



SOUTHDOWNS ORIENTEERS

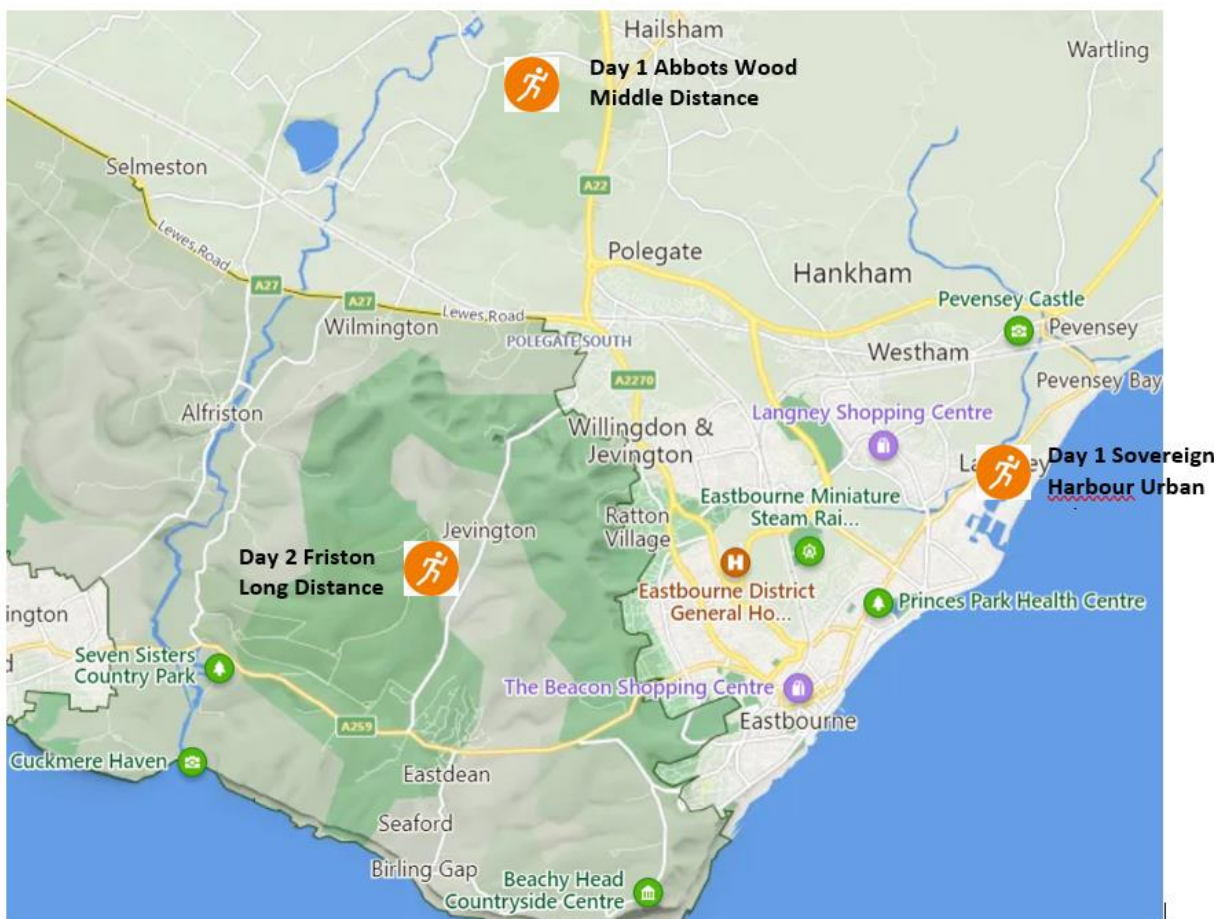
Sunny Sussex Weekend

Event Programme

Sat 21st May – Sun 22nd May, 2022



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



Day 1	Middle Distance	Regional	Abbots Wood	Open starts 12:00-13:30
Day 1	Short Urban	Regional	Sovereign Harbour	Open starts 18:30-20:00
Day 2	Long Distance & SE League	National	Friston	Timed starts 10:00-12:00

Updates:

006	Page 2	Added info about ability to collect South East Long Champs medals
007	Page 6	Update Darren's mobile phone number for Sovereign Harbour

GENERAL INFORMATION FOR ALL DAYS

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.

