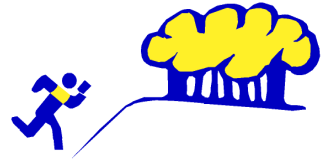


SOUTHDOWN'S ORIENTEERS
Oldhouse Warren, Cowdray &
Greentrees Forest
Level B Event: Final Details



Welcome to Southdowns Orienteers National Event, which takes place in the High Weald Area of Outstanding Natural Beauty in an ancient hunting forest which includes beautiful gill woodlands.

Location: Greentrees Estate, High Street, Balcombe, RH17 6JZ (What3Words ///unions.belly.advancing) TQ296326

Car Parking Located at the picturesque Greentrees Estate, access is along the estate track, off the B2110 to the north. TQ296326. Parking is mainly on grass with some parking along access tracks.

Public T/sport: Nearest train station: Balcombe – approx. 3.5km away

Safety: **IMPORTANT** All competitors take part at their own risk and are responsible for their own safety.

Compulsory fence crossings for all courses except Very Short Green, Orange, Yellow and White
There is a double barbed wire fence that bisects the map E-W. It is largely intact, although there are gaps in places. Crossing points are marked on the map at all obvious points where you are likely to want to cross (10 in total), and are COMPULSORY. However, the overprinted lines between controls have not been bent to direct you to any particular crossing point. You may use any crossing point you choose, but you **MUST NOT cross anywhere else**. The barbed wire strands are foam guarded, and crossing points are marked with red and white tape. Anyone seen crossing the fences without using a crossing point will be disqualified.

Rule of 30 for gatherings

Please remember that there should not be more than 30 people at each start area. Only turn up early if you are a helper.

2m Social Distancing

Please remember to keep 2m away from people outside of your immediate family or support bubble, even if you have had your vaccine. There are still many that haven't.

Heat

Temperatures are due to be in the mid 20's. Competitors should bring their own hydration. There will be no water available at the site, except for emergencies at the first aid point.

Leg cover

Full leg and torso cover is a requirement.

Safe bearing out of the forest

Stay within the boundary fence. Walk south to the road and then west to the parking field.

Dogs

All courses go onto the Oldhouse Warren area which is open to the general public and there may be dogs in this area. Please extend the usual courtesy to other forest users.

If you are bringing a dog to the event, please bear in mind that it must stay in the parking area, on a lead and that temperatures are due to be in the mid 20's. Dog-owners should note that the entire parking field is in full sun and that parked cars may become very hot.

British Orienteering Code of Conduct

Personal conduct – Preparing to Attend an Orienteering Activity/Event

- *Act as an ambassador for the sport of orienteering at all times.*
- *DO NOT take part in any form of orienteering*
 - *If you have any COVID-19 symptoms,*
 - *Are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms.*
 - *If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the required self-quarantine period, even if you are symptom-free.*
 - *If you are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking unless you are displaying any symptoms.*
- *Ensure you have read, fully understand and follow any information or instructions provided by a club about the event/activity before you arrive at an orienteering course. This will form part of the club's risk assessment for the activity and may be as a result of restrictions imposed by landowners, local authorities or the government.*
- *Observe national government and governing body guidance including any travel restrictions.*

Personal Conduct - At the Orienteering Activity/Event

- *Observe social distancing requirements at all times, including – but not only – when travelling to a course, when you arrive, while on the course (including start and finish areas) and when you leave.*
- *Be patient, courteous and respectful of others. Consider how your actions may appear in the eyes of landowners or members of the public.*
- *Minimise, as far as possible, contact with others from outside your household before, during and after orienteering and do not congregate in groups.*
- *Keep your distance from other participants and members of the public including giving way to other participants and members of the public on narrow paths and at gates or stiles.*
- *Only share transport to an event with other members of your household / support bubble.*
- *Arrive at an event during the time window that you have been allocated by the organising club.*
- *Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.*
- *After finishing a course, move away from the finish, allow yourself to recover (e.g. by catching your breath and reducing your rate of perspiration), and then move swiftly through download and to your vehicle.*

