



SOUTHDOWNS ORIENTEERS

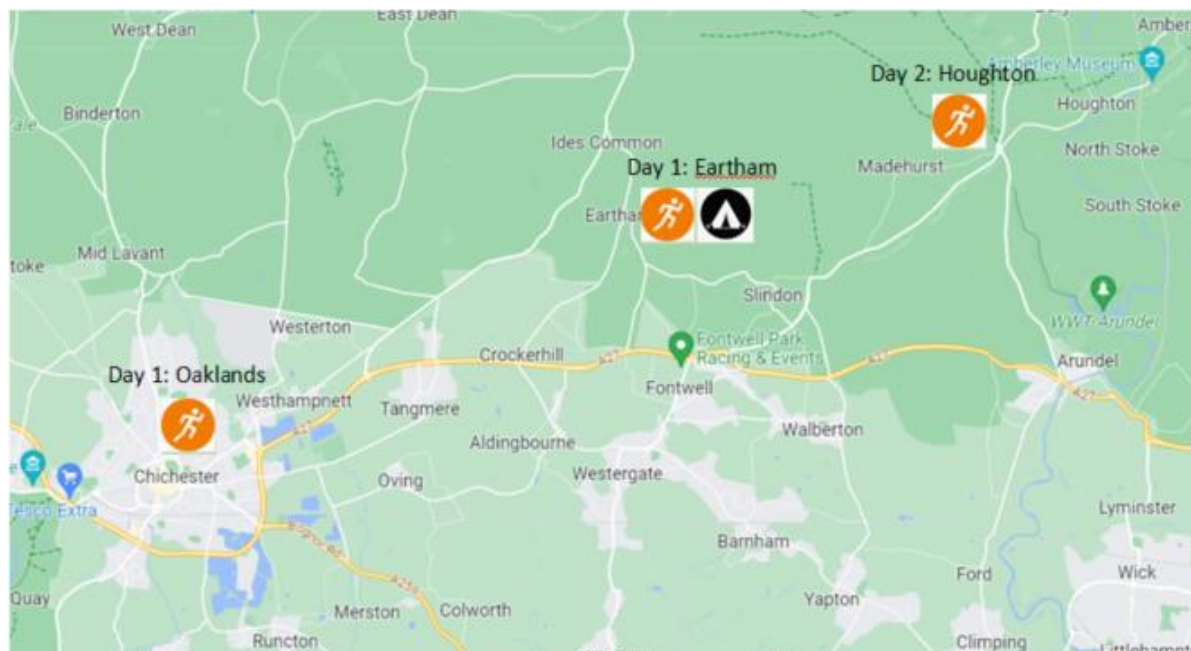
Sunny Sussex Weekend

Event Programme

Sat 11th May – Sun 12th May, 2024



Southdowns Orienteers welcome you to Sussex and hope you enjoy your course.
We are grateful to our local landowners for the use of these areas.



Day 1	Eartham	Regional	Middle Distance	Open starts	12:00-13:30
Day 1	Chichester Uni & Oaklands Park	Regional	Sprint & SEOUL	Open starts	18:30-20:00
Day 2	Houghton	National	Long Distance & SE League	Timed starts	10:00-12:00

GENERAL INFORMATION FOR ALL DAYS

Event logistics

	Parking to assembly	Assembly to start	Call up	Finish to assembly	Start times
Eartham	Adjacent	200m	Open start	200m	12:00-13:30
Chichester University & Oaklands Park	100m	100m	Open start	40m	18:30-20:00
Houghton	Adjacent	200m	-3min	Adjacent	10:00-12:00

Planned Road Closures: Please check road closures before you travel. The M25 is due to be closed between junction 9 & 10 both ways. There is also going to be a closure on the eastbound carriageway of the A27 from the Lancing Manor Roundabout to Shoreham Airport. Check [National Highways](#) for further information.

Pre-entered competitors: Competitors who have pre-entered may go straight to the start. If you have hired an SI dibber, please collect it from the 'Download' tent.

