The Southdowner

June 2026 No. 217



- Focus on safety at events
- Mapping: Should I be here?
- Roundup of junior news/events

www.southdowns-orienteers.org.uk

Southdowns Orienteers

Rogues Gallery - Know Your Club Representatives



Chairman
Alan Williamson
chair@southdowns-orienteers.org.uk



Treasurer
Ian Curtis
treasurer@southdowns-orienteers.org.uk



Secretary
Clive Hawkes
Secretary@southdowns-orienteers.org.uk



Club Captain
Neil Crickmore
captain@ southdowns-orienteers.org.uk



Membership Secretary
Samantha Gibson
membership@ southdowns-orienteers.org.uk



Safety Officer
Karen Ashworth
safety@southdowns-orienteers.org.uk



Junior Team Manager & Web Manager
Anna Chapman
juniorteam@southdowns-orienteers.org.uk
webmanager@ southdowns-orienteers.org.uk



Fixtures Secretary
Steve Jarvis
fixtures@ southdowns-orienteers.org.uk



Map Printing
Neil Crickmore
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



Junior Team Assistant
Bea Waters
juniordev@ southdowns-orienteers.org.uk



Publicity (Web Content)
David Marsh
webeditor@ southdowns-orienteers.org.uk



Kit Officer
Ian Curtis
kit@southdowns-orienteers.org.uk



Welfare Officer
Clare Lines
welfare@ southdowns-orienteers.org.uk

Chairman's Chat - Alan Williamson



Our Club recently staged the flagship Sunny Sussex Weekend in Friston Woods, with great success. Saturday was almost too warm and sunny! In contrast to Sunday, with much cooler conditions. Sovereign Harbour proved to be an interesting addition to our urban events.

Thanks must go to everyone who helped over the weekend, everything was covered from initially obtaining land permissions, course planning, organisation, SI, and the huge band of willing volunteers who took on tasks each day. We are fortunate to have such a willing band of helpers to allow everything to flow so smoothly**.**

Our younger members continue to enjoy successes. Mark Johnson & Oliver Johnson came 1st & 2nd on the Sunday. Lucas Waters came 3rd. Moving up in age, congratulations to Scarlet Heap, 1st woman on the Brown Course, and Tom Jarvis 2nd man on the Brown Course. Amongst our more mature members, Jill Blount, Chris Jepson & Jas Bennett also deserve mention. As ever, Roger Maher runs like someone 10 years younger.

It is approaching three years since I was appointed Chairman of the club. I was perhaps expecting to do more work than has actually happened. The Committee runs so efficiently, that I myself seem to have done very little. On your behalf, I thank them all wholeheartedly. We are particularly fortunate in having Karen Ashworth, Anna Chapman and Bea Waters for their help with the Juniors.

As ever, we are always welcome of supporting volunteers at events: please feel free to offer your help. Contact details can be found on our website.

Editorial – Jane Lambert



I was really saddened to hear of the passing of Jaquie Drake. Jaquie was a stalwart of the club when I joined, around 2008. She and husband Peter were the formidable SI team, both huge characters who contributed enormously to our Club. Peter is organising a get together to remember Jaquie at Barcombe on the afternoon of Saturday 20th - see page 4 for more information. Sadly, we have also received notification of the passing of Frank Martindale who greatly contributed to the running of SO from the mid-80s, and in the 1990s, I'm sure some of you will remember him.

Please note details of the upcoming AGM on 6th June. We now have a request for someone to take on the important role of Club Secretary, see page 5 for details of the role and how to contact Clive for more information. Please give this consideration, being part of the friendly committee is very rewarding.

Our front cover photo, captured by Rob Lines, is SO member Sarah. As well as walking courses, Sarah has helped many lost or injured runners get back on their way. She embodies the friendliness that makes our sport so special. Thanks Sarah! And this leads to a timely article from Safety Officer, Karen highlighting the very important issue of looking out for each other in the forest.

Some fantastic news from CompassSport Magazine – Southdowner is one of 4 Club Newsletters to have received a much-coveted Newsletter Award! This is all down to your engagement and support. A huge thank you to everyone who has made my editor role so easy by producing such interesting articles – you're amazing!

Safe running to all!

Jane

Welcome to our New Members



Samantha Gibson – Club Membership Secretary.

A HUGE and very WARM welcome to our new club members who have joined since March 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!

Alice Dalton W21 Alex Dalton M21

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

Part year membership fees are now available through BOF for new members only (not held membership in the last four years) so this is a good time to encourage family and friends to join to take part in the summer Park-Os and new Urban evening series. More information is here: https://www.britishorienteering.org.uk/news/6782/part_year_membership_fees_are_back_save_money_and_join_british_orienteering_for_even_less

~~~~~~

Jaquie Drake - remembered by Steve Jarvis



The club was saddened to hear of the passing of Jaquie Drake, who for many years had been our membership secretary. Alongside her husband Peter (former club chairman), Jaquie ran the SI and entry / results service at all SO events for very many years. We send our condolences to all the family.

Peter is organising a get together at Barcombe on the afternoon of Saturday 20th June to remember Jaquie and says anyone who remembers Jaquie will be very welcome to attend. He would really enjoy catching up with everyone.

In order that Peter can gauge how many need to be catered for (there will be outside caterers) please could you email him at the earliest opportunity at peter@vuggles.co.uk if you wish to attend. Peter will then email back those who have contacted him with all the details nearer the day.

~~~~~~

Frank Martindale

Julie Cleary of LOK has let the club know that her father Frank Martindale had passed away in Ireland at the age of 90 at the end of April.

Steve Jarvis reflects: Frank was a SO club member from the mid-1980s until well in the 1990s, before returning to his native Ireland. Frank was SO mapping officer for much of his time in West Sussex and an important member of what was then a small core of club officers at a difficult time in the club's history - we had virtually no usable maps following the October 1987 hurricane and no funds to pay anyone to provide new maps.

Committee Chat – update from behind the scenes

Small Commitment, Big Impact: Join the SO Committee!

We are looking for a volunteer to keep our committee organized. The Club Secretary handles the basic administration that keeps Southdowns Orienteers running smoothly.

Key Responsibilities

Zoom Meetings: Attend 11 virtual committee meetings a year.
Minutes & Agendas: Note down key decisions during meetings, email the minutes to the committee afterward and prepare an agenda for the next meeting.

The AGM: Help organize and take notes at the Annual General Meeting.

Admin: Act as a central point of contact for emails and keep track of club documents.

Time commitment: About 5 hours a month (includes the monthly Zoom meeting and a little flexible time to type up minutes).

No expert orienteering knowledge required—just a willingness to help out!

Why are we looking for a Secretary? BOF says that we must have one to be an affiliated club.

Interested or would like to know more before committing? Contact Clive [Secretary@southdowns-orienteers.org.uk]

~~~~~~

Notice of Annual General Meeting of Southdowns Orienteers

The Annual General Meeting of Southdowns Orienteers will be held on Saturday 6 June 2026 at 12:30 at Bedelands Football Club, Maple Drive, Burgess Hill, West Sussex, RH15 8AQ and will be followed by the giving of prizes.

The committee holds monthly meetings on the 3rd Friday evening of each month, and an AGM on the first Saturday of June.

Please find the AGM Agenda together with a list of committee positions and the individuals standing for re-election here, a nomination form here, and the minutes of the 2025 AGM here.

~~~~~~

British Sprint Relay Championships 2026 – DEADLINE 5th JUNE!



This year's Sprint Relay Championships are being held at the University of Bristol North Village Campus on Saturday June 27th - with the individual sprint champs being held close by the following day.

Details of both events can be found at: https://www.britishsprintchamp....
If you would like to run in an SO team, please enter via this RaceSignup page.

The club will be subsidizing entries. **Entries should be made by Fri June 5th.**
If you would like to know more about this event, please contact the Club Captain.

Know your Club Member – Chris Hooker

(*Ed… Many of you may already know Chris, as he plans numerous events each year. As Mapping Coordinator, he creates many of the maps we use and of course he gives us helpful insights in his "Know Your Map" articles in Southdowner. Here, we get to know him a little better)*



How did you get into orienteering?