Children's Activities

A String course will be provided at Abbots Wood and Children's Mazes at Sovereign Harbour and Friston Forest. These will be provided free of charge with a prize and certificate on offer.

12:00-14:00 Abbots Wood – Animal String Course
18:30-20:00 Sovereign Harbour – Harbour Maze
10:00-13:00 Friston Forest – Forest Maze

Dogs

Dogs are allowed in assembly area at all events on a lead, but not on any of the courses please. All of the courses are in public areas, so dogs may be encountered on the courses.

Event logistics

	Parking to assembly	Assembly to start	Call up	Finish to assembly	Start times
Abbots Wood	0m	500m	Open start	Adjacent	12:00-13:30
Sovereign Harbour	200m	350m	Open start	40m	18:30-20:00
Friston	0m	700m	-4min	800m	10:00-12:00

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 Sovereign Harbour. For safety reasons we recommend you carry a whistle. The distress signal is six short blasts, wait one minute, then repeat.

First Aid

Each event will be attended by Phoenix Medical Services who will be located near to Download.

Water

Water will not be provided at the finish on any day. We recommend you bring your own. All sites 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 Sunday daytime events.

Results

Live Results: WiFi Password: southdowns
URL: <http://192.168.1.12>

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

Please note – South East Long Distance medals from MV's South Ashdown event in Dec 2021 will be available to collect from enquiries at all events.

Please check the results here for eligibility:

<http://mvoc.org/Events/20211212SouthernChamps/2021SELongChampionshipsPlacings.PDF>

Medals for South East Middle Distance Championships

The Abbots Wood daytime event incorporates the South East Middle Distance Championships. Medals will be presented to the first three SEOA members in each of the following age groups:

M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65-75, 80+

Prizes for evening event at Sovereign Harbour

Prizes on offer for men and women who achieve first place in the following age categories: M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+

Prizes for combined daytime events

Prizes will be awarded for the first three combined results of the daytime events in each of the following age groups: M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65-75, 80+. Competitors will be eligible if they run their recommended age class or run "up" i.e. a longer course.

Each competitor will be awarded points using a statistical calculation based on their finishing time within a sample that is made up of all the finishers on the same course at the same event. The overall score is the sum from both events. The calculation is:

$$\text{Runner score} = 1000 + (200 * (\text{average time} - \text{runner time})) / \text{standard deviation time}$$

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.

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 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 21st May, 2022

Abbots Wood Distance Regional Event

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

Officials

Planner: Chris Hooker (SO)
Organiser: Tim Hulley (SO) 07546 591741 pre-event
Anna Chapman (SO) 07729 729399 on the day
Controller: Doug Deeks (SAX)

Location

The event centre is located at Arlington Stadium near Hailsham, TQ568088.

Car Parking and Directions

The parking area is at the southern end of the large car park at Arlington Stadium which is approximately 1km West of Hailsham. This will be signposted from the entrance to the car park at What3Words headless.baker.change, post code BN273RE.

Public Transport

Nearest buses stop in Hailsham 2 miles from stadium. Nearest train stations are Polegate and Berwick, both about 4 miles from the stadium.

Assembly

Assembly field is within the parking area and will contain café, Orienteering trader, toilets, enquiries download and first aid.

Start




Starts are from 12:00 to 13:30. The start is approx 500m from Car Parking / Assembly. Route will be taped along with a sign from assembly. There is one start for all competitors. Loose control descriptions will be available at -2 minutes. Yellow and White course maps will be available before the start.

Finish: Finish is adjacent to assembly. Punching finish for all courses.

Course Close: Courses close at 3pm. You must report to download by 3pm 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: Abbots Wood is ancient woodland. Most courses visit some parts of the forest that have not been used in a very long time. Away from the start and finish, many courses have surprisingly little undergrowth at the time of writing. Courses planned to avoid the worst of the undergrowth and if thicker patches are encountered, they can be bypassed with a small detour, unless you are a long way off line! Full leg covering is compulsory and gaiters recommended.