Helpers Shifts: We are very grateful to our volunteers who have agreed to help this weekend. Please ensure you do get your full run in, even if your shift time says you need to be in position. Flexibility is going to be key to success. Please contact the organiser if you need to be relieved as there is some spare capacity to cover where needed. At the Houghton event, you are allowed an open start (to start when your shift allows), even though you have an allocated start time. Starts will be kept open for a little while to allow for this.

Electronic timing – contactless: SportIdent electronic timing will be used. All controls will be enabled for SIAC contactless dibbers, but will work as normal for those who don't own a SIAC. All events have a punch only start and finish. Pre-ordered dibbers will be available from the Download tent.

Clothing and Safety Equipment: The torso and legs must be covered as there is a high risk of ticks in the area. Please check for ticks after the event. Shorts may be worn on the urban course at Chichester Uni & Oaklands Park. For safety reasons we recommend you carry a whistle. The distress signal is six short blasts, wait one minute, then repeat.

Children's Activities: A String course will be provided at Eartham and Houghton and a Maze will be provided at Oaklands Park. These will be provided free of charge with a reward on offer for each. Certificates are available for the String Courses.

12:00-14:00 Eartham

18:30-20:00 Oaklands Park

10:00-13:30 Houghton

Shadowing Children: Adults may wish to shadow younger juniors but please don't pick up an extra map. Young Juniors may be shadowed by an adult and may still run competitively, provided the shadower does not give any navigational assistance. Please declare at the end of the course if the young junior has had navigational assistance. Adults, please run your own course first if shadowing.

Dogs: Dogs are allowed in assembly area at all events on a lead. Dogs may only be taken into Eartham or Houghton if in close control and they do not present a nuisance or hazard to other competitors or members of the public. Dogs must not be taken on the Sprint course.

Registered assistance dogs are allowed for competitors who need them.

First Aid: Each event will be attended by Pulse South Coast Ltd who will be located near to Download.

Water: At Eartham there will be drinking water taps near to the toilets where water bottles may be filled up. Please bring your own to all other events. All assembly areas are quite exposed if it is a sunny day.

Traders & Food: Compass Point will be trading on both days for all your O clothing and equipment needs. Catering will be provided by Tom's Catering on Saturday and Whiteways Takeaway Kiosk on Sunday daytime events.

Camping: Camping is available in the parking field at Eartham. . If you want to camp there (£10 per adult per night, children free) please contact the owner, Mr Pirt, directly on ashie65@gmail.com.

Results:

Live Results: WiFi Password: southdowns

URL: <http://192.168.1.14>

On the web: www.southdowns-orienteers.org.uk

Prizes for evening event at Chichester University & Oaklands Park: Prizes are on offer for men and women who achieve first place in the following age categories:

M/W 10, 12, 14, 16, 18-35, 40-50, 55-60, 65-70, 75+

Prizegiving will be as soon as possible, but no later than 20:30.

Prizes for Houghton National Event: Prizes will be awarded for the first three results in each of the following age groups:

M10, M12, M14, M16, M18, M20, M21, M35-40, M45-50, M55-60, M65-70, M75, M80, M85+

W10, W12, W14, W16, W18, W20, W21, W35, W40-45, W50-55, W60-65, W70, W75-80, W80+

Competitors will be eligible if they run their recommended age class or run "up" i.e. a longer course.

Complaints, Protests and Appeals: In the first case, the competitor should discuss any concerns with the planner, controller or organiser, dependent on the problem. If this does not resolve the issue then complaints should be made to the day organiser in writing via Enquiries. A complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The organiser is the adjudicator. A Protest can only be made against the organiser's decision, in writing to the Controller, again via Enquiries. Protests and appeals will be handled under Rule 16 and Appendix A of the 2018 British Orienteering Rules version 3.7.

Photography: In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should make themselves aware of British Orienteering policy. Organisers reserve the right to challenge anyone who is giving cause for concern.

There will be photos taken during the day and at the prize giving by our event photographer, who will be clearly identified. Photos may be published on Southdowns Orienteers website. Please inform the event organiser if you do not wish you or your child to be photographed.