I first heard about orienteering when I was in my 'teens. I played a lot of sport and had a love of maps and so thought that it would be interesting to try. Soon after, an aunt and uncle took me orienteering somewhere in Surrey, which I enjoyed although my uncle rather took over the proceedings! I thought that it would be fun to try again but missed my opportunity at Reading University as I decided to continue playing other sports. Scroll on about 20 years and my first home internet connection…my first search was for orienteering! I discovered SO and saw that there was a race the following weekend in Stanmer Park (Nov 2003). So, having done my homework and researched O maps, I decided to try a Green course and did ok. I knew immediately that I loved the sport and from there, there was no going back!

Do you take part in any other sports/activities?

I've always been very active and have had a go at many sports. At school and university, I played a lot of basketball and athletics, being predominantly a sprinter and jumper. I continued with both through my 20's before turning to mountain biking and golf which continued until I took up O although I still do both very occasionally. 3 years ago, I returned to athletics at M60+ level which is fun but also very disappointing when you see how much speed and bounce you have lost! Despite that, and a few injuries, I did manage to become the Sussex Champion in both Long and High Jump last year. I also enjoy watching wildlife and am an enthusiastic butterfly and bird spotter. I'm currently trying to spot all the British butterflies and only have 4 left to find, although by the time you read this it might be down to one if my June tour is successful!

What are your most special achievements/memorable moments?



2026 British Relays – Bronze medal with Neil and Alan (who was dog walking at time of photo!)

Every time I complete a course, especially in a super technical area, feels as special as the first time I did it! However, in terms of racing then I think the most special moments would be being selected to run for England at the 2017 Interland race in Belgium (I believe I was 6th sub but no-one else wanted to go!), coming 2nd in the Welsh 6-Days in 2016, 2nd at the British Night Championships in 2020, winning both the Southern Championships and Southern Night Championships in 2021 and being part of the victorious relay teams in the 2025 Harvester (Handicap class) and this year's British Relay Championships (with Neil C & Alan V).

What is your favourite type of orienteering/favourite area?

I'm very much a traditional orienteer, preferring to race in forests and on hills, although I do enjoy the odd sprint and urban race. I can't say that I have a favourite area as there are so many great areas. However, my preference is for areas without too many paths but lots of other features, and where you can take direct routes most of the time.

Do you have a pre-race procedure?

I try to do a short warm-up that includes a range of muscle activation exercises and an anaerobic dash. I'll also drink some water well before the race to ensure that I am hydrated when I start and I'm frequently spotted nibbling at a flapjack!

What advice would you give to newcomers?

Don't worry about making mistakes, everybody makes them. Instead, use them to help you improve. And follow one of my mantras which is 'go slower to get quicker'.

Which skills would you advise a regular orienteer to work on?

Good control flow is a real time saver so that should be a prime focus along with being able to use all your orienteering skills whilst on the run, with the possible exception of relocation!

What roles have you filled as a member of SO?

I was Treasurer 2009-15 and regarded my role as ensuring that the club finances remained healthy. The biggest event that we held during that time was the British Middle and Sprint Championship Weekend which was incredibly successful and the biggest event in which I have had a significant role.
I have done a lot of planning, including for the YBT Final at Capite Wood last year. I enjoy the challenge of trying to set a good course and would encourage everyone to have a go at planning an event. The club offers so much support that it shouldn't feel daunting. And planning really improves your navigation skills as you must find the control sites you want to use without a kite to help.

My love of maps very soon became a desire to try and draw orienteering maps (as a weather forecaster many years ago I drew a lot of weather maps every day so had some prior skill). I registered my interest and started mapping in 2005, with Mike Gammon giving me a 2 hour crash course in fieldwork. I was then given access to the club's OCAD software and set about my first map which was Wolstonbury Hill. That took several visits over 6 months and was a steep learning curve. From then on Mike seemed to provide me with a steady stream of maps to update or renew! Even then I think he was subtly preparing me to take on the Mapping Coordinator role!

Once I left the Treasurer role, my mapping load slowly increased but, by now I was able to produce maps much more quickly. In 2018 I took over from Mike as the Mapping Coordinator and have been doing it for about 8 years now. The role involves finding out which maps are needed in the coming year or 2, seeing if they need to be renewed or updated and then finding someone to do the work. To this end I wanted a team of members who could do some mapping and so reduce the reliance on professional mappers. This means another part of the job is recruiting and training mappers.

I also need to make sure that the club's OCAD software is up to date and try to keep up with the various mapping regulations and their changes! Currently we have enough mappers to keep all mapping 'in-house' which is fantastic and they do a great job!

Mappers are often unheralded as they sit in the background getting on with it, so I've written several articles over the years to help highlight their role and hopefully improve members' understanding of maps, as well as encouraging more members to have a go. I also try to keep abreast of technological developments related to orienteering mapping with 2 of the most significant one's in recent years being the use of Lidar to produce amazing base data and the development of the OCAD mapping app which uses GPS to help with mapping.

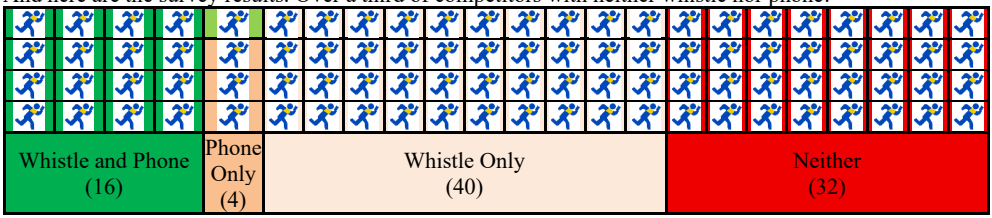


Chris finishing the 2025 Devil's Dyke Mid-Summer Trail Run

Looking out for each other in the forest by SO Safety Officer Karen Ashworth

Did you get caught by safety officer Karen at the download at Rivers Wood asking you whether you'd been running with a whistle, a phone, both or neither?
Here's why… summoning assistance in an emergency is not just about your own safety; how would you feel if you came across another competitor collapsed near a control and were unable to summon help?

And here are the survey results. Over a third of competitors with neither whistle nor phone!



At Southdowns, we very rarely make whistles compulsory other than for forest night events (compulsory = checked at the start; no whistle no run!) and the only circumstances where we've ever made phones compulsory is for juniors at a night urban event.
We do, however, like to think that our members want to be able to help each other in an emergency and we recommend all participants should carry a whistle and strongly encourage the carrying of mobile phones.

In favour of whistles:

- They are louder than a shout (about 120dB compared to around 85dB).
- They make a distinctive sound which is easier to distinguish from the background noise than a shout.
- The effect of (1) and (2) together is that a whistle blast typically travels about 3 times as far as a shout.
- Blowing a whistle takes less breath than shouting if you are injured or panicky.
- A whistle doesn't go hoarse like a voice does after only a few minutes of shouting loudly.
- A whistle doesn't rely on having mobile phone reception available.

In favour of mobile phones

- If you have reception, this is the most efficient way to summon aid.
- It allows you to make direct contact with both emergency services and the event team (emergency number is always on the map) who are likely to be the quickest way to get a first aid kit or defibrillator to your location.
- An app such as What3Words or OSMaps can pinpoint your exact location to tell to rescuers.

<u>What do I need to do with my whistle?</u>

- Blow 6 long blasts then a minute of silence. Repeat until rescuers arrive.
- If you need to buy a new one, any whistle which complies with ISO12402-8 will have been tested to the standards used for lifejacket whistles – it will be loud enough, it will work when wet and it will float if you drop it in water.

<u>What do I need to do with my phone?</u>

- Set up your own ICE number and emergency details if your phone allows this.
- Add the club mobile number 07526-792817 to your contact list (it is 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.emergencysms.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.

And for your own safety too… A typical local event involves an area about 2km by 2km (regional and national events rather larger). That is potentially a lot of forest to search. If you do get lost or injured, almost everyone out looking for you will be a volunteer (club members, Sussex Search and Rescue team members…). Carrying a phone or whistle helps avoid the need to search in the first place and, if it is needed, helps them find you as quickly as possible and get back to their families!

Get your orders in now for a smart new Club Top from the SO Summer range!



Ian Curtis, our kit officer, was distracted by thoughts at Stanmer Park, as he clambered up a sun-baked hillside, as to how hot Orienteering shirts are at this time of year.

He's just got himself a lovely mesh shirt ahead of the summer sprint season to help keep him cooler.

Have you had the same thoughts? Will you?. Are you interested in the SO running vests (£18) singlets (£18) and mesh T's (£25) whilst stocks last (as when we order new stock they will be more expensive)?