Course details

Course	Length (km)	Climb (m)	Controls	Men	Women
Black	5.6	70	23	M18, M20-40	
Brown	4.9	70	22	M16, M45-50	W18, W20-40
Blue	4.2	50	21	M55-60	W45-50
Green	3.5	40	16	M65-75	W16 W55-60
Short green	2.8	30	13	M80+	W65+
Light green	2.5	30	11	M14	W14
Orange	1.8	30	11	M12	W12
Yellow	1.7	20	9	M10	W10
White	1.3	15	8		

Free string course for children: There is a lovely string course with an animal theme set in woodland 300m from the assembly field. Certificates and a small prize 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.

Prize giving: Will be held in the assembly area at approx. 15:15.

SAFETY WARNING - ON THE COURSE

- *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 – NW to road then NE to stadium*
- *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.*
- *Please remember that competitors take part at their own risk. Orienteering is an adventure sport, your safety while orienteering is your own responsibility.*

Saturday 21st May, 2022

Sovereign Harbour Urban Event

Southdowns Orienteers welcome you to Sovereign Harbour and hope you enjoy your run.
We are grateful to Premier Marinas and Eastbourne Borough Council for the use of this area.

Officials

Planner: Dave White (SO)
Organiser: Darren Warner-Swann (SO) Tel 07471 478010
Controller: Sue Crickmore (SO) pre-event
Peter Chapman (SO) on the day

Location: Sovereign Harbour, Eastbourne.

Car Parking: TQ 64022 02200 What 3 words wanted.grew.motion Postcode BN23 5QG

The Waterfront Car Park shares a postcode with Harbour Quay please head for the Waterfront Car Park.

The event will be signposted from the A259 Harbour Roundabout.

Take care if using a postcode on your Satnav that you don't follow directions via the Sovereign Centre Sports Centre, along the seafront to the rear of the Sovereign Harbour Retail Park, where you will not be able to gain access to the Waterfront Car Park. Please use the directions to the Waterfront Car Park.

If approaching from the East: Take the A259 from Pevensey and head in the direction of Eastbourne along Eastbourne Road. Go through the Martello roundabout to the next roundabout, Harbour roundabout. Take the first left at Harbour roundabout (you will pass the Asda Petrol station on your right and Sovereign Harbour Retail Park will be on your right). Proceed to take the first exit to the Waterfront car park with orienteering parking on the left hand side.

If approaching from the West or North: At the Langney roundabout follow the A259 in the direction of Pevensey Bay along Pevensey Bay Road. After 0.5 miles take the second exit on Harbour Roundabout (you will see Asda and Sovereign Harbour Retail park and pass the Asda petrol station on your right). Proceed to take the first exit to the Waterfront car park with orienteering parking on the left hand side.

Public Transport: Nearest train Station is Eastbourne Train Station. To catch a bus, walk towards the Seafront along Terminus Road to Cornfield Road. 'Loop' Stagecoach Bus : Take this bus to the Tanbridge Road stop (20 minutes/ 19 stops). At the Tanbridge Road stop, walk south west towards the Harbour Roundabout and walk towards the Quayside.

Number 99 Stagecoach bus: Take this bus to the Tanbridge Road stop (13 minutes/ 15 stops). At Tanbridge Road stop, walk south west towards the Harbour Roundabout and walk towards the Quayside.

Assembly & Catering: The Assembly area is 200m from the parking area and will contain download, children’s maze course and first aid. Toilets are available close to the car park and en route to the start. Shower facilities are available on request by asking at the help or download tent.

There are a wide variety of restaurants at The Waterfront including Indian, Thai, Italian, Mediterranean, Pub/Restaurant, Chippy.

The 4 Seasons Brasserie is offering a 10% discount to orienteers, however as this is a Saturday evening this is only available if tables are booked in advance (01323 470704, <http://www.4seasonsbrasserie.c...> for more information and the menu).

At the Sovereign Harbour Retail park there is a superstore and a variety of other shops.

Free maze fun challenge: There will be a fun navigation challenge in the assembly area, suitable for anyone from young children to adults. Certificates and a small prize will be given to all participants.

