th Oct	Regional Middle Distance	South Ashdown	DFOK
Sun 18 th Oct	Compass Sport Cup Final Major	Pippingford Park	MVOC
Thurs 22 nd Oct	KNC (3)	TBA	SO
Sat 24 th Oct	SOG (3)	Friston Forest West	SO
Sat 24 th Oct	Caddihoe Chase Day 1 National/UKOL	Hound Tor	DEVON
Sun 25 th Oct	Caddihoe Chase Day 2 Middle Distance Regional/UKOL	Hay Tor	DEVON
Sun 25 th Oct	Regional Urban	Welwyn Garden City	HH
Thurs 29 th Oct	KNC (4)	TBA	SAX
Sat 31 st Oct	Oxford City Race Regional/SEOUL/UKOL/UKUL	Oxford	OUCO
1 st November	November Classic National/UKOL	Hollands Wood	SOC
Thurs 5 th Nov	KNC (5)	New Ash Green	DFOK
Sat 7 th Nov	SOG (4)	Selhurst	SO
Sun 8 th Nov	St Martha's & The Chanceries Regional	Guildford	GO
Thurs 12 th Nov	KNC (6)	Marden's Hill	SAX
Sat 14 th Nov	SE Night Champs Regional	Tilgate Park & Forest, Crawley	SO
Sun 15 th Nov	Regional	Tilgate Park & Forest	SO
Sun 15 th Nov	Urban Regional/SEOUL	Witney	TVOC
Thurs 19 th Nov	KNC (7)	TBA	SAX
Sat 21 st Nov	SOG (5)	Slindon Wood	SO
Sun 22 nd Nov	SN Trophy National/SEIL/SEL	TBA	SN
Thurs 26 th Nov	KNC (8)	Faversham	SAX
Sun 29 th Nov	National/SEIL/SEL SE Long Champs	Bedgebury	SAX

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