If so, do get in touch with Ian on kit@southdowns-orienteers.co.uk who'll be able to sort you out with the size that you need.

CompassSport Cup – Chobham Common Heat

The CompassSport Cup is the national inter-club team competition and is structured so that any club member can enter. The top 25 scorers, from a range of different age classes, contribute to the overall club total, however there is great strength in numbers as everyone can contribute by pushing rival runners down the points list.

Guildford Orienteers held our heat at Chobham Common on 22nd February. Southern Navigators proved runaway winners, but right to the bitter end the competition for second place was nail-bitingly close. Excitingly, we came away just ahead of SLOW and so we will now be heading to Pippingford Park on Sunday 18th October for the final – **SAVE THE DATE!**

Great scores were obtained by many runners, but outstanding runs and the top 100 points were achieved by Jill Blount, Emma Chapman and Kenny Leitch. Full results can be found here: https://www.guildfordorienteers.co.uk/results-archive/2026/2026-02-22-chobham-common/index_clubresults.html

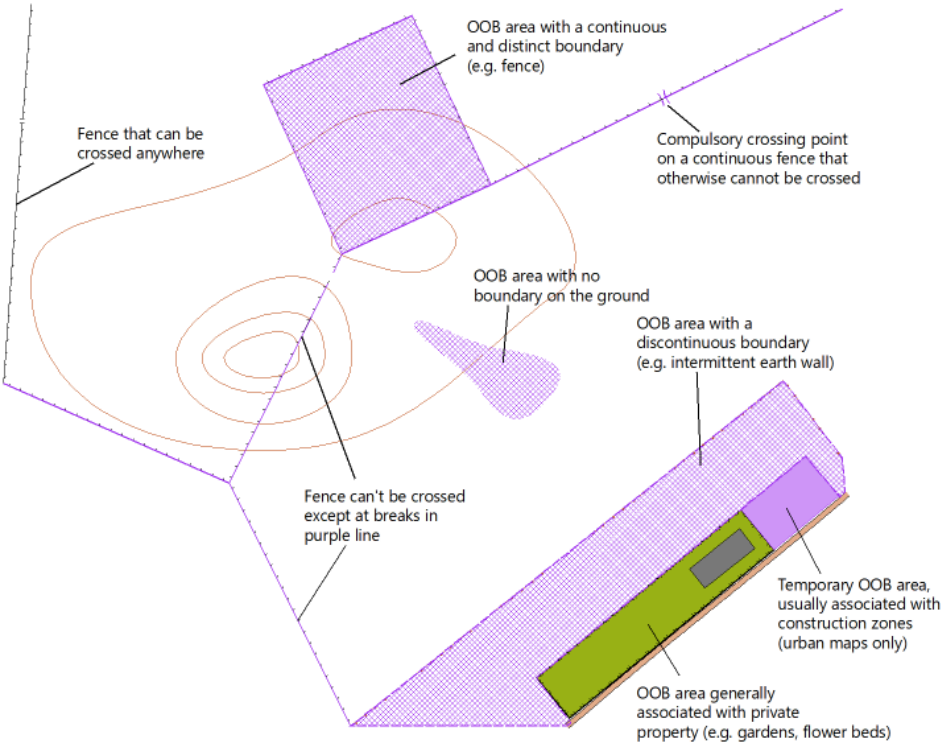
Know Your Map, by Chris Hooker
Part 7

Should I be here?



In this issue I will look at out of bounds symbols as this is something that I am often asked about.

Broadly speaking the out of bounds symbols are the same for both forest and urban/sprint maps with just one addition for the urban/sprint maps. The diagram below illustrates the main symbols and screens that you will encounter to show OOB areas.



The only one you shouldn't find on a forest map is the temporary OOB screen as this is only found in the Sprint Mapping Specifications. The point to notice is that most screens have a border and this should lie on the feature that defines the edge of the OOB area. If the border is solid then the OOB area will have a continuous and obvious line feature around it, most usually a fence. If the border is dashed, then the OOB area will have a broken line feature around it such as a ruined fence or crumbling earthwall. You will have to infer the position of the OOB area where the ground feature disappears. In both these cases the line represents the edge of the OOB area so you should be disqualified if you cross it.

If there is no border, then there is no obvious feature on the ground. You are still liable to be disqualified if you cross into it but in this case the planner would be wise to avoid sending you anywhere near this area. Sometimes it can't be avoided, and you must make your best judgement as to where the border lies, for example, if there are lots of small OOB marshes.

You will notice that some of the fences have a solid purple line on them. This means that you are not allowed to cross them. The purple line can be used for any feature that competitors are not to cross. A break in the line means that it is ok to cross there, and a purple crossing point symbol may be added for clarity, especially if it's an artificial crossing set up for the race.

The Sprint Specification has special symbols for fences and walls that cannot be crossed so you may not see the purple line used very often. However, the Forest Specification doesn't have uncrossable fences or walls (just high ones) so the purple line will be seen more frequently. I will say more about these symbols in a future article.

Finally, I feel that OOB areas are often added to maps with less than due diligence, and I'll hold my hand up here to being guilty too. This can be for map clarity or aesthetic purposes but is almost certainly the root cause of the confusion regularly experienced. Perhaps the best example I can give is when the OOB doesn't extend to a field boundary, implying that it's ok to run around the edge of the field. If you find this on a map as a planner, I should seek clarification that it is indeed ok to run around the field edges and, if not, to get the mapper to extend the OOB symbol to the field edge.

I hope that makes the thorny issue of OOB a little clearer. Next time I will look at special vegetation features, principally the green crosses and circles on the map.

~~~~~~



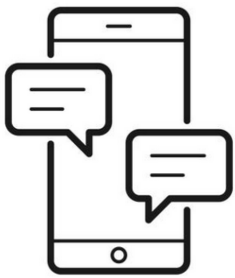
SO Club WhatsApp Group
only available to current Club members
Have you signed up?

SO have now established a WhatsApp group for its members. This provides a free and efficient means of communication, allowing us to share details about upcoming events and other useful information quickly and easily.

The WhatsApp group serves as a platform for members to stay informed about club activities. In addition to receiving updates, members will be able to 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 Lambert at editor@southdowns-orienteers.org.uk . Jane will act as moderator to oversee the content shared within the group,



Please note, you must be over 18 years of age to join.
~~~~~~

Junior Section – Southdowns Junior Squad Report from Anna Chapman (Junior Team Manager)

Photos: Bea Waters



The last few months have been busy with some big competitions including the CompassSport Cup Heat, the British Champs in Wales and the JK Festival of Orienteering in Scotland. At home, with Park-Os just about to start, the Summer is not far off and our juniors are looking forward to the orienteering (and hopefully sun) it will bring. This is a great time for juniors to either try courses on their own or go up a level. Do let us know if there is anything we can do to encourage and reward juniors and to help increase participation.

Breaking News: SO have just qualified for the YBT Final!

As a club with a large number of juniors (45 at the moment) SO compete in the Trophy element of the YBT inter-club competition. This year our heat took place at Farley Heath, near Guildford and our only competitors were Southern Navigators (who were going to be tough to beat). We just about got a full team of nine together, but there was no room for mis-punches, as all nine scores had to count.





Our least experienced juniors went out first with the more experienced ones coming along behind. It was a tricky area but SO juniors held their own and with the older ones checking in on the younger ones as they navigated their courses, we started to see some of our faster finishers coming in and hear progress on the others.



Arlo M10 made it back on the yellow with a solid performance and happy with his run and Harriet W14 had a good run on orange, staying ahead of any SN competitors. James M18 and Mark M12 also kept ahead of SN on the Light Green. On the green Emma and Emily were just beaten by fellow SEJS runner Charlotte from SN. Ben M18 and Thomas M18 also kept ahead of SN on the green. We had eight runners in and SN were ahead, because they had nine full scorers.

It was all down to our last team member – Kai M12 who'd already been out for quite a while on the yellow. Would he have completed the course? At last, we saw him coming into the finish and yes – he'd completed the whole course and therefore SO had a full team score which just pipped SN by 1 point! Everyone was rewarded with Bea's fabulous chocolate brownie and some sweets and the pride and satisfaction of a great team effort – everyone's score counted. They were all talking of the final at the end.



