## SOUTHDOWNS ORIENTEERS

## Sunny Sussex Weekend

## Event Programme

Sat $18^{\text {th }}$ May - Sun $19^{\text {th }}$ May, 2019

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



| Day 1 | Middle Distance | Regional |
| :--- | :--- | :--- |
| Day 1 | Urban | Regional |
| Day 2 | Long Distance \& SE League | National |

Rewell Quarry \& Goblestubb's Copse
Arundel

Open starts
Open starts
Timed starts

## GENERAL INFORMATION FOR ALL DAYS

## Pre-entered competitors

Competitors who have already pre-entered may go straight to the start. If you have hired an SI dibber, please collect it from the 'entry on the day' tent.

## Entry on the day

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

11:30-13:00 Rewell Quarry \& Goblestubb's Copse
18:15-19:45 Arundel
09:30-11:30 West Angmering

| Entry Fees | Rewell Quarry \& GC |  | Arundel |  | West Angmering |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | BO Seniors | Other <br> Seniors | BO Seniors | Other <br> Seniors | BO <br> Seniors | Other <br> Seniors |
| EOD (if maps available) | $£ 11.00$ | $£ 13.00$ | $£ 9.00$ | $£ 11.00$ | $£ 15.00$ | $£ 17.00$ |
| EOD white, yellow, orange, <br> long orange, 60 min score | $£ 5.00$ | $£ 7.00$ | $\mathrm{~N} / \mathrm{A}$ | $\mathrm{N} / \mathrm{A}$ | $£ 5.00$ | $£ 7.00$ |
| Family rates for pre-entry capped at the rate of 2 adults plus 1 child. <br> SO juniors free, other juniors $£ 3$ per event. |  |  |  |  |  |  |

## Children's Activities

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

| 12:00-14:00 | Rewell Quarry \& Goblestubb's Copse - Dr Seuss String Course |
| :--- | :--- |
| 18:00-19:30 | Arundel - Castle Maze |
| 10:00-13:00 | West Angmering - Peter Rabbit String Course |

## Shadowing children