Most important of all - enjoy the outdoors safely

- Facilities:** Enquiries, download, first aid and toilets will be adjacent to the parking field. When using the toilets, please sanitise your hands before and after using the doors.
- Map:** Oldhouse Warren map by Roger Maher updated in 2021. All courses: A4 1:10,000 with 5m contours on waterproof paper. Courses blue and above have a double sided map.
- Terrain:** Gridded working forest of varying runnability with an extensive path network and technical contour detail in places with some beautiful steep sided river valleys. Special request from the planner: If anyone spots a VW car key out in the forest, please pick it up and hand it in at Downland - the Planner would be very grateful!
- E-Punching:** Pre-allocated dibbers will be available from SI/Download tent. The control boxes will be enabled for contactless dibbing, except for the start and finish boxes which must be dibbed.
- Entries:** Pre-entry via Racesignup. Sorry, no entry on the day.

Courses:

Course	Length	Controls	Climb	Start	Finish
Black	12.5km	27	330m	B	Near
Brown	10.0km	23	280m	B	Near
Short Brown	8.6km	15	260m	B	Near
Blue	7.1km	17	210m	B	Far
Short Blue	6.0km	13	175m	B	Near
Green	5.0km	10	140m	A	Near
Short Green	3.3km	9	115m	B	Far
Very Short Green	2.4km	7	85m	B	Near
Light Green	3.7km	7	100m	A	Near
Orange	2.9km	9	80m	A	Far
Yellow	1.8km	7	30m	A	Far
White	1.3km	6	25m	A	Far

Please take note of the compulsory crossing points in the safety section.

Start Times: 10.00am – 12:30 (Helpers only may start from 9.30am.) Start times are allocated, but it is a punching start. Please see a start official if you need to change your time, so they can ensure there are only 6 people setting off at one time.



Start A: For courses Green, Light Green, Orange, Yellow, White. Please arrive as close to your start time as possible to avoid overcrowding at the start. We should have no more than 30 people at the start at one time. The walk is approx 600m around the field to the east of the parking area. It is just beyond the edge of the field and should take approx. 10mins to get there. IT IS IMPORTANT TO STAY ON THE FENCE SIDE OF THE TAPES. THE FIELDS ARE OUT OF BOUNDS AS THEY ARE USED FOR SILAGE. There is a broken down barbed wire fence to cross, which will be protected with foam insulation. Call up at -3 minutes. Loose control descriptions will be available at -3 minutes. White and Yellow course maps will be issued to competitors before they enter the first Start box.

- Start B:** For courses Black, Brown, Short Brown, Blue, Short Blue, Short Green, Very Short Green.
Please arrive as close to your start time as possible to avoid overcrowding at the start. We should have no more than 30 people at the start at one time.
The walk is approx 400m along a track to the north of the parking area and should take about 8 mins to get there. IT IS VERY IMPORTANT TO STICK TO THE PATHS AND NOT TO WANDER ONTO THE REMAINS OF THE BLUEBELLS ON THE WALK TO THE START AND IN THE START AREA.
Call up at -3 minutes. Loose control descriptions will be available at -3 minutes.
- Near Finish:** For courses Black, Brown, Short Brown, Short Blue, Green, Very Short Green, Light Green
Located at eastern end of parking track. Please do not congregate at the finish and move straight to download. **Courses close: 2.30pm.**
- Far Finish:** For courses Blue, Short Green, Orange, Yellow and White
If you're meeting a competitor, then follow the tapes to start A – the far finish is adjacent. Once finished please move straight to download, following the tapes around the edge of the field. **Courses close: 2.30pm.**
- Officials:**
- | | |
|--------------------|---|
| Planner: | Alan Velecky |
| Organiser: | Anna Chapman 07729 729399
webmanager@southdowns-orienteurs.org.uk |
| Controller: | Mike Murray (SLOW) |
- Results:** Results will be available via wifi at the event as well as on printed slips.

Thanks to Greentrees Estate and Paddockhurst for kind permission to use their land.

www.southdowns-orienteurs.org.uk