



SOUTHDOWNS ORIENTEERS

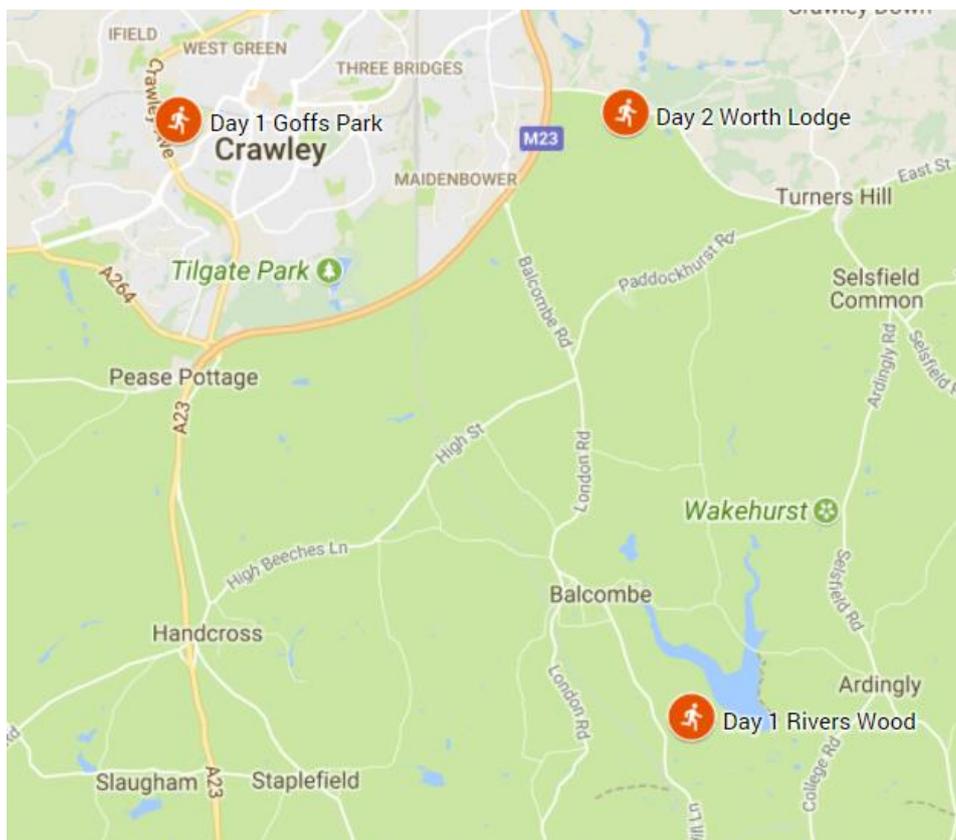
Sunny Sussex Weekend

Event Programme

Sat 12th May – Sun 13th May, 2018



Southdowns Orienteers welcome you to Sussex and hope you enjoy your run. We are grateful to Balcombe Estate, Crawley Borough Council, St Wilfrid's School, Paddockhurst Estate and Tulleys Farm for the use of these areas.



Day 1	Middle Distance & SE Middle Distance Champs	Regional	Balcombe Estate & Rivers Wood, Balcombe
Day 1	Sprint	Regional	Goffs Park, Crawley
Day 2	Long Distance & Yvette Baker Trophy SE round	National	Worth Lodge, Crawley

Note that due to Run Gatwick, there are major road closures taking place around Crawley from 8am to 1pm on Sunday 13th May. The advice is to avoid the A23 around Crawley and use the M23 to bypass Crawley. Please plan your journey in advance and check Road Closure info at <https://www.rungatwick.com/race-information/>

GENERAL INFORMATION FOR ALL DAYS

Entry on the day

Entry on the day will be limited and subject to map availability. It will be on a first come, first served basis. Entries will be open as follows:

- 11:30-13:00 Balcombe Estate & Rivers Wood
- 17:45-19:15 Goffs Park
- 09:30-11:30 Worth Lodge

Entries

Pre-entry via Fabian4 www.fabian4.co.uk preferred. Closing date for online entries: Sunday 6th May, 2018.