The final takes place on 4th July near Swansea. We'll be planning on organising a minibus and will need some adult helpers too. Please do sign up for it, so we can have a larger team and more flexibility! Sign up on Spond or email Anna for any questions.

Peter Palmer Junior Relays - 12th/13th September Tilgate Park

This year SO have stepped forward to host the annual Peter Palmer relay. This is a junior relay, which begins before sunrise. There will be the opportunity for us to enter multiple teams including a relay which begins after sunrise meaning no night legs. There are courses for M/W12-18 (M/W10s are specifically not allowed to run). As we are hosting, we would love to see a lot of SO juniors at this event. Please register your interest on Spond and email Anna for any queries.

SEOA Cloth Badges



Working towards the SEOA cloth badges is one of the best ways for juniors to see progress. These are awarded for colour coded courses between white and black. You must complete three courses per colour within 150% of the winning time or in the top 50% of competitors.
It's been great to see our juniors achieving their badges this term. If you haven't received your badge yet, do get in contact with Anna Chapman (juniorteam@southdowns-orienteers.org.uk) who will have them available to collect.

Orange Badge Winners:
Oliver Johnson
Light Green Badge Winners:
Rowan Sillett, Mark Johnson, Lucas Waters, Harriet Nichols

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 Park O and AGM on Saturday 6th June:

Yellow M	1st Tom Cottrell 2nd Finley Carrington 3rd Stanley Jepson	Yellow W	1st Coco Wrapson 2nd Lizzie Nichols 3rd Livvy Moss
Orange M	1st Christopher Warner 2nd Spencer Turner	Orange W	1st Sasha Smith 2nd Loren Leathley 3rd Coco Wrapson
Short Green M	1st Mark Johnson	Short Green W	1st Sophia Bowes
Green M	Not contested	Green W	1st Sophia Bowes
Blue M	1st James Curtis	Blue W	1st Emma Chapman

Coaching

During the Spring, four of our club members have qualified as Orienteering Coaches. They will be putting together a programme of coaching for the new season in the Autumn.
In the meantime we're hoping to have coaches available at the start of Park-O's for drop-in sessions, so do take advantage.

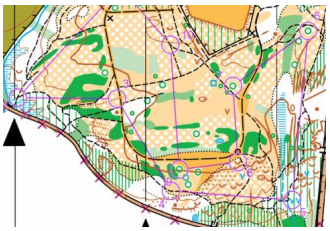
Park-O Junior warm up session 10:15 to 10:30

We will be running a junior warm up session from 10:15 to 10:30. Juniors are anyone under 20. Do come and join us. It's a chance to warm up the muscles and have a bit of fun, before your run. Find us by the coaching flag & junior squad banner.

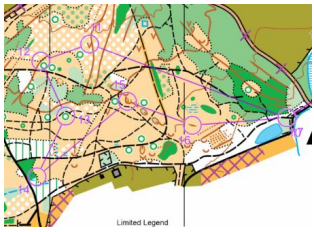
Improve your Skills – speed management

It's very important not to run faster than you navigate as it can increase the number of mistakes so try when on a course slowing your running down a bit to reduce errors. Once you can navigate faster you can begin to increase the speed at which you run without making as many mistakes.

To practice navigating at speed, find a course on Routegadget set a timer and plan what you'd do. See how many controls you can complete before the time runs out. Decrease the timer with every map for more challenge. For each leg, plan the route, picture the control site and plan the exit. Try these first:



Orange



Light Green

Or if you fancy a bit of exercise, set up a grid of cones, draw some simple courses visiting a few of the cones and practice running the courses as quickly as possible whilst always staying in contact with the map.

Selections and Invitations

Harriet Nichols W14 has been invited to join SEJS (South East Junior Squad) and has been participating in their monthly coaching programme along with other members from SO.

Emma Chapman W16 has been selected for the M/W16 JROS tour to Deeside which takes place in the Summer Holidays. Around 18 athletes are selected from around the country based on performance at a minimum of three races (this year it was British Champs, JK Middle, JK Long, British Middle and Midland Champs).

Ben Chapman M18 has been selected for the M/W17 JROS tour to Stockholm which also takes place in the Summer Holidays. Around 16 athletes are selected from around the country based on performance at ideally four races (this year British Night Champs, British Champs, JK Sprint, JK Middle, JK Long, British Middle, Midland Champs).

Heather High W20 has been selected to run for Great Britain at the Junior World Orienteering Champs (JWOC) in Sweden at the end of June. This consists of a sprint, sprint relay, long, middle and long relay. The team of 12 athletes was selected based on results at recent major competitions.



~~~~~~

Note that the deadline for content for the next Southdowner edition (September 2026) is <u>extra early</u> - 10th August

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

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



Thank you!
~~~~~~

SO Juniors Take on the JK International Festival in Scotland by Bea Waters



Over the Easter weekend, several members of SO - including six juniors - made the long journey north to Scotland to compete in the prestigious Jan Kjellström International Festival of Orienteering 2026, held this year in Perthshire from 3rd–6th April. Taking part in such a major orienteering festival is always a lot of fun, with competitors of all ages enjoying the racing, atmosphere and social side of the weekend. Events like the JK are open to everyone, and all club members are welcome to take part.

The action began on Good Friday with the Sprint race through the centre of Perth. Competitors navigated historic streets, narrow alleyways, modern developments and urban parkland. The event centre was based inside Perth Theatre and Concert Hall.

For the Middle and Long distance races, the competition moved into Highland Perthshire near Rannoch Forest, close to the picturesque village of Kinloch Rannoch at the eastern end of Loch Rannoch.
The area was stunning and provided tough and technical courses, testing both navigation and endurance. Competitors experienced a full range of Scottish weather conditions during the weekend, from beautiful sunshine to very heavy snowfall.

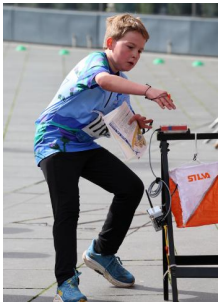
Our juniors all performed extremely well to complete their courses in such demanding terrain. Special congratulations go to Heather High, who achieved an excellent 3rd place on both the Middle and Long distance races in the W20E class.

Snow returned again during the night and in the morning of Day 4 for the Relay event, adding another challenge for competitors. SO's junior relay team, "SO Speedy" (Emily, Lucas and Mark) finished in a very creditable 8th place.

Junior Results *(photos Wendy Carlyle)*

Class	Competitor	Sprint	Day 2	Day 3
M12	Mark Johnson	4	9	7
M12	Oliver Johnson	7	11	10
M12	Lucas Waters	8	17	9
W16	Emma Chapman	14	8	12
W16	Emily Waters	–	17	14
W20E	Heather High	8	3	3











SO Juniors Compete at the British Championships by Bea Waters

Several members of the SO junior squad travelled to Wales to compete in the 2026 British Orienteering Championships, taking part in both the British Long Distance Championships and the British Relay Championships on the 28Feb/1Mar 2026.



The British Long Championships were held on Saturday at Carreg Goch in the Bannau Brycheiniog area of Wales, an extensive and remote area of open mountain terrain rising to 558 metres. The area, previously used during Croeso 2024, provided a demanding technical challenge and showcased some of the best terrain in the region.

Organisers required all competitors to carry a cagoule and a whistle due to the exposed nature of the area. These precautions proved necessary as, after a morning of sunshine, bands of cloud and hailstorms moved across the competition area. The sudden change in conditions created extremely poor visibility, making navigation particularly difficult for competitors.

Despite the challenging weather, SO juniors produced some excellent results. Harriet Nichols achieved 1st place in W14B, while Heather High finished 4th in the highly competitive W20E class. Other strong performances came from Mark Johnson and Emma Chapman, both finishing 6th in their respective classes.

British Long Championships Results

Class	Competitor	Position
M12A	Mark Johnson	6
M12A	Lucas Waters	8
M18A	Ben Chapman	23
W14B	Harriet Nichols	1
W16A	Emma Chapman	6
W16A	Emily Waters	14
W20E	Heather High	4



On Sunday, the competition moved to Margam Country Park for the British Relay Championships. Relay competitions are always enjoyable both to race in and to watch, with teams competing head-to-head and spectators able to follow the action from the arena.