Data Protection: Personal information provided for this event will be used to process your entry, communicate about the event, publish results and check for missing runners only.

Saturday 11th May, 2024

Eartham Wood Distance Regional Event

**Southdowns Orienteers welcome you to Eartham Wood.
We are grateful to Forestry England for the use of this area.**

Officials

Planner: Ed Nichols (SO)
Organiser: David Wilson (SO) 07876 295 665 on the day
Controller: Kieran Devine (BAOC)

Location: The event centre is located at the camp site belonging to Orchard Cottage as below.

Car Parking and Directions: The Car parking is just off the A285 near Upwaltham between Chichester and Petworth. There is a limit of 240 cars, so please share if possible. There is a narrow entrance/exit onto a fast road so please arrive before 1300 and do not leave until after that.
SU 940120; Lat 50.900372 Long -0.664650, GU28 0LZ, cured.bulk.scoop

Public Transport: The 99 bus runs from Chichester to Petworth and stops just by the entrance to the assembly field at the end of Selhurstpark Road. Use the 1215 from Chichester, return 1500 or 1700. This is a 'semi-flexible' service, varying its route according to demand, and to ensure it passes the event location you must contact Compass Bus, www.compass-travel.co.uk.

Camping: Camping is available on Friday and Saturday nights and beyond, £10 per adult, children free. Please contact the campsite owner, Mr Ashley Pirt, ashie65@gmail.com, to book. He will direct camping on Friday in a separate field (numbers restricted). If arriving on Saturday, do not pitch tents on the parking area (which is level but needed for cars) until people have left; a temporary pitch is possible on the sloping part of the field. Facilities include toilet block and drinking water.

Camping; If space allows, it is hoped that it will be possible to pitch tents on the NE edge of the car park field on arrival. Space is limited, so please pitch as close to the fence as possible and in any case follow directions from the car park marshals. After cars have left, the whole of the field may be used. [this depends on not too many more cars booked in and a limit of about a dozen tents]

From Eartham, Chichester is approx 8 miles and Houghton is approx 6 miles.
Nearest pubs with meals; The George, Eartham (1 mile) thegeorgeeartham.com, the Anglesey Arms Halnaker (3 miles) theangleseyarms.com and The Cricketers, Duncton (3miles) thecricketersdunton.co.uk. All are popular and you are advised to book.

Assembly: Assembly field is within the parking area and will contain café, Orienteering trader, toilets, enquiries, download and first aid. The toilets are in the block near to the house.

First Aid: Provided by Pulse Medical Services and situated near Assembly.

Start: Starts are from 12:00 to 13:30. The start is approx 200m from Car Parking / Assembly. Route will be taped along with a sign from assembly. There is one start for all competitors. Call up will be -3 with a punching start. Loose control descriptions will be available at -2 minutes. Yellow and White course maps will be available before the start.

The string course start and finish are immediately adjacent to the assembly field.

Finish: Finish is 200m from assembly. Punching finish for all courses.

Course Close: Courses close at 15:00. You must report to download by 15:00 to avoid unnecessary searches being launched.

Mapping: Mapped in 2020 using lidar base 1:10,000 - recently updated for the event.

Non-Standard symbols.

- ● Distinctive tree / thicket
- ✕ Rootstock / stump
- ✕ ○ Manmade object / old car

Control descriptions: Loose descriptions will be available in the start lanes.

	On map		Loose	
	Pictorial	Written	Pictorial	Written
Light green & above	✓		✓	
Yellow & Orange	✓	✓	✓	✓
White		✓		✓

Terrain and course notes: Eartham is one of the most open and runnable forests in the south of England, one of those places where you can set a compass course and count on running it free of obstruction and undergrowth. There are lots of point features inside the blocks of forest to add challenge to the senior courses. The forest is 90% beech woodland, and should be looking at its best as the trees will just be opening fresh green leaves in May. There is a gentle slope down from the start intersected by dry valleys – no streams, no marshes, no mud.

The assembly area has good downland views, is sheltered from the prevailing South-westerlies and will be available for camping for people who want to stay for the weekend.