Entry Fees	River's Wood		Goffs Park		Worth Lodge	
	BO Seniors	Other Seniors	BO Seniors	Other Seniors	BO Seniors	Other Seniors
30/04/18 - 06/05/18	£9.50	£11.50	£7.50	£9.50	£13.00	£15.00
EOD (if maps available)	£11.00	£13.00	£9.00	£11.00	£15.00	£17.00
EOD white, yellow & orange	£5.00	£7.00			£5.00	£7.00
Discount for pre-entry to all events £3 per senior. SO juniors free, other juniors £3 per event.						

Children's Activities

String courses and Naughty Numbers will be provided free of charge with a prize and certificate on offer.

12:00-14:00 Rivers Wood – Paw Patrol String Course

18:00-19:30 Goffs Park – Naughty Numbers

10:30-12:30 Worth Lodge – How to Train Your Dragon String Course

Shadowing children

If parents or carers want to shadow their child, they should do so after their own run and not pick up a map at the start. *There should be no shadowing of children who want to be competitive on the Yvette Baker Trophy or the South East Middle Distance Champs. Please discuss with the organiser if you are not sure.*

Dogs

At Balcombe Estate & Rivers Wood and Worth Lodge, dogs are permitted on leads in the car park, assembly areas and around the tea rooms, but must not be taken to the start or in the competition area. At Goffs Park, dogs are not permitted in the parking and assembly area, but are allowed in Goffs Park and on the course. Convenient, alternative parking can be organised for competitors with dogs, between assembly and the start.

Maps

Maps will be printed on waterproof paper and will be available to look at in the start lanes.

Map	Standard	Scale	Contour	Size	Mapped by
Day 1 Middle distance	ISOM 2017	1:7,500	5m	A4	R Maher
Day 1 Sprint	ISOM 2000	1:4,000	5m	A4	L Hooper
Day 2 Long distance	ISOM 2017	1:10,000	5m	A4	R Maher

Special map symbols are identified in the event specific information below.

Event logistics

	Parking to assembly	Assembly to start	Call up	Finish to assembly	Start times
Balcombe & Rivers	200m	900m	-3min	0m	12:00-13:30
Goffs Park	0m (200m if dog in the car)	400m		250m	18:00-19:30
Worth Lodge		200m	-3min	0m	10:00-12:00

Electronic timing - contactless

SportIdent electronic timing will be used. All controls will be enabled for SIAC contactless punching, but will work as normal for those who don't own a SIAC. There will be a punching start and finish for Balcombe and Worth Lodge. Goffs Park will be a punching start with a contactless finish for those with SIAC and post finish safety control. Sportident Dibber hire: £1, SIAC Hire: £2, both from the Entry On the Day point. Pre-allocated dibbers will be available from SI/Download tent.

Clothing and Safety Equipment

The torso and legs must be covered, although shorts may be worn on the sprint course. The Day Organiser may require a waterproof jacket to be worn or carried if the weather is bad - if so, notices will be displayed in Assembly and on the route to the starts. For safety reasons we recommend you carry a whistle. The distress signal is six short blasts, wait one minute, then repeat.

Water

Water will not be provided at the finish on any day. We recommend you bring your own.

Traders

Ultrasport will be trading on both days for all your O clothing and equipment needs. Catering will be provided by Tom's Burger Van on Saturday lunch time and by Tulleys Tea Room on Sunday.

Results

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

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 by Rob Lines, our official photographer, who will be clearly identified.

GENERAL SAFETY FOR ALL DAYS

- *You must download even if you do not complete your course.*
- *Please show respect to other recreational users of the area such as horse-riders and dog walkers.*
- *There could be forestry equipment parked in the woods. Keep clear.*
- *Whistles are advised to be carried, especially for juniors.*
- *Good clothing cover is essential as there is a risk of ticks. Please check for ticks after the event.*
- *Carrying and/or wearing of gagoules could be mandatory if the weather is very bad. In this case a sign will be posted in assembly and on the route to the start.*
- *If you come to the event alone, we would be grateful if you could leave your named vehicle keys / details at registration.*
- *Please report any damage to fences to the organiser.*
- *Please remember that competitors take part at their own risk. Orienteering is an adventure sport, your safety while orienteering is your own responsibility.*

Saturday 12th May, 2018
Rivers Wood and Balcombe Regional Event
South East Middle Distance Championships

Officials

Planner: Peter Chapman (SO)
Organiser: Anna Chapman (SO) 07729 729399 anna@anna-pete.co.uk
Controller: Paul Todd (LOK)

Location

The event centre is located on the Balcombe Estate, to the south of Balcombe and to the west of Ardingly Reservoir.