Heavy overnight rain made conditions difficult, leaving the race arena and courses extremely wet and muddy. SO fielded two junior relay teams. “SO Promising”, made up of Mark Johnson, Lucas Waters and Harriet Nichols, finished 5th in the M14 category. A junior ad hoc team, “SO Thrilled”, featuring Emma Chapman, Emily Waters and Jake from DFOK, finished 4th.

Taking part in the British Championships is not limited to regional squad members, and any club member can enter. The courses are no different in principle to those seen at local club events, but championship races offer the opportunity to experience new terrains, challenging landscapes and major competition atmospheres. If you would like to experience a national event for yourself, come along and give it a go at a future championship.

SO Juniors at the British Middle Distance Championships

by Bea Waters *(photos by Ed and Rob Lines)*

SO juniors were again in action at a national event when they travelled to Shropshire for the British Middle Distance Championships, held at Brown Clee on 18 April 2026. Organised by Harlequins Orienteering Club, the event gave competitors another opportunity to experience a very different type of terrain and compete against some of the best junior orienteers in the country.

Brown Clee Hill, the highest point in Shropshire at 540 metres, is regarded as one of the best orienteering areas in the Midlands. The competition area featured a varied mix of terrain shaped by geology and former industrial activity. The upper slopes included steep quarry re-entrants and open hillside, while the middle section contained many small mining pits and spoil terraces from historic coal mining. Lower down, deep stream-cut valleys, mature woodland and fast runnable areas provided further technical challenges for competitors.



As a middle distance race, the courses were fast-paced with a high concentration of controls. Accurate navigation and careful checking of control numbers were essential to avoid costly mistakes or mis-punches.
SO juniors performed well across the classes, with strong runs from all competitors in technically demanding terrain.

Results

Class	Competitor	Position
M12	Mark Johnson	6
M18	Ben Chapman	12
W16	Emma Chapman	9
W16	Emily Waters	18
W20E	Heather High	4



The British Midland Championships were held on Sunday, with the event centre based at the same location as the British Middle Championships. This allowed many competitors to make a full weekend of orienteering in Shropshire.



National events such as the British Middle Championships are open to all club members and are a great opportunity to experience new areas, different styles of terrain and high-quality competition. If you are interested in trying a larger event, come along and give it a go at a future championship.

Ranger Ultras Pennine Bridleway 137km – Race Report by Simon Fitzpatrick

Wed 15th – Sat 18th April 2026

In June 2025, I competed in the Montane Spine Challenger South – a 108-mile race along the Pennine Way from Edale to Hardraw. It was my first experience of an event where there was only one aid station so the kit required was considerably more than most long-distance races. After 130km and 33 hours I pulled out of the race at Malham as I could not mentally convince myself to go on for another 12-15 hours (50km). I never regretted my decision but over the next few months I decided I definitely wanted to return to the Pennines. However, The Spine is not a cheap event and I could not justify paying their race fee despite the media attention and kudos it might attract.



Coming into Malham on The Spine – mentally broken but still smiling

It was around the start of September that I started to have some dermatological issues which prevented me from getting out on the trails (or roads). It's been very frustrating as I've been pretty lucky with my health up until now and this seemed to come from nowhere. Over the coming six months I saw my GP on numerous occasions and underwent some procedures to rule out anything serious. There were times when I felt better so I tried to get out on longer runs but my mileage was definitely reduced.



Carl, Emma & me in our well-earned Christmas tops

One fun event was the Christmas Jumper run organised by Phoenix Running. It was the first time I've entered one of their events which offer something quite different. Most are based at Walton-on-Thames and you simply run alongside the River Thames for approx. 2.5km, turnaround and run back to the start to complete a lap. You can do just one lap (5km ish) OR you can do as many laps as you wish in the 7 hours! Since I'd not been running much, I was aiming for 4 laps which would be a half marathon. The event is so simple and flat but challenges you mentally. The beauty is that you don't need to carry anything as the start/finish is a well-stocked aid station where you could drink & refuel. They are renowned for their extravagant medals but this event was a bit different as the medal was in fact a Christmas themed technical running top.

Since 2020 I have completed in a challenge set up by Trail Running magazine to run 1000 miles each year. Although the magazine is no longer published there is still a large number of us in a Facebook Group who try to reach the target or simply take inspiration from the stories & photos. An absolute star of the group is Fi Jenkinson who has easily surpassed the target most years and has also been in various Spine events. Last year she won an event called PB270. I knew nothing about the event so did some research. It is organised by Ranger Ultras whose ethos is to provide quality, excellent value and generous cut-offs, all at a financially accessible price. They offered a shorter event called the PB137 with a 50-hour cut off and I thought to myself this was achievable. The distance was similar to my Spine experience but the entry fee was less than half. In addition, they provided dinner & a bed before the start and at the finish. I hovered over the "enter now" button for about a month and eventually committed myself on 31st Dec 2025

Into 2026 and I needed to slowly up my mileage but sadly my health had other ideas. I had to withdraw from the Freedom Racing North Downs Ridge 50km at the end of February. Thankfully this did mean I felt a little better for the Run Walk Crawl Brecon to Cardiff Classic on 01st March. As well as being a Southdowner I have also been a member of Haywards Heath Harriers for the last few years. I've met quite a few other ultra-runners through them and discovered lots of different events. Four of us travelled down to South Wales to take part in the three different races in this event. I was taking on the 70km Classic which

was the low-level route, Shelagh & Amanda were doing the Extreme Marathon (they'd both done the Classic before) and Michael the Extreme Ultra (this was his third time). We stayed in an AirBnB close to the finish to make life simpler. The organisers put us on a bus to the start in Brecon and we ran back to Nantgarw (just north of Cardiff) following the Taff Trail. The first 11km was alongside the canal so pretty quick. The next 10km was a gentle climb up into the Bannau Brycheiniog National Park – it was a run/walk type of hill. The weather deteriorated into a damp mizzle so on went the jacket. The last 40km or so was pretty much downhill so lots of running past such places as Merthyr Tydfil, Aberfan and Pontypridd. Total distance was 73km in 9h35m which is very speedy for me. Mentally I was so happy to have been able to run but boy did it take it out of my legs. I think these runs with little elevation are far harder than the hilly ones.



Brecon to Cardiff Classic

I was due to run in The Moyleman mid-March – an excellent trail marathon around Lewes where there is pizza & beer at the end. Sadly, my health again let me down so I had to withdraw. I was getting nervous that 137km of the hilly Pennine Bridleway in a month was going to be tricky. I managed a weekly 20km long run with Stan (my trusty long distance race pack) which was not ideal but the best I could do. A couple of weeks before the event it was suggested I get tested for Coeliac as my symptoms were very similar. By now I was open to any suggestions as all other investigations had not given an official diagnosis. I was tested on the Monday, two days before the event, and decided I'd cut out gluten as soon as I'd been tested. I had to swap out some food options for my race and checked with the race organiser that there would be gluten free options (there would be).

I travelled up by train to Hebden Bridge on the Wednesday and shared a taxi with a couple of other competitors to Hebden Hey Scout Centre (also met the Female winner of the Montane Arctic Spine Explorer Race in the waiting room!). The last time I was here was on The Spine - it was the only aid station on the 108mile route. I'd faffed around for 5 hours getting a shower, food, changing and trying to sleep which I think was my biggest mistake on that race. At least I saw it in the daylight this time but it was still a little triggering! This event was going to be very different to The Spine as there were only 13 participants so I was prepared to spend a lot of time on my own – in fact there would be only 12 of us on the start line. I've never been on an event where most of us had dinner together the night before the start, chatting about all things ultra & more. It was refreshing to see that there were 7 females & 5 males toeing the start line. After a very relaxed kit check Si, James & I bunked down for the night – yep, I knew everyone's name which is both bizarre and beautiful. I had a very frank conversation with James about being gluten free as he overheard me asking one of the volunteers and he described very similar symptoms to me that he suffered with for many years.