Course details

Course	Length (km)	Climb (m)	Controls	Men	Women
Black	6.6	190m	22	M18-40	
Brown	5.6	160m	20	M16,M45-55	W21
Blue	4.5	135m	19	M60	W16-20, W35-45
Green	4.1	115m	15	M65-70	W50-55
Short green	3.3	95m	13	M75+	W60+
Light green	2.9	65m	11	M14	W14
Orange	2.2	65m	9	M12	W12
Yellow	2.0	70m	7	M10	W10
White	1.4	45m	7		

Free string course for children: There is a lovely string course with an animal theme set in woodland adjacent to the assembly field. Certificates and a small reward will be given to all participants.

Yellow and White Courses: Would be ok for large wheel pushchairs but may need to be lifted at one point.

SAFETY WARNING - ON THE COURSE

- *No torso and leg cover, no start.*
- *Good clothing cover is essential as there is a risk of ticks. Please check for ticks after the event.*
- *Everyone should carry a whistle on their course.*
- *Do not touch any forest machinery and please keep away from log piles, which can collapse and be very dangerous.*
- *The area contains a few public footpaths and bridleways which may be shared with members of the public, horse riders and dogs. Please show respect to other users.*
- *Safety bearing information – Any track leading N/NE/NW to the top of the hill, then left (west) on the main track to the assembly area. Do not exit to the A285 and try to walk along it.*
- *You must download even if you do not complete your course.*
- *If you come to the event alone, we would be grateful if you could leave your named vehicle keys / details at registration.*
- *If you have a medical condition which may present symptoms during the race, you may leave a sealed envelope at download, with details for first aid responders. This will facilitate the appropriate, timely medical response. The unopened envelope can be collected when you have successfully completed the course.*
- *Please remember that competitors take part at their own risk. Orienteering is an adventure sport, your safety while orienteering is your own responsibility.*

Saturday 11th May, 2024

Chichester University and Oaklands Park Sprint

Southdowns Orienteers welcome you to Chichester University and Oaklands Park and hope you enjoy your run.

We are grateful to Chichester University and Chichester District Council for the use of this area.

Officials

Co-ordinator: Anna Chapman (SO) 07729 729399
Organiser: Euan Marsh (SO) Tel 07464 612 198
Planner: Matt Hill (SO)
Controller: Ian Moran (SOC)

Location: Chichester Festival Theatre

Car Parking: Car parking is in Northgate Public Car Park, PO19 6AA.

There is a parking fee up until 20:00 (1 hr: £1, 2hrs: £2.20, 3hrs: £3.30 etc)

Payment either by the machines in the carpark (they accept card/phone/cash), or by using the MiPermit app (Location ID: 711015)

Public Transport: Chichester Railway Station is 1 mile (20 minutes walk) from assembly.

Assembly: Assembly is located amongst the trees immediately north of the car park and south of Chichester festival theatre. Here you will find enquiries, dibber hire collection, download, key drop and first aid. Chichester City Centre is a 5-10 minute walk away with many restaurants / pubs.

Toilets: Public toilets are located in Northgate Car Park on the opposite side to Assembly but they will be locked at 19:30. Please use them before you run! This is an urban area and there are no convenient trees to hide behind discreetly.

First Aid: Provided by Pulse Medical Services and situated near Assembly.

Dogs: Dogs are welcome in Oaklands park, but not on the course please.

Free maze challenge: There will be a fun navigation challenge within 200m of assembly, suitable for anyone from young children to adults. Try out the 7 different courses either before or after your run! A small reward will be given to all participants.

Start: The start is 150m away from the car park. We are running open starts from 18:30-20:00. Call up will be at -3, with a punching start. Courses 3 and 4 are particularly busy, so be prepared for a short queue.

Please ensure that if you are competing in the event, you do not walk into the park area before your run. Spectators can walk to the start. There is a punching start for all competitors.

Finish: The finish is a punching finish – even for those with a SIAC. The finish is 50m away from download.

Course Close: Courses will close at 20:30. You must report to download by 20:30 to avoid unnecessary searches being launched.

