



Eartham South and Nore Hill Regional Event

Sunday 15th October 2023

FINAL DETAILS

Before travelling check www.southdowns-orienteers.org.uk for any last-minute changes

Safety

- Safety bearing: West to boundary and then North and West to finish area
- There are a number of log piles in the forest, do not climb on/over them
- In the event of inclement weather, the wearing/carrying of gaiters may be **compulsory**
- Adhere to the [Code of Conduct](#) and allow others to social distance if they wish to do so

Travel

Grid Reference: SU935110 Post Code: PO18 0NA What3words: [cookies.budgeted.scarred](#)

Parking will be signed 100m prior to turning off the A285, as the entrance to parking is narrow there will be no exit before 1200hrs. Competitors should only approach the event direct from the A285, please avoid travelling via Eartham village. Traffic on the A285 will be fast moving.

Nearest train station is Barnham.

Please note when planning your journey, there is a horse racing meeting taking place at Goodwood

Event Centre

Registration, download and portaloos will be in the car parking field, please park as directed by marshals. Bring your own water and food.

Dogs

Keep dogs in sight and close-by; use a lead if they don't always return when called. Always clean up after your dogs. Dogs must be kept on leads where signs indicate livestock are grazing.

First Aid

First aid cover will be provided by Pulse South Coast Ltd.

Timings

- Car park opens: 0930hrs
- Registration: 1015hrs - 1215hrs
- Starts from: 1030hrs - 1230hrs
- Courses close: 1430hrs

Entries

Enter via Racesignup, no entry on the day.

- £13.00 BOF Senior/£5.00 BOF Junior up to 13th October 2023 (subject to map availability)
- £2 non-member supplement (Seniors only)
- SO juniors free (use code SOjuniors)
- Standard Dibber Hire: £1.00 Senior/£0.50 Junior
- SIAC Hire: £2.00 Senior/£1.00 Junior
- Novice seniors can enter an Orange, Yellow or White course for a reduced fee of £7.00

Courses

There is a 1.2km (20 minute) walk for all courses to the start and an 800m walk back from the finish for all courses. The White, Yellow, Orange, Short Green & Green courses will remain solely within Eartham Wood. The Short Blue, Blue & Brown courses will also visit Nore Hill in addition to Eartham Wood and are expected to be physically challenging:

- | | | | |
|---------------|-------|------|---|
| • Brown | 9.2km | 300m | (Technical & physically demanding) |
| • Blue | 6.6km | 210m | (Technical & physically demanding) |
| • Short Blue | 5.7km | 180m | (Technical & physically demanding) |
| • Green | 4.8km | 110m | (Technical) |
| • Short Green | 3.6km | 90m | (Technical, suitable for Light Green runners) |
| • Orange | 2.6km | 70m | (Moderate, suitable for intermediates) |
| • Yellow | 2.3km | 70m | (Easy, suitable for novices) |
| • White | 1.8km | 60m | (Easy, suitable for novices) |

Start

1.2km northeast of the parking field, follow tapes from north end of parking field.

Punching

Punching start and finish. All other controls will be SIAC enabled.

Control Descriptions

Pictorial for Brown, Blue, Short Blue, Green, Short Green and Orange courses. Text for the Yellow and White courses. Printed on the map and available loose in the start grid.

Finish/Download

800m northeast of the car park, follow tapes back to parking field and download.

Map

1:10000 with 5m contours. A4. Surveyed by Peel Land Surveys 2022 with seasonal updates by Chris Hooker September 2023.

Planners Notes

All courses use Eartham South which is mostly very runnable woodland on a gently sloping, south facing hill on the South Downs. It is incised by 3 valleys that run approximately north-south and has a profusion of large pits and depressions. There is a segment with a mix of light green woodland and heavy undergrowth which is passable for strong runners but is probably just as quick to run around! Some of the ride edges are overgrown but ways in to the wooded areas are quick to find. Also, please note the out of bounds areas and that courses have been planned to avoid them. The courses have been designed to encourage you into the forest. It is also worth noting that the Orange course leaves the path network to follow a vegetation boundary in one area. There is heavy undergrowth to one side of this boundary which provides additional guidance.

The 3 longer courses (Brown to Short Blue) also visit Nore Hill to the south of the main woods. This is a much more physical area with some steeper slopes but it also holds a wealth of interesting earth features. There will be one route in and another route out with the 2 separated by steep woodland that is mostly mapped light green. The optimum route through these woods coincides with a narrow strip of white forest and is easily followed. Stray from this at your peril!

Out of Bounds

Out of bounds are shown on the map by either purple crosses, purple overprint or black hashing.

Results

Live results will be available during the event via a local network and shortly after the event on www.southdowns-orienteers.org.uk.

Officials

- Planner: Chris Hooker
- Organiser: Steve Blount
- Controller: John Collyer (GO)

Other Users

The area is popular with dog walkers, cyclists and horse riders, please give them plenty of room to pass.

Acknowledgements

Thank you to Forestry England for permission to use Eartham Wood, the National Trust for permission to use Nore Hill and Mr B Brooks for the use of the parking field.

Personal Data

When participating in Southdowns Orienteers events/activities your name may appear in the results section of this website or in newspaper reports. [Read our data protection page](#) to see how we look after your personal data.

Event Cancellation

In the event of cancellation some or all of your entry fee may be retained to cover costs incurred.

Risk Assessment

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