We woke at 6am for breakfast, kit faffing and the very brief race briefing – all very relaxed. It was going to be a glorious day, windy but no rain until much later that night. We set off at 8am climbing the dark & damp steps of doom out of the Hebden Beck valley. I took it easy but soon got into my stride once on the road. There were few of us together for a bit but I soon found myself stretching ahead of them. Most of the route follows the Pennine Bridleway but there were some diversions. I missed the first of them about 11km into the race where it turned off onto a footpath (added about 400m onto my route). Emily, Kirsten and Darren all caught up after my error. I wasn't exactly sure who was ahead but I believed there were two or three. Darren & I ran together to the first water refill station at 17km and then onto Wycoller where I stopped to use the toilets. I caught back up with him after a few kms and we ended up staying together all the way to the only aid station in Settle (around 73km). Competitors are able to make use of any facilities en route with the main rule being that they are open to all to use. We detoured slightly off route in Barnoldswick to get refreshments from the garage (42km into the route but added about 800m to the route). I had a coffee, Coke and topped up my soft flasks. I never drink Coke except when on these stupidly long runs. I generally had 1.5 litres of water after each checkpoint (but I had the capacity to carry 3L as per the



race rules). The next water refill was at Paythorne (58km). There was quite a bit of tarmac road on the approach to Settle including a never-ending climb out of Long Preston. We arrived into Settle in just over 12 hours which was almost exactly what I had scheduled and it was still light.

My plan was to stay for 90mins before heading back out which gave me enough time to shower, change, eat, charge up electronics and repack. Sadly, Darren opted not to proceed as his tracker was not working and he'd twisted his ankle. He did not want to risk going out in the dark and given he was a volunteer in Edale Mountain Rescue he knew better than anyone what was at stake. By the time I was ready to leave Jo Barrett was also ready and I asked if she wanted to team up to go through the night and she agreed. We headed out bang on my schedule – no faffing or trying to sleep this time. It was now dark and there were a few spots of rain so I stopped pretty quickly to put on my waterproof jacket.

We chatted away about all sorts in the dark and worked our way over into Stainforth. The route on my watch was sending me on the Dales Highway into Feizor (I must have done something with the gpx file before uploading it to my watch). So if it wasn't for Jo knowing the route like the back of her hand I would have certainly got a phone call from HQ and be in a right old muddle - disaster averted. We worked our way north over the higher hills and then down into the Ribble Valley before climbing up past Ling Gill into Cam End and the dreaded Cam High Road to the first water station on (32km from Settle). This section had taken about 7 hours which was what I expected as we pretty much walked during the night in order to avoid any accidents. We were averaging 12mins per km which included a few breaks to eat and/or add layers so I estimate we were probably covering about 6km/hour.

We were approaching dawn but the wind & rain meant there was no sunrise. As we turned off the Cam High Road the rain started in earnest so I put on my waterproof bottoms. The route by now seemed to be either up or down. The tarmac road down into the second water station at Garsdale Station (126km) went on forever which was so tiring on the feet. Unfortunately, the volunteer was parked on the north side of the station which we discovered was all closed up. So, I had to go back onto the road, under the bridge, up the hill and to the far end of the other platform to use the facilities in the station – not very far but a real downer at this stage of the race. I felt very guilty that Jo was on a windy bench outside on the northern platform (I did say she could go on rather than wait for me but she seemed happy enough to wait). We subsequently found out the waiting room on the southern platform was open & warm – maybe it was just as well we didn't know this as we might have stayed longer. The rain had been on and off since dawn.



The Water Cut sculpture on Mallerstang Edge

Just the final 21km to the finish now. One last big climb up onto the Mallerstang Edge and then it was all downhill we were told - except it wasn't. There were a few slippery stream crossings followed by a long grassy flattish stretch past a stunning sculpture before our decent into the Eden valley. Once into the valley it soon turned very wet underfoot but thankfully, we had been pre-warned so I used my waterproof socks for this second leg. There were lots of little ups & downs through boggy fields following a trail called A Pennine Journey/Lady Anne Highway.

The finish in Kirkby Stephen seemed to be a myth as we felt we were still in the deep countryside and nowhere near civilisation. But my watch said less than 1km to go and we finally hit the road for the final 400m to the finish. It was raining again but Stu (race organiser) & Georgina were filming our finish and Stu says my name and the words "first male".



Jo Barrett and me

To say I was confused would be putting it mildly. I was pretty sure that Jo & I were coming in as joint 3rd place (as second male & second female) making us winners in our respective age categories which believe me I would be more than happy with as I'm usually a mid-pack runner at best. However, it transpired that Luke who was the leading male throughout the race had been slowing down a lot in the last few

hours due to one of his feet basically falling apart with one huge blister on the sole. Also, his watch had run out of power so he wasn't sure of the route. He came in about 15mins after us after getting lost. I felt gutted for him and to be honest a little guilty but given that he'd only ever done a supported 50km race before this I think my victory was down to experience.

So, for the first time (and almost certainly last) I took the win as the fastest male in 29h21m covering 147km. The race was actually won by Alison Walker (a sponsored pro-athlete) in a time of 23h31m.

My train home wasn't until Saturday morning so I managed to relax, shower, eat and chill out at the finish in the hostel on Friday afternoon. It also meant I got to see Kirsten & Si finish. After a decent sleep on Friday night, I also chatted to Wes (winner of the PB230 race) and James, Patricia & Nicky from the PB137 who finished that morning. I caught the train back to Leeds with James and we had a good chat about our time on the trail.

I felt that my DNF at the Summer Spine event had been put to bed - everything I learned on that race I put right in this one and it paid off. It was lovely that I knew all of the other participants names and made some new friends. A big shout out to Stu & Georgina and all of the RUSTies (name for their volunteers) from Ranger Ultras who made this race such a great event. Sadly, they have decided to rest the race in the current economic climate and are not sure when/if it might return.

Subsequently found out I am not a coeliac so back to the sausage rolls & pork pies on the next long run!

Poor Weather, Orienteering and Mandatory Equipment – A Survey by Karen Ashworth

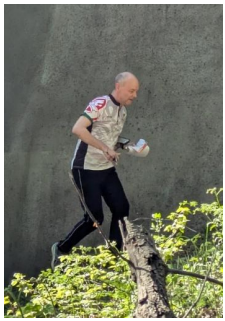
Karen has had a number of organisers tell her how difficult they find it to impose mandatory equipment such as hooded jackets and how much flak they feel they take when they do… so she started wondering whether some guidance is needed around what conditions absolutely require it.

She has written a brilliant article in the April 2026 edition of CompassSport magazine, outlining the requirements of Fell Racing, as the closest comparator to orienteering in terms of runners out in exposed terrain.

Against this she looks at the length of time it might take to find and recover an injured competitor using the documented reports from the awful Gangsu Ultra Marathon disaster. Here a marathon was run by professional trail runners in mountainous terrain in temperatures well within the bounds of those we can experience in a UK winter. Tragically 21 people died from hypothermia.

Do check out the full article and please help Karen with her survey by completing the questions found at this QR code:

The Bukowa Forest and beyond by Ian Curtis



Last year our family accompanied James to Hungary and Slovakia when he competed in the World Trail O champs. We had a great time and got to know members of the GB trail O team. A fair few of them attend the Bukowa cup in Poland most years. This is a 3-day event over the Mayday bank holiday and this year I had some capacity and so jumped at the chance when I was invited along.

The Bukowa cup is based around Szczecin, Poland and offers both Trail O and foot O events over the 3 days and it is possible to compete in both. This year there were 5 foot O events and 3 trail O, so plenty to choose from, and for the keenest amongst us it was possible to do all 8 events.

I signed up for 3 foot O (a middle distance and an urban sprint on the Friday, and another middle distance on Saturday) and 2 of the Trail O (temp O and precision O) giving the precision O sprint, and the 2x long distance foot O's a miss). I chose my events to avoid possible start time conflicts and to not over commit. I was also wary of picking up niggles from over exercising as had plans to stay out in Europe for a few days after the cup.



My first middle distance on the Friday (Jezioro Szmaragdowe) went ok. It was a clean run, but a little slow and steady. There were a lot of steep bits and it was scrabbly in places, so I grabbed a fair few trees and roots on the ascents and prayed hard as I slithered on the descents. It was very physical.

The second middle on the Saturday was a personal disaster for which I blamed the 27 degree heat, sleep deprivation, colour blindness, dehydration, wearing trainers rather than O shoes (which I'd left in the hotel) and anything else I could think of - pretty much anything that could go wrong did and I abandoned my course in frustration. (It was less physical than the earlier mid but very hard gauging the shifts in vegetation and some controls were in pits, often with vegetation making the feature hard to see, I was unable to concentrate and paid the price).



The urban sprint in Gryfino used a college as the base, a running track for a warmup and headed straight up some stairs after the start to get you from the running track to street level. From there it was a good course with lots of left/ right dilemmas, fine detail and long leg route choice. I was probably sub optimal on 3-4 legs but very much enjoyed the course.