Map: 1:4000, 2m contours. Mapped Summer 2019 by Mike Gammon to ISSOM 2007 with minor updates 2023/4.

The special symbol X is used to refer to a bench.

The area includes out of bounds which are marked using standard pink hashing, and olive green colouring on the map. Please do not enter these areas.

Control descriptions: All courses will have control descriptions printed on the maps. Loose descriptions will be available in the start lanes.

	Pictorial	Written	Pictorial	Written
Courses 1-5	✓		✓	
Course 6	✓	✓	✓	✓

Terrain: Oaklands Park is predominantly open runnable parkland with wooded patches and sports fields. Chichester university offers some typical British university campus terrain comprising complex buildings and small grassy patches. Competitors may wear shorts and vest tops if desired.

Road Crossing: All courses other than course 6 cross College Lane which runs north south through the area. This will be timed out due to the nature of this event as a sprint race. A 30 second wait for traffic could easily mean a significant loss of places. The road and footpath is out of bounds for all competitors and must only be crossed at the marshalled crossing point. Courses have been planned accordingly.

Courses:

Course	Course Distance (km)	Climb (m)	Controls	Men	Women
1	4.0	30	28	M18-35 (MO)	
2	3.6	25	26	M16- (MJ), M40-50 (MV)	W18-35 (WO)
3	3.0	25	22	M55-60 (MSV)	W16- (WJ) W40-50 (WV)
4	2.5	20	18	M65-70 (MUV)	W55-60 (WSV)
5	2.1	20	16	M75+ (MHV)	W65+ (WUV, WHV)
6	1.5	10	11	M12- (MYJ)	W12- (WYJ)

Prizegiving: Will be held in the assembly area at approx. 20.30 or earlier. Prizes will be awarded for both men and women who achieved 1st place in each of the following age categories:
M/W 10, 12, 14, 16, 18-35, 40-50, 55-60, 65-70, 75+

SAFETY ON THE COURSE

- *Safety Bearing: Head South to Festival Theatre and assembly. If on University Campus, head west to road crossing.*
- *Please be considerate to other users who will be in the competition area most of whom will not be used to orienteers running round with a map.*
- *There are some roads and car parks on campus and although we do not expect much traffic, do be aware that the occasional vehicle may enter or leave the site during the event.*
- *High visibility clothing recommended for all.*
- *Juniors should run with a phone.*
- *If you come to the event alone, we would be grateful if you could leave your named vehicle keys / details at registration.*
- *All competitors must return to the event centre and download before leaving the event.*
- *Competitors may wear shorts.*

SPECIFIC SAFETY INFORMATION FOR PARENTS OF JUNIORS

- *The Young Junior course (course 6) is all within Oaklands Park. There are no road crossings. Adults may wish to **shadow** younger juniors. Young Juniors M/W12- may be shadowed by an adult and may still run competitively, provided the shadower does not give any navigational assistance. Please declare at the end of the course if the young junior has had navigational assistance. Adults, please run your own course first if shadowing. Adults may ask to look at the younger junior course to make the decision (but again – after you have run your own course).*
- *The Junior courses (course 2 and 3) use a mandatory manned crossing point to cross over onto the University Campus. Juniors should be told that running along the north / south road and footpath dividing Oaklands Park and the University is out of bounds for all competitors and must only be crossed at the marshalled crossing point. There are small access roads and a car park on the University Campus. All are limited to 5mph.*

Houghton Forest Long Distance National event

Southdowns Orienteers are delighted to welcome you to this newly mapped area of Sussex. We are grateful to the Norfolk Estate and Forestry England for their permission for the use of this area.

Officials:

Co-ordinator: Anna Chapman 07729 729399
Organiser: Samantha Gibson 07824 552628 on the day, (sigibson57@gmail.com)
Planner: Alan Velecky
Controller: Neil Crickmore

Location: The event assembly area is north of Arundel in West Sussex, near the villages of Amberley and Houghton. TQ002108; 50.888522, -0.57653278. Nearest postcode BN18 9FD. W3W: adjust.nightlife.pays.