Car Parking and Directions

Car parking is in a field at TQ350288 adjacent to Batchelors Cottages RH17 6QJ. The event will be signed from Borde Hill Lane, to the south of Balcombe. Turn off at TQ322288, just south of Stonehall Farm. Coming from the South, the turn off is on the right and from the north it is on the left. Please don't turn into Stonehall Farm. Access to the parking is along a single track road.

It is requested that competitors do not exit from the car park until after 1pm to prevent congestion on the access road. Please be courteous to local residents.

SAFETY WARNING *There is a seasonal pond within the car parking area. Please ensure young children are supervised.*

Public Transport

The nearest train station is Balcombe, just over 3km to the north of the event centre.

Assembly

The assembly field is 200m from the parking area and contains all facilities as well as the finish run in. It is a large field with plenty of room and good views over the area. It will be delightful if it is sunny, but may feel a bit exposed if it is windy or rainy. There is plenty of space for club tents.

SAFETY WARNING *There is a pond adjacent to assembly and the string course. It is only partly fenced on the assembly side and will be marked with black and yellow hazard tape*

Entry on the Day

EOD will be in the club tent and will be open from 11:30 to 13:00. The number of maps available for entry on the day will be limited. First come, first served.

Facilities and attractions

Ultrasport will be trading for all your O clothing and equipment needs. Tom's Burger Van will be serving hot food, cake and drinks. Toilets are provided in the assembly area. Club First Aiders are on duty throughout the event and can be found at the finish.

Free string course for children – Paw Patrol

There is a lovely string course set in the small woodland adjacent to the assembly field. Access to the string course is across the finish run in. It can either be accessed by a stile (preferred) or through a gate which is shared with the run in for the longer courses. Please take care and leave enough space for runners.

SAFETY WARNING *There is a pond next to the string course which is identified with hazard tapes. Please ensure young children are supervised around the pond area.*

Start

Starts are from 12:00 to 13:30. The start is approx 900m downhill across the fields. There is one start for all competitors. 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.

Finish

There is one finish for all courses in the assembly area. Courses come in from different directions and competitors will be funnelled into a punching finish.

Course Close

Courses close at 3pm. You must report to download by 3pm to avoid unnecessary searches being launched.

Mapping

1:7,500 with 5m contours.

2017 was a transitional year for symbols and markings on O maps and we have now moved onto the newest (ISOM 2017) mapping standard for this event. Overprint details (control circles etc.) may look bigger than we've been used to: this is because the map is at the relatively large scale of 1:7500 and overprint symbols are directly scaled up from a defined size for 1:15000.

Non-Standard symbols.

An open brown triangle  is used to represent a platform, which is typically a level area on a slope. This is marked as  in the pictorial descriptions

The area is peppered with horse jumps (marked  on the map and X on the descriptions). Horse jumps often fill gaps in fences between forest blocks and open fields and provide a means of crossing these boundaries (though some clambering may be needed). Horse jumps come and go – the map may show jumps that have now gone/overgrown, or miss off ones that have appeared more recently – please bare this in mind when using them for navigation.

Control descriptions

All courses will have pictorial descriptions on the map. Loose descriptions will be available in the start lanes. Courses Black to Light Green will have loose pictorial control descriptions, courses orange to white will have loose written descriptions.

Terrain and course notes

Rivers Wood itself is in the South of the area and comprises a mix of different types of mainly mature trees on a broadly north and east facing slope. An extensive path and ride network exists. Runnability through forest blocks varies from good to slow (due to undergrowth). Some parts (notably in the east) are more open/semi-open – these can be blighted by seasonal bramble growth and careful study of the map is worthwhile to avoid the worst of it on the courses. Specific lower leg protection recommended! The start is adjacent to Rivers Wood and the early part of all courses pass through the Wood.