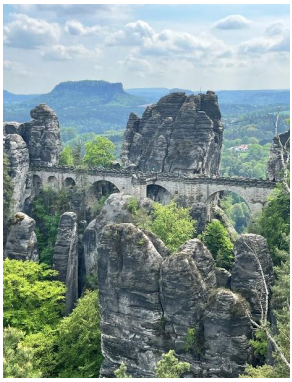
For my 2 trail O courses I did Ok. I didn't trouble the GB (or anyone of the other 15 nation's) elites with whom I was sharing accommodation and meals. I was pleased with not being too far behind the tail of the GB squad in the precision O where I scored 21/31. Again colour blindness let me down where I couldn't make out all of the control kites at 5 of the Pre O controls - probably due to an inability to distinguish the orange/ white on the kites from the bright sun on leaves- so my only option, by not being able to sight all of the kites that the control descriptions told you were out there, was to put the answer down as a Z. (Those of you who have competed at Elite trail O know a Z means that you think there is not a kite within 3m of the

control site shown on the map)- thankfully 2 of these 5 were actually Z's anyhow so I didn't lose out too much.

I mentioned that I had plans to stay out for a while longer, so said goodbye to my British colleagues after a final meal together - this one on the beach at the north shore of the giant lake Miedwie.

Over the following few days I managed sightseeing in Szczecin, Posnan, Wroclaw (all in Poland), Dresden and Berlin (Germany) and walked 2 and a half stages of the Malerweg (painters trail) in "Saxon Switzerland" which was stunning!

Overall, I enjoyed the Bukowa Cup and would definitely recommend it for those who enjoy physical technical orienteering/ trail O, or both. Let me know if you'd like to find out more.



Bastei Bridge which Ian took before crossing to stage 2 of the Malerweg trail.

~~~~~~

Every photo tells a story… Photo Caption Competition



Another bumper lot of captions were received for March's photo (on left).

Yet again they very entertaining and witty (thank you everyone).

Samantha was strongly commended for the volume of captions submitted, but once my panel composed themselves, they decided the winner was:

Ian Curtis: "QUIIIIICK - it's gonna explode!!!"

Ian please let me know which prize you would like to receive, a whistle or bar of chocolate.

The Photo for the September competition is another fantastic picture from Rob Lines



Get creative and come up with a caption – I look forward to receiving your ideas!

Email your caption to the editor by 10th August 2026

editor@southdowns-orienteers.org.uk
~~~~~~

Let's get SO Quizzical – by David Wilson

March's answer - Pond Life

Question:
Health and Safety is an ever-present concern these days, and it wouldn't be surprising to find that a controller insisted on taping round the perimeter of a pond. Let's say the pond is circular; then how much extra tape is needed if it's one metre out or exactly on the edge of the pond?

Answer: **A**t first sight, it appears that the size of the pond has been left out of the problem. But this information isn't needed given a little recourse to algebra. Let the radius of the pond be R.
Then the length of tape if it's at the edge is $2\pi R$. If it's a metre further out the radius is (R+1), and the length needed is $2\pi(R+1) = 2\pi R + 2\pi$. The difference, being the extra tape needed, is 2π or 6.28 metres.
Surprisingly, it's the same whether the pond is 10 or 10,000 meters across!

The winner decided by David is Karen Ashworth, who was the only one who fully answered the question.
Congratulations Karen, please contact Neil for your free SOG run.

September's Problem by David Wilson

S	G	N	I	R	E	M	G	N	A	E
C	H	A	I	L	E	Y	O	U	Y	S
H	I	G	H	D	O	W	N	T	T	U
O	H	G	D	O	O	S	E	W	T	O
U	N	O	N	R	L	V	A	L	I	H
G	R	I	T	I	A	E	R	N	L	D
H	T	H	N	R	C	E	T	E	G	L
T	R	D	G	S	S	N	H	U	A	O
O	O	S	E	T	I	P	A	C	T	S
N	O	T	S	I	R	F	M	L	E	X

The grid contains the names of 14 areas which have been used by Southdowns in the last three years. The names may be printed forwards, backwards or diagonally or any combination, but always in a straight line (like your route choice?) Can you find them all? Any 'Wood' or 'Warren' etc has been omitted so 'Abbots Wood' would have been entered just as 'Abbots' and 'Broadstone Warren' as 'Broadstone' (but these two are not included)

Winner is whoever finds them all (or most); tie-break - what do the unused spaces spell?

As the prize is a free run at a SOG, and a junior already runs for free, should a junior win this competition the prize will magically appear as a chocolate bar! Go for it Juniors!

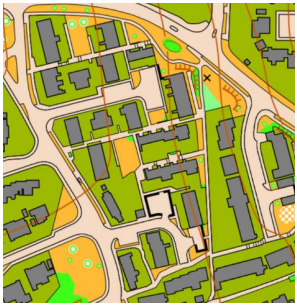
All entries to editor@southdowns-orienteers.org.uk by 10th August please

Major/Local Events – looking ahead:

British Sprint Championships and Sprint Relay Championships

These are scheduled for the weekend of 27th and 28th June . Event details can be found here: https://www.britishsprintchamps.org.uk/

Run Sussex - SO Urban series



This summer, Southdowns Orienteers invites you to a weekly series of top-quality urban orienteering events. Akin to the London or Brighton City Races, we will have mapping to the ISSprOM (2019-2) International Specification at 1:4,000. The 8 events are listed below and will be hosted by Euan Marsh, Edward Lines, and Robert Lines.

Euan and Ed have spent the winter months mapping, and the series will take participants to the most interesting urban areas in Sussex.

Urban Orienteering is an accessible form of the sport and ideal for anyone who enjoys running. Starts will be from 18.00 – 19.30 each Tuesday and there will be a Short (4km), Medium (6km) and Long (8km) Course.

Get these dates in your diaries now!

Brighton – Tuesday, 2 June 2026	Upper Beeding – Tuesday, 30 June 2026
Old Portslade – Tuesday, 9 June 2026	Burgess Hill – Tuesday, 7 July 2026
Shoreham North – Tuesday, 16 June 2026	Ringmer – Tuesday, 14 July 2026
Brighton Withdean – Tuesday, 23 June 2026	Henfield – Tuesday, 21 July 2026

O-Ringen – The World's Biggest Orienteering Competition - Gothenburg

During O-Ringen Gothenburg 2026 there are competitions for everyone, from the elite fighting for the final victory over five days to us normal (Club) runners, as well as children and adult beginners.

Competing in orienteering over five days/stages is the cornerstone and origin of O-Ringen. That's how it all started in 1965 and that's how most people still participate today, but today there is a wide range of options for those of you looking for something different.

There are competitions over five and three days. You can also choose to run single days. Information can be found here: https://oringen.se/en/start/competition/overview.html

Lakes 5 Days

The Lakes 5 event takes place in the English Lake District, home of some of the country's most beloved scenery and finest orienteering areas..

The dates for your diary are **Sunday August 2nd to Friday August 7th**, with there being a rest day on Wednesday August 5th.

White Rose Weekend

There are usually several SO members who make their annual trek to North Yorkshire, over the August Bank Holiday, for this exciting weekend of events. This year the events will take place in and around Scarborough with a central campsite in the grounds of Raincliffe School, which adds to a festival atmosphere. The event commences on the Friday night with a mad 30-minute score event, hopefully to be at Olivers Mount, which has amazing views of the surrounding area. This is then followed by middle and classic distance races, a hill race, a daily maze race and various other fun activities, including the usual quiz and loads of prize mugs and Toblerones on offer. Outline details are available but keep an eye out for confirmed information: https://www.eborienteers.org.uk/white-rose

Club nights

Our weekly Club Nights have moved out into the beautiful Sussex countryside. We meet at venues across Mid-Sussex for friendly company and flexible runs or walks. You can go on your own or join a group, with route options to suit different paces and distances. These relaxed sessions are a great way to stay active and catch up with fellow club members.
Each run starts at 6.30pm and lasts around 60 - 90 minutes. Event details can be found on the club website.

SouthEast League (SEL)

This annual competition is now complete for 2025/26 – watch for diary dates for the Autumn season 26/27. 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……..well not quite yet!