The entrance to the parking area is just north of Whiteways Lodge roundabout at the junction of the A29 with the A284. This is a very busy road and **CAN ONLY BE ACCESSED FROM THE NORTHBOUND CARRIAGEWAY**, i.e. from the south. If approaching from the north, drive past the car park a short distance to the Whiteways Lodge roundabout, and take the last exit off the roundabout back onto the northbound A29.

As you enter the main car park entrance, turn LEFT. There are two grassed areas at the south end of the car park which have been reserved for orienteers. Please do not park on the hard standing as this must remain available to members of the public who will not be permitted to use our parking areas.

The main (upper) car park is on the left. PLEASE NOTE THIS HAS A HEIGHT RESTRICTION OF **2 METRES**. We will NOT be measuring the height of your vehicle so entry is at your discretion.

Taller vehicles can park in the lower overflow car park. There are access restrictions for emergency vehicles in this one so please comply with parking marshals' directions. This is also the main assembly area so watch out for children and competitors when manoeuvring.

Public transport: The nearest railway station is Amberley (2.6 miles). Walking from either Amberley or Arundel (3 miles) is NOT recommended, as both routes would involve walking along busy and fast roads with no footway for at least half the distance. You may be able to get a lift from one of these.

Assembly: Assembly is in the overflow car park adjacent to the main one. The two are separated by an overgrown earth bank with cut throughs.

Assembly will contain registration and download, PULSE First Aid, enquiries and newcomers help, hub tent for string course, portaloos and CompassPoint, who will be trading here during the event.

Whiteways takeaway kiosk is located at the north end of the assembly area; they can provide hot and cold drinks, a range of burgers, chips and prepackaged and homemade cakes. You are politely asked to not use their outside toilet- their plumbing won't be able to cope!

Course information

Course	South East League Class	Distance	Climb	Controls	Map (all A4)	Start
Black	M21	11.8k	250m	30	Double-sided	South
Brown	M20 M35 M40 W21	9.8k	260m	27	Double-sided	South
Short Brown	M18 M45 M50 W20 W35	8.3k	185m	19	Single-sided	South
Blue	M16 M55 M60 W18 W40 W45	6.2k	175m	16	Single-sided	North
Short Blue	M65 M70 W16 W50 W55	5.1k	115m	14	Single-sided	North
Green	M75 W60 W65	4.4k	125m	14	Single-sided	North
Short Green*	M14 M80 W14 W70	3.7k	90m	10	Single-sided	North
Very Short Green	M85 M90 W75 W80 W85 W90	3.2k	95m	9	Single-sided	North
Orange	M12 W12	2.8k	95m	11	Single-sided	North
Yellow	M10 W10	1.9k	50m	5	Single-sided	North
White		1.5k	60m	7	Single-sided	North

The recommended course/class combinations reflect the 2024 revised BOF rules and now the revised SE League rules. You may find that the recommended course is different to that which you have run in previous SE League events so worth checking; you can change your course online at any time before the final closing date. You are, of course, free to enter and run whichever course you want.

*Like most areas in the South East Houghton does not support TD5 courses. For that reason, we have combined the Light Green course with the Short Green one.

The route to the finish for the white and yellow courses is on a path that can be a little indistinct in places and so smiley faces will be placed along this route to reassure competitors.

String course: Free string course for children: there is a lovely string course with an animal theme set in woodland 100m from the assembly field. Certificates and a small reward will be given to all participants. The string course start is located adjacent to the portaloos on the north side of the lower car park/assembly area.

Starts: Routes to the starts will be taped and signposted. Starts are between 10:00 and 12:00 and start times will be published on Racesignup after entries close.

Please note there are TWO starts:

South start for Black, Brown and Short Brown courses is through the hedgerow at the south end of the main (upper) overflow car park, across Madehurst Lane. 150m from assembly. Please exercise care while crossing the lane; use the designated crossing point and move swiftly.

North start for all other courses is in the woodland behind Whiteway's Take away kiosk. 150m from assembly. Note that there is a short, taped route from the start line to the start control from this start.

Loose descriptions will be available in the start lanes, these will be pictorial for ALL courses, however both pictorial and written descriptions will on the map for White, Yellow and Orange courses.