Start: Starts from 18:30-20:00. The start is 550m away from the car park and 350m away from the assembly and download area. Please ensure that if you are competing in the event, you do not walk into the harbour 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 40m away from download which is back at the car park.

Course Close: Courses will close at 20:30pm. You must report to download by 20:40pm to avoid unnecessary searches being launched.

Map: New mapped in 2019 1:5,000

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.

	On map		Loose	
	Pictorial	Written	Pictorial	Written
Courses 1-4	✓		✓	
Course 5		✓		✓

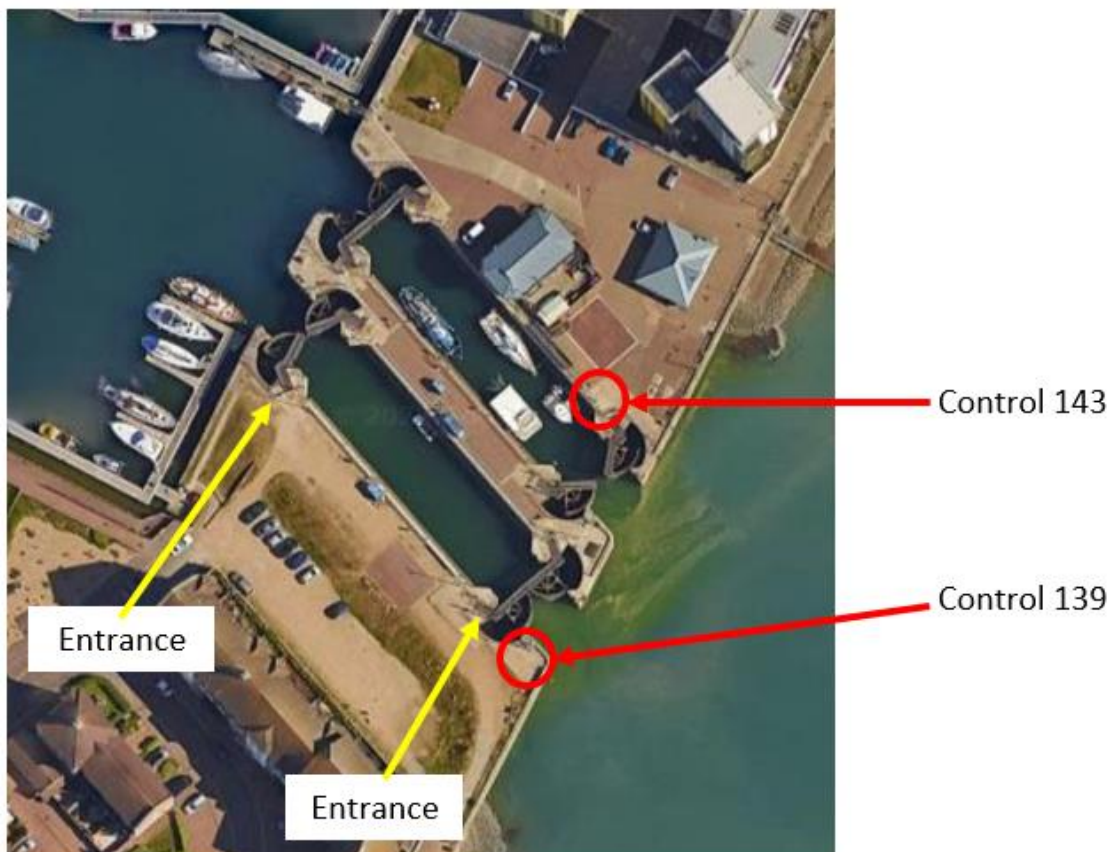
Terrain: The terrain varies from waterfront urban pathways with bridges and sea locks, to shingle seafont and urban residential areas. Take care when close to waterways and when in the residential areas along the roads, as residents drive to access their properties.

