

SOUTHDOWN'S ORIENTEERS

FINAL DETAILS FOR THE REGIONAL EVENT AT CAPITE AND FRENCHLANDS WOODS



SUNDAY 4TH JUNE 2023

Location:

Grid Ref TQ158176; Lat, Lng 50.93378,-0.37877; Postcode BN44 3AW
What3Words : encoded.evoked.rave (Entrance to Daylands Farm)

Approach from the A24 at The Old Barn Nursery, signed to Ashurst, and NOT from Ashurst village. This minor road is Grinders Lane, which becomes Honeybridge Lane and the entrance to Daylands Farm will be signed after 1.4 km.

Public transport is limited, Perryland farm bus stop (2.4km walk) #23 infrequent MetroBuses between Crawley and Worthing (i.e. roughly two-hour intervals on Sunday). Busy A24 dual carriageway to get across – take extreme care.

Parking

Please follow the approach track south from Honeybridge Lane, and then curve around the west side of Daylands farm. This track will then lead you south past a small pond, and will then curve to the right. Parking will be on a grass field. Please Park as directed by the marshals and as tightly as possible.

Due to the narrow approach track PLEASE ARRIVE BY 11.30 am AND NO DEPARTURES BEFORE 11.30 am.

Map and Terrain

1:10,000, 5m contours, surveyed by Mike Gammon 2013-14 with updates by Chris Hooker April 2022. The map used for the 2022 event at Capite and Frenchlands Woods is at <https://www.so.routegadget.co.uk/rg2/#376>

There will be pre-marked maps with pictorial control descriptions and loose control description sheets at the start. White and yellow courses will have text descriptions.

The competition area is beautiful Sussex mixed woodland, gently undulating with mostly good runnability.

The shorter courses are confined to Frenchlands Wood (south and west of the parking area), the Green, Blue and Short Brown courses then cross open farmland to link with Capite Wood to the North.

The area is also used by horse riders, mountain bikers and walkers and care should be taken not to alarm any of these. Sorry no dogs allowed on this working farm.

Entry procedure

Entry via www.racesignup.co.uk, deadline June 2nd. No entry on the day.

Entry fees

Senior: after May 28th £14.00

Juniors: £5.00. SO juniors enter free using the special discount code (see website).

Senior Dibber hire: £1.00. Senior Enhanced (SIAC) Dibber hire: £2.00

Junior Dibber hire: £0.50. Junior Enhanced (SIAC) Dibber hire: £1.00

Lost dibbers will be charged at £30 or enhanced at £65.

Course Information

Course	Distance(km)	Climb(m)	Controls
Short Brown	8.1km	140m	23 controls
Blue	6.8km	125m	19 controls
Green	4.9km	100m	13 controls
Short Green	3.5km	75m	13 controls
Orange	2.9km	40m	13 controls
Yellow	2.3km	30m	9 controls
White	1.4km	15m	9 controls

Start and Finish

Registration, dibber collection and download are west of and adjacent to the parking area.

There is a single start 750m from registration. Follow signs and tapes to the start.

Start times 10:00 – 12:00, with starts per course at 1-minute intervals. Loose control descriptions will be available in the start lanes. White and Yellow maps will be available beside the start lanes so can be viewed by competitors ahead of starting their course.

Courses close at 14:00.

There is a punching start and finish. For your own safety, please note that you must punch at the finish or, if retiring without going to the finish, you must report to the download tent.

There are two separate finish sites. It is a 600m walk from the finish back to download for the White, Yellow, Orange and Short Green courses. Follow signs and tapes to download. There is a separate finish location for the Green, Blue and Short Brown courses and this is 150m from download.

Facilities

First Aid by Event Medic Services Ltd will be at the download area (with a 4x4 vehicle).

Enquiries, dibber collection and download just outside parking area, en route to the Start.

Portaloos next to registration. The water supply is not drinking water, so please bring your own drinks.

Safety

Competitors are requested and expected to take notice of the advice on the SO website:
<https://www.southdowns-orienteers.org.uk/documents/Website-safety-info-12Oct2021.pdf>

In particular it is strongly recommended that all competitors carry a whistle for use in emergency.

Please do hydrate well before running, avoid running close to any livestock and be aware that adders and grass snakes are present in grassy areas.

Safety bearing: If in Capite Wood (end of Green, Blue, and Short brown courses only) head South to the open fields then South East to assembly. If in Frenchlands Wood (all of White, Yellow, Orange and Short Green and the first part of the longer 3 courses) head North and East to open fields (do not cross large stream), then east to download area and report to download tent.

A first aider will be present between 10:30hrs – 14:30hrs at the download area. After that time, seek first aid from the download tent nearby.

The nearest hospital is Worthing Hospital, Lyndhurst Road, Worthing, BN11 2DH Tel: 01903 205111 This is 14 miles away and an approx. 30-minute drive.

You are responsible for your own safety; you take part in this event at your own risk. British Orienteering third party insurance covers those who have pre-entered.

There is a risk of tick-borne diseases in British forests such as Lyme disease and encephalitis. Full leg cover is compulsory and you may wish to also consider long sleeves to provide some protection from ticks (no shorts or vests). Please do check for, and safely remove, any ticks as soon as possible after your run. You must not compete if you are suffering from Covid.

Acknowledgements and Thanks

The Wiston Estate

Mr Derek Crush and Daylands Farm for use of the parking and assembly fields.

Officials

Planner – Neil Watts (SO)

Organiser – Ian Curtis (SO)

Controller – Simon Ling (MV)