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, it's looking as though we will have retained the title, but this is still to be confirmed

Event 7: Winterfold – 4th May 2026 – results in next edition
Event 8: Friston Forest – 10th May 2026 – results in next edition

~~~~~~

Kit Recommendations – Running belt
What to do with your keys/phone etc when out on a run/orienteering….



After the reminder from Karen about carrying a phone, I thought I'd share what I've found to be a great solution.

Over the years I've been trying so many different "bum" bags, but this is the absolute best - a brilliant and very simple solution. A running belt that has no zips, doesn't bounce with each step, and seems really secure holding keys and a phone. Think, big elastic waist band.

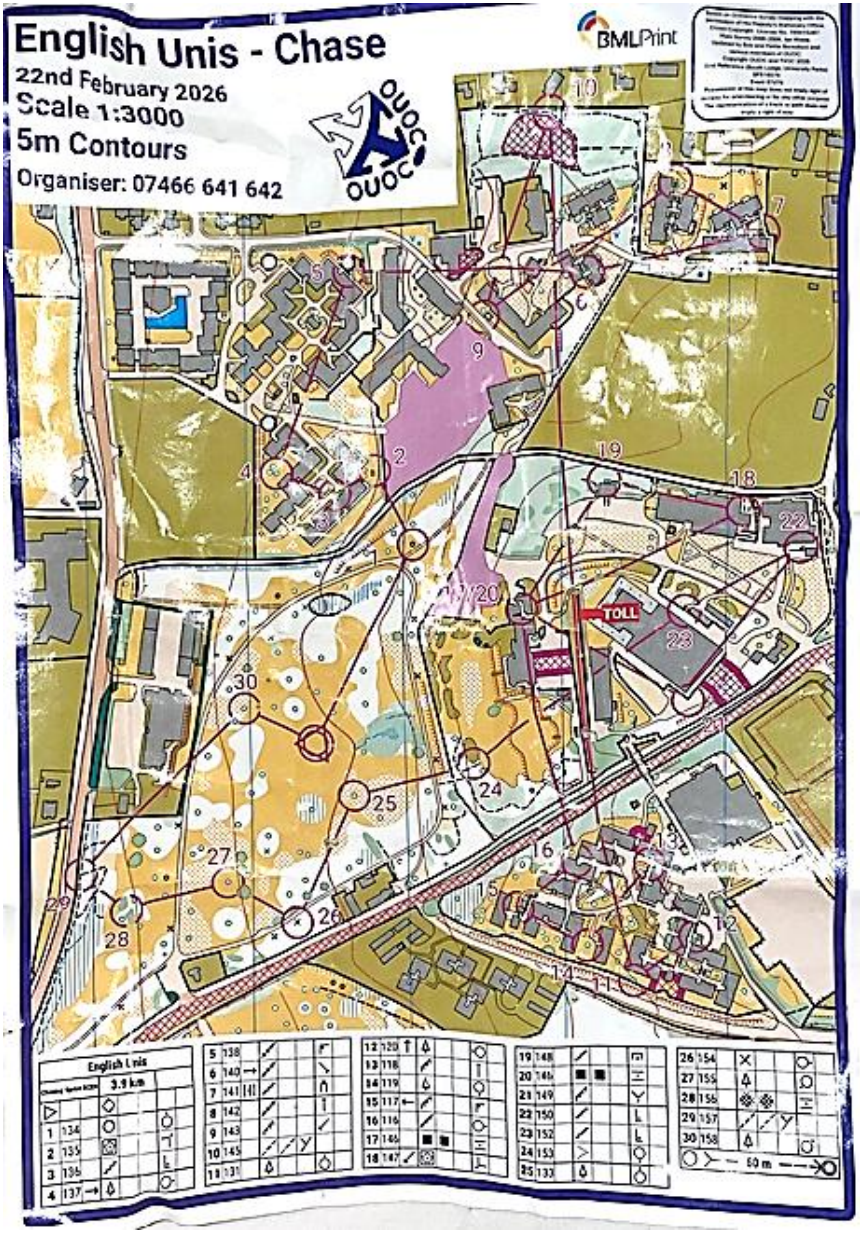


The size is universal, although the product comes in small, medium and large – I've found medium is best for me, although the small one I mistakenly purchased as a backup does a great job in holding my tummy in too!!

The top opens in 4 different pockets and, I think would also comfortably hold an inhaler too. Keys can be attached to an elastic clip for extra security. The waist pack is really just a super stretchy strap, made from moisture wicking material which soaks up any sweat. The strap hugs your body and so far (used for over three years) has not yet come loose.

Not only do I use it for running but also when trekking. It fits under my rucksack waist straps and gives quick and easy access to my phone for taking those important photos! Find me at an even to check mine out.

Transit through the Toll



Just for fun taken from the EUCs. Apologies for the quality of the photo but hopefully (if you're reading this online) you should be able to zoom in and get more clarity.

You have **1 token** to use which allowed you transit through the TOLL – you can use it at any time. Which leg do you think you would choose to use it on? In September you will find out which was the optimum route!

A few events, at a glance, June to August
(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 30th May	Park O 1	Preston Park	SO
Tues 2nd June	SO Run Sussex 1 Urban Series	Brighton	SO
Sat 6th June	Park O 2 and AGM	Bedelands Farm, Burgess Hill	SO
Sun 7th June	**Regional/SEOUL (Urban)**	**Overton, Basingstoke**	**BADO**
Tues 9th June	SO Run Sussex 2 Urban Series	Portslade Village	SO
Sat 13th June	Park O 3	Brooklands Park	SO
Tues 16th June	SO Run Sussex 3 Urban Series	Shoreham	SO
Fri 19th June	"Midsummer on Gower"	Day 1 evening Craig Gwladys Country Park	SBOC
Sat 20th June	**"Midsummer on Gower" Regional**	**Day 2 Whiteford**	**SBOC**
Sat 20th June	Park O 4	Chiddinglye	SO
Sun 21st June	"Midsummer on Gower"	Day 3 Oxwich Burrows	SBOC
Tues 23rd June	SO Run Sussex 4 Urban Series	Withdean	SO
Sat 27th June	**British Sprint Relays Major event**	**Stoke Bishop Student Village**	**Contact Club Captain by 5th June if you'd like to be in a team**
Sun 28th June	**British Sprint Champs Major event**	**University of West of England**	**Entry price rise 8th June**
Tues 30th June	SO Run Sussex 5 Urban Series	Upper Beeding	SO
Sat 4th July	Park O 5	St Ann's Well Gardens	SO
Sat 4th July	**Yvette Baker Final National event**	**Penllergaer Valley Woods**	**SBOC**
Tues 7th July	SO Run Sussex 6 Urban Series	Burgess Hill	SO
Sat 11th July	Park O 6	Horsham Park	SO
Tues 14th July	SO Run Sussex 7 Urban Series	Ringmer	SO
Sat 18th July	Park O 7	Hellingly Country Park	SO
19th – 25th July	**O-Ringen**	**Goteborg Sweden**	
Tues 21st July	SO Run Sussex 8 Urban Series	Henfield	SO
25th July – 1st Aug	**O France**	**Besancon, France**	
26th – 30th July	**OO Cup, Ireland**	**Killarney**	
Sun 26th July	**Regional/SEOUL (Urban)**	**Aldershot**	**SN**
Sat 1st – 5th Aug	**Bavarian Forest 5 Days**	**Fichtelberg, Germany**	
Sun 2nd Aug	**Lakes 5 days National**	**Day 1 Askham**	**Entries through Fabian4**
Mon 3rd Aug	**Lakes 5 days National**	**Day 2 Bessyboot**	
Tues 4th Aug	**Lakes 5 days National**	**Day 3 Yewdale Fell**	
Wed 5th Aug	**Lakes 5 days – Rest Day!**	**Birkrigg Common score**	
Thurs 6th Aug	**Lakes 5 days National**	**Day 4 Bigland**	
Fri 7th Aug	**Lakes 5 days National**	**Day 5 Hampsfell**	
Sat 15th Aug	**Regional/SEOUL (Urban)**	**Milton Keynes SW**	**SMOC**
Sun 23rd Aug	**Regional /UKUL (Urban)**	**Lincoln**	**LOG**
28 Aug – 31 Aug	**White Rose National events**	**Near Scarborough**	**EBOR**
Sun 30th Aug	**National/SEOUL (Urban)**	**North Holmwood and S. Dorking**	**MV**

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

Southdowns Orienteers