Courses:

Course	Straight Line Distance (km)	Optimal running distance (km)	Climb (m)	Controls	Men	Women
1	5.0	7.0	0	25	M18-35	W18-35
2	4.3	5.9	0	24	M40-60	W40-60
3	2.7	3.7	0	16	M65+	W65+
4	2.5	3.2	0	15	M16-	W16-
5	1.7	1.9	0	15	M12-	W12-

Important instructions for Lock Crossing

- All Courses go over the Locks. For safety reasons please walk, not run over the locks, the leg over the locks will be taken out of the timings up to a maximum of 3 minutes.
- There should be access across the locks at all times except for emergencies.
- The locks can be entered from either side (Left or right) , but only one side will be open at any time.
- There will be a red light and barrier over the closed side.
- There will be a Green light and no barrier over the open side.
- Once you have punched your control (which on all courses will be control box number 139). Look to see which side is open and proceed over the locks to the middle.
- When you reach the middle of the locks you will need to look for the green light again and proceed to that exit.
- Proceed to your next control (which on all courses will be control box number 143). Please do not run as the walkways are narrow.
- If the lock gates have to open in an emergency, both entrances will be closed and have red lights showing. Dib control 139 and wait until they open. This time will be extracted from your overall time.



SAFETY ON THE COURSE

- *Safety Bearing: Head North West, follow Atlantic Drive North East back to Assembly Area*
- *The linear water features and fountains must ONLY be crossed at the bridges, there are concrete blocks in places which are **not** stepping stones and should not be used.*
- *Barriers to the water must not be crossed.*
- *Be aware and considerate of traffic and pedestrians, specially when running around corners.*
- *High visibility clothing recommended for all, compulsory for U18s.*
- *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 5) has three areas where they may encounter light, slow moving cars in residential parking areas. Courses have been planned to keep young juniors on the pavement and away from traffic. There is a marshal on the slightly higher risk area. The whole area is adjacent to the water but fenced all around.

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 given 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).

- 1) Under 16s (age on day of race) may not run any of the adult courses unaccompanied.**
- 2) M/W14's may run Course 4 (M/W16-) Junior TD3 unaccompanied if they are normally able to complete an orange course unaccompanied.*
- 3) M/W12's may run Course 5 (M/W12-) Young Junior TD2 unaccompanied if they are aged 11 or over and are normally able to complete a yellow course unaccompanied. This course will have an 'accompanied junior' option to allow parents of younger juniors to choose whether to accompany them.*
- 4) M/W10's (up to and including age 10 on the day of the race) must be accompanied whichever course they run.*
- 5) Any competitor that is 10 years old or younger on the day of the race, may not run any course unaccompanied.**
- 6) Unaccompanied juniors must wear high visibility clothing*
- 7) There will be a marshal at the finish to ensure juniors are directed back to the assembly area (which is close by and marked on map)*
- 8) Junior maps will include an emergency phone number which juniors can ring if they are lost – all juniors are encouraged to run with a mobile phone*
- 9) Parents are responsible for ensuring their children are briefed with safety information as follows:*
 - a) Take care crossing roads (Course 4) and entrances to car parking area (Courses 4 and 5)*
 - b) Be courteous of other people in the area and be particularly careful when rounding corners or exiting alleys*
 - c) If lost, phone the number on the map and provide information about which road you are on or which shops/restaurants or other features are close by and someone will come to find you.*
 - d) Don't talk to strangers*

e) *Take care near water even though the harbour edge is fenced and the fountains area is shallow. There is no need to go near the sea.*

Prizegiving: Will be held in the registration area at approx. 20.40 or earlier for both men and women who achieved 1st place in each of the following age categories:

M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+

Sunday 22nd May, 2022

Friston Forest National Event

Southdowns Orienteers welcome you to Friston Forest and hope you enjoy your run.

We are grateful to Forestry England and Stephen Carr for the use of this area.

Officials

Planner: Robert Lines (SO)

Organisers: Anna Chapman (SO) 07729 729399

Controller: Andrew Evans (DFOK)

Location: Friston Forest, Jevington

Car Parking: TQ 560007 What 3 words ///puzzle.name.dots Postcode BN26 5QN

Car parking is in a level grass field.

Preferred approach: From the A259 to the south of the area, take the road north towards Jevington. Just before you get to the village there will be a sign directing you into the field on the left.