The rides can be very muddy after rain, though (at the time of writing – late April) the area is drying out rapidly after the extended winter wet period.

The north of the area is a patchwork of fields and small blocks of woodland. The woodland blocks are all surrounded by stock proof (barbed) wire fences – you are strongly advised to make use of marked crossing

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points on the map, which will be marked with red/white tapes and pipe insulation (where needed) . Note that gateways marked as open generally will be open and will not be highlighted by the magenta overprint. The magenta “Crossing Point” symbol will be used to highlight crossing points that have been set up for the event or are of such significance that they need highlighting. Courses do not pass through cultivated fields, but the route to the start does – please keep to the edges (do not cut across the growing crop).

Brown and Black courses will encounter a wire fence that is not to be crossed – this is indicated on the map by a thick magenta line. Marked crossing points must be used in this area.

The (Sussex) River Ouse, bisects the mapped area in a N-S fashion and then forms part of the eastern boundary of the area. This river is wide, deep and has steep banks: It is only to be crossed using the two marked bridges on the map (you will cross one of these on the way to the start). A pipe (marked Out Of Bounds on the map) which crosses over the river is not safe to cross.

The Courses have been planned as Middle Distance courses in accordance with British Orienteering guidelines. The target winning time for a top elite on the Black is 30-35 minutes and other course lengths have been broadly scaled from that (with exception of White, which is closer to the normal length for long distance white courses (due to the constraints of the area). The area is not the most technical, but gives a good canvas to thread through courses with short – mid length legs, frequent changes of direction, route choice and variety. Not all parts of the course will provide all aspects of the middle distance format (again, a constraint of the area), but the fast section across the fields for most courses should lead to a finale where oxygen debt enhances the challenge of the penultimate few controls in a compact, but complex area before a final sprint into the finish funnel in our lofty assembly area field (hopefully to the applause and adulation of your fellow competitors!).

Yellow and White Courses

None of the courses are pushchair friendly. White and Yellow both include stiles to step over/scramble underneath and Yellow has a wire fence to cross.

There are very few distinct paths available to use on the latter parts of the courses (including Yellow and White). White would normally be almost exclusively on paths. For this event: the white course also passes along field boundaries (very distinct!).

Smiley/Sad Faces of the appropriate course colour are used to confirm the expected route:



White Course = We'll done! You're on track.



Yellow Course = Oops! Wrong Way.

If a sad face is encountered, the expectation is that they will return by the route that they've just come until they get back to a decision point on the correct route.

Yellow and White share routes on parts of the courses. Smiley/Sad faces have been used where courses diverge to clarify routes. Please can parents/guardians of Yellow and White participants brief their charges of this information.

Taped routes – lengths of red and white tapes at intervals will also be used in places where a suitable linear feature (path or otherwise) is not available between controls

Course details

Course	Length (km)	Climb (m)	Controls	Men	Women
Black	5.4	165	22	M18 M20-40	
Brown	4.8	140	20	M16 M45-50	W18 W20-40
Blue	4.1	90	15	M55-60	W45-50
Green	3.3	80	15	M65-75	W16 W55-60
Short green	2.5	75	12	M80+	W65-75 W80+
Light green	2.8	80	12	M14	W14
Orange	1.8	65	7	M12	W12
Yellow	1.6	65	11	M10	W10
White	1.3	50	9		

SEOA Middle Distance Championships Prize Giving

The prize giving will take place as close to 2.30pm as possible.

Medals will be awarded 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+

The white course is not a championship course.

SAFETY WARNINGS - ON THE COURSE

- *Everyone should carry a whistle on their course.*
- *Safety bearing information - If in the wood, head north. If in the fields, head uphill.*
- *There is a deep river running through the event area which must only be crossed at marked crossing points There is a large pipe which must not be used and is marked as out of bounds on the map.*
- *There are a number of barbed wire fences to cross. Competitors are recommended to use marked crossing points which have been insulated and gateways.*
- *The area contains a number of public footpaths and bridleways which may be shared with members of the public, horse riders and dogs.*

For juniors on the white and yellow courses

- *White and yellow courses use smiley/sad faces and some taped routes.*
- *Yellow course uses one barbed wire crossing point which will be protected with pipe insulation.*