Yellow and White course maps will be available for viewing before the start line.

Please note start times are pre-allocated and you should ensure you turn up promptly for yours. If you are unavoidably late the start team will endeavour to find you a free start slot. You can change your start time online up until entries close.

It is a punching start and finish, so please ensure that you 'dib' at the start box (and the finish), even if you are using contactless punching. SIAC (contactless) punching will be enabled for all other controls.

Map: Newly mapped in Autumn 2023 by Chris Hooker. A previous version of the map can be found at <https://www.so.routegadget.co.uk/rg2/#103>

1:10,000 with 5m contours

All map symbols are IOF standard, but the following symbols may be less familiar or used slightly differently from standard on the Houghton map:

- Large distinctive tree
- Small Holly/Yew/thicket
- Large thicket
- ✕ Rootstock
- Cave
- ↑ Livestock feeder
- ⌵ Shooting platform

There are many hides throughout the forest, typically made of vertically arranged branches and of various sizes (some quite substantial). These appear and disappear periodically, so have been omitted from the map to provide clarity.

Terrain: Houghton is a mixture of beautifully runnable beech forest, combined with slower areas of coniferous plantation, and patches of bramble and brashings, which can generally be avoided. New bracken growth is minimal.

Many slopes are dotted with depressions, knolls and embankments, which provide interesting orienteering. The area is well contoured, meaning that careful route choice will be needed to minimise climb on the more technical courses. There is a good path and ride network, as well as a number of mountain bike tracks. The mountain bike tracks also frequently change and so should not be relied upon for navigation. Underfoot conditions are quite dry currently.

Finish: The finish is located adjacent to assembly. Punching finish for ALL courses. Courses close at 1430. You must report to download by 1430 to avoid unnecessary searches being launched, even if you have not finished the course.

Prizes for Houghton National Event: Prizes will be awarded for the first three results in each of the following age groups:

M10, M12, M14, M16, M18, M20, M21, M35-40, M45-50, M55-60, M65-70, M75, M80, M85+
W10, W12, W14, W16, W18, W20, W21, W35, W40-45, W50-55, W60-65, W70, W75-80, W80+

Competitors will be eligible if they run their recommended age class or run "up" i.e. a longer course. Prizes giving will be held as soon after 1430 as possible.

SAFETY WARNING - ON THE COURSE

- *No torso and leg cover, no start.*
- *Good clothing cover is essential as there is a risk of ticks. This is why you MUST wear full leg and torso covering in the woods (no running vests). Please check for ticks after the event.*
- *Whistles are recommended to attract attention if you are badly hurt. Some spare whistles are available at Download if you do not have one.*
- *The Black, Brown and Short Brown courses have an unmanned road crossing part way through the course. There is very little traffic on this road. Competitors are asked to be cross the road with care.*
- **Safety Bearing Main (north) start** – *go south until you get to the minor road (Madehurst Lane), turn left (east) until you arrive at the finish.*
- **Safety Bearing Long course (south) start** – *before the road crossing, go north until you get to the minor road (Madehurst Lane), turn right (East) until you arrive at the finish. After the road crossing, follow Main start instructions.*
- *Do not touch any forest machinery and please keep away from log piles, which can collapse and be very dangerous. The area contains a few footpaths and bridleways which are shared with members of the public, including dog walkers, mountain bikers, and horse riders. Please show respect to other users.*
- *You must download, even if you do not complete your course.*
- *If you come to the event alone, we would be grateful if you could leave your named vehicle keys / details at registration.*
- *Note that in contactless mode no record of a SIAC "punch" is held in the control box. By using contactless punching, competitors are accepting the resulting risk that we may take longer to find you if you are lost or injured.*
- *If you have a medical condition which may present symptoms during the race, you may leave a sealed envelope at download, with details for first aid responders. This will facilitate the appropriate, timely medical response. The unopened envelope can be collected when you have successfully completed the course.*

Please remember that competitors take part at their own risk. Orienteering is an adventure sport, your safety while orienteering is your own responsibility.