From the A27 to the north of the area, take the road south towards Jevington. Just after the village, ignore the first sign which is for the assembly team parking. Carry on to the next sign, indicate right just before the bends and turn right into the field just after the bends.

Assembly: Assembly field is within the parking area and will contain café, Orienteering trader, toilets, enquiries download and first aid.

Free maze fun challenge: There will be a fun navigation challenge in the assembly area, suitable for anyone from young children to adults. Certificates and a small prize will be given to all participants.

Map: Updated in 2020 1:10,000 with 5m contours

Non-Standard symbols.

 Distinctive tree / thicket

 Manmade object / old car

Terrain: Friston Forest is within the South Downs National Park between Lulington Heath National Nature Reserve and Seven Sisters Country Park. It is the largest area of recently established forest in South East England. The woodland comprises beech forest which is crossed by rides and cycling trails. Although most areas are runnable, summer vegetation growth at the edges of the rides make the wearing of gaiters highly recommended.

Control Descriptions: All courses will have their course description printed on the map. Loose descriptions will be available in the start lanes.

	On map		Loose	
	Pictorial	Written	Pictorial	Written
Light green to black	✓		✓	
Long Orange	✓		✓	✓
Orange		✓	✓	✓
White & Yellow		✓		✓

Start: Approx 700m from the assembly area up a rough chalk track with 80m of climb. Allow 10-20mins depending on how you like hills! Unfortunately, the track is not ideal for buggies.

One start for all competitors. Call up at -4 minutes. Loose control descriptions will be available at -3 minutes. Blank maps will be displayed at -2 minutes. Yellow and White course maps will be available before the start. All competitors must punch the start. Follow taped route to the start kite.

Start Times: 10.00am – 12noon. You will have chosen a start time. Please aim to arrive for your chosen start time. It is a punching start and the Start Official will aim to start late arrivals in the next available slot.

Courses close: Courses close at 2:30pm and you must report to download as soon as possible to avoid unnecessary searches being launched.

Finish: One finish for all courses which is 800m away from the assembly area. The finish is 100m from the start. **It is a punching finish for all competitors.**

Courses: *This event is a SE League event.* Competitors can run any course they want but those that run “down” from the course recommended for their age class will only score a proportion of the points available had they run the recommended course or a higher one. The recommended age classes are as shown in the table below.

White and Yellow are suitable for beginners, Orange and Light Green for improvers and Very Short Green to Black for experienced orienteers. We have a Long Orange for those who are fairly new to orienteering, but want a longer run.

Course	Length (km)	Climb (m)	Controls	Map	Men	Women
Black	11.5	400	29	A3	M21	
Brown	9.8	355	26	A3	M35 M40	
Short Brown	8.0	315	20	A3	M18 M20 M45 M50	W21
Blue	6.5	240	17	A3	M16 M55 M60	W35 W40
Short Blue	5.0	165	14	A3	M65	W18 W20 W45 W50
Green	4.3	145	17	A3	M70	W16 W55 W60
Short Green	3.7	100	13	A3	M75	W65 W70
Very Short Green	3.3	90	12	A3	M80+	W75 W80+
Light Green	3.3	80	14	A3	M14	W14
Long Orange	5.8	145	20	A3	Adult Novice	Adult Novice
Orange	2.8	60	12	A4	M12	W12
Yellow	2.5	45	11	A4	M10	W10
White	1.7	30	13	A4		

Prize giving for combined daytime events: Will be held in the assembly area at approx. 14:00, if not earlier.

SAFETY WARNING - ON THE COURSE

- *Good clothing cover is essential as there is a risk of ticks. Please check for ticks after the event.*
- *Gaiters are advised given summer vegetation growth on the edges of the rides.*
- *The area is heavily used by mountain bikers so please take extra care to avoid collisions.*
- *Safety bearing: Head East to the open area then up hill to the start/finish area.*
- *Carrying a whistle is advised.*
- *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.*
- *Please remember that competitors take part at their own risk. Orienteering is an adventure sport, your safety while orienteering is your own responsibility.*

SAFETY WARNING – IN THE ASSEMBLY AREA

- Please bring your own water. The assembly field doesn't have any shade.