SAFETY WARNINGS – AROUND THE AREA

- *There is a seasonal pond within the car parking area. Please ensure young children are supervised.*
- *There is a pond adjacent to assembly and the string course. It is partly fenced on the assembly side and will be marked with black and yellow hazard tape. The string course will be designed to avoid it.*
- *There is a deep river adjacent to the start area – it will have a warning sign.*
- *Assembly Field and walk to the start are used for grazing cows. Competitors should wash hands before eating or drinking.*

Saturday 12th May, 2018

Goffs Park Sprint

Regional Event

Officials

Planner: Paul Luttman (SO)
Organiser: Bridget Hooper (SO) 07860 138424 & Anna Chapman (SO) 07729 729399
Controller: Vince Joyce (SO)

Location

Goffs Park, Horsham Road, in the centre of Crawley. If anyone is staying at Premier Inn Gatwick Crawley Town West, the event centre should be reached by walking south, past the petrol station, then north east along Old Horsham Road – just under 10 mins walk.

Car Parking

Car parking is at St Wilfrid's School RH11 8TL / TQ260361 off Old Horsham Road at. The event will be signed from A2220 Junction of Horsham Road and Old Horsham.

Competitors who have a dog with them should turn off along the first road on the right, which will take them into the park, carry on to the house and park just past the large house. This is adjacent to the start and toilets. If you need to visit the assembly area, head back up the road you came down and follow signs to download to get to the assembly area (250m). Alternatively if you have pre-entered you can go straight to the start. Please only park here if you have a dog because space is limited.

Public Transport

Crawley train station is approx. 400m to the east.

Assembly

The assembly area is at St Wilfrid's School, adjacent to the car park and contains entry on the day (17:45-19:15), download and naughty numbers fun challenge.

Facilities

There is a nice pub adjacent to the finish area - remember to download first! The children's play area is located in the middle of the park – please run first. The toilets are located right next to the start which is 400m away. Club First Aiders are on duty throughout the event and can be found at download.

Free Naughty Numbers fun challenge

There will be a fun navigation challenge in the assembly area, suitable for children.

Start

Starts from 18:00-19:30. The start is 400m away. Please ensure that if you are competing in the event, you do not walk into the park before your run. Spectators can walk to the start and be directed where to view from.

Finish

The finish is a contactless finish for those with a SIAC, followed by a post finish safety control. All others should punch the finish control and the post finish safety control. The finish is 250m away from download back at St Wilfrid's School. There is a bank adjacent to the finish which should be good for spectators.

Course Close

Courses close at 8:30pm. You must report to download by 8:30pm to avoid unnecessary searches being launched.

Map

1:4,000 with 5m contours. The map was updated by Les Hooper in 2018 to ISOM 2000 standard. The course overprint is in accordance with ISSOM 2007.

Control descriptions

Courses C1 to C5 will have pictorial control descriptions, course C6 will have written descriptions. These will be printed on the maps. Loose descriptions will be available in the start lanes.

Terrain

The area is principally fast open parkland with some wooded areas.

The area includes a pitch & putt course and an elevated miniature railway. Neither will be in operation. They are not marked 'out of bounds' and are crossable. **However please try and avoid running on the greens and do not step on the train track.**

Generally the wooded areas are runnable and do not require full leg cover. However the undergrowth is on the rise as we speak. There are some areas of thick brambles which are mapped as 'undergrowth walk' but are best avoided altogether.

Courses 1 to 5 include either a single loop or double loop (butterfly loop). For those new to these they are short loops on the course which start and finish at a common control. Course 1 to 3 have a double loop which will involve visiting the common control three times before carrying on with the course. Course 4 and 5 have one loop which will involve visiting the common control two times. By way of example the common control on a double loop may be number 9 / 12 / 15 and on the single loop 9 / 12. Take care to complete the loop in the right order and not to miss any out.

Courses

Course	Length (km)	Climb (m)	Controls	Men	Women
C1	3.0	40	19	M16-40	
C2	2.5	30	16	M45-50	W16-35
C3	2.3	20	15	M14, M45-60	W40-50
C4	1.8	15	13	M12, M65-70	W14, W55-65
C5	1.5	15	11	M75+	W12, W70+
C6	1.2	10	11	M10	W10

SAFETY ON THE COURSE

- *Safety Bearing - Competitors should head uphill towards the large house, which is adjacent to the start.*
- *Due to the nature of the parkland, competitors may wear shorts.*
- *The area is popular with dog walkers, please respect other users of the park.*

Sunday 13th May, 2018
Worth Lodge National Event
Yvette Baker Trophy SE Round
SE League Event

Southdowns Orienteers welcome you to Worth Lodge and hope you enjoy your run. We are grateful to Paddockhurst Estate and Tulleys Farm for the use of this area.

Officials:

Planner: Steve Jarvis

Organisers: Bridget & Les Hooper: 01342 322072 mob: 07860 138424 bridgethooper@btinternet.com

Controller: Andrew Evans (DFOK)

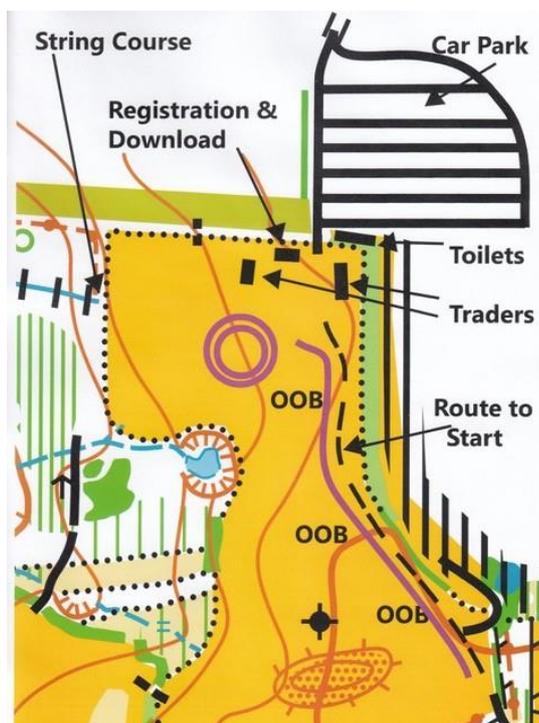
YBT: The SE round of the Yvette Baker Trophy will be taking place during this event. We welcome all juniors competing and wish them a great run.

Location: Worth Lodge Forest, near Crawley.

Car Parking: £2. Car parking. GR: TQ324359. Tulleys Farm, Turners Hill Road, Crawley, RH10 4PE. Tulleys Farm is on Majors Hill Road/Turners Hill Road. Follow brown signs to Tulleys Farm from the junction of B2110/B2028 in Turners Hill and from the junction of B2036/Turners Hill Road close to Worth.

Assembly: Field on the Southern side of the car park. EOD in a car and SI registration in the tent.

Public Transport: Unfortunately buses don't run to Tulleys Farm on a Sunday, but the Worth Way, a bridleway, runs from Maidenbower, Crawley to East Grinstead and Tulleys Farm is about 1.5km South of it. Nearest train station: Three Bridges.



ASSEMBLY AREA LAYOUT

Map: The map has been produced by RLM Maps at a scale of 1:10,000 with 5 metre contours and using ISOM 2017. The new area was surveyed in February & March 2018, with updates to the existing area having taken place in April 2018.

Non-standard symbols:

Platform on the map is an open brown triangle: 

Platform on pictorial descriptions: 

Terrain: Worthlodge Forest comprises two distinct parts, divided by a public right of way running north-south through the centre of the map. To the west, there are large areas of runnable mature coniferous woodland, with patches of ancient woodland. Much of this western half of the map has been used for Orienteering since the early days of the sport in this country, and such is its quality that it was chosen as the venue for the British Middle Distance Championships in 2011. All courses from Green upwards will visit this area.

The eastern half of the area, where all courses start and finish, provides quite a contrast. Much of it has been mapped for the first time, as access has never previously been granted for Orienteering. There is a mix of ancient woodland, newer plantations, some fields and former farm buildings. There is a higher density of paths and tracks in this area, which may confuse the unwary. There are some areas with brambles, sometimes with a profusion of small mown paths, but for clarity only the most significant of these mown paths have been mapped. Generally speaking the eastern area is expected to be slower going than the west.

Throughout the competition area there are a number of pheasant pens which will be marked out of bounds and must not be entered, even if there are open gates. There are a large number of fodder racks, but these have been omitted from the competition map.

As of late April, ground conditions in parts of the area are wet and slippery. There are a number of streams running through the area, some of which have steep banks, but all should be crossable without too much difficulty. While the White and Yellow courses start off around paths and tracks, competitors on these courses should be aware that towards the end of these courses there are several legs which follow field edges. Soon after the start for several courses there is a ruined barbed wire fence which in some places is difficult to see. This will be taped in yellow & black.

The finish is within a field close to assembly, where the landowners have recently started some ground works. As of late April there is a large mound of earth in this field about 200 metres before the finish. The mound is not shown on the map and courses have been planned around it. Competitors will see the mound en-route to the start.

Safety: Safe bearing out of the forest: Head east to assembly, start & finish are all on eastern edge of map, but do not cross any roads (as none run through the competition area). If a major overhead power line is found, follow this eastward – assembly is just north of the line.

The forest is also used by others mainly walkers and dog walkers. Please be courteous to them at all times.

Control Descriptions: Courses Black to Light Green will have pictorial control descriptions, courses orange to white will have written descriptions. These will be printed on the maps. NB Black, Brown, Short Brown and Blue courses have the control descriptions printed on the back of the map. Loose descriptions will be available in the start lanes.

Start: Approx 200m South from the Assembly area. One start for all competitors. Call up at -3 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.

Start Times: 10.00am – 12noon. (Helpers only may start from 9.30am.) Start times will be allocated on Fabian4.

E-Punching: Sportident. Dibber hire: £1, SIAC Hire: £2, both from the EOD car. Pre-allocated dibbers will be available from SI/Download tent.

Facilities: Toilets to the north of assembly.

Club First Aiders are on duty throughout the event. First Aid kit and access to First Aiders is available at the finish, close to registration.

Ultrasport will be present for all your O clothing and equipment needs. Catering will be provided by Tulleys Farm Tea Room on Sunday, both in Assembly. Children might like to visit the play area and the animals.

String Course: There will be an exciting “How to Train Your Dragon” string course running from 1030 – 1230 and starting about 20m down the western edge of the field.

SAFETY WARNING: *There are two ponds in the area. Please ensure young children are supervised.*

EOD Reg: 9.30am – 11.30am at the EOD car. *The number of maps available for entry on the day will be limited. First come, first served.*

Courses close: 2.00pm. You must report to download by 2pm to avoid unnecessary searches being launched.

Finish: One finish for all courses in the Assembly area. **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.

Course	Length (km)	Climb (m)	Controls	Men	Women
Black	11.7	355	21	M21	
Brown	9.7	275	23	M35 M40	
Short Brown	8.1	230	18	M18 M20 M45 M50	W21
Blue	6.4	180	16	M16 M55 M60	W35 W40
Short Blue	5.5	125	16	M65	W18 W20 W45 W50
Green	4.6	130	15	M70	W16 W55 W60
Short green	3.7	90	15	M75	W65 W70
Very Short Green	3.2	80	14	M80+	W75 W80+
Light Green	3.5	85	14	M14	W14
Orange	3.0	75	11	M12	W12
Yellow	2.6	65	12	M10	W10
White	1.5	25	10		

Entries: Pre-entry via Fabian4 www.fabian4.co.uk preferred.

Closing date for online entries: Sunday 6th May, 2018.

Entry Fees	BOF Seniors	Other Seniors	Orange & Yell BOF Sen	Orange & Yell Other Senior	SO Juniors	Other Juniors
30/04/18 - 06/05/18	£8	£10	£4	£6	Free	£3
EOD	£15	£17	£5	£7	Free	£3

Rules, Complaints, Protests and Appeals: The event will be run in accordance with the relevant Rules of British Orienteering.

Dogs: Dogs on leads are permitted in the car park and assembly area but not on the courses.

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

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

Competitors take part at their own risk and are responsible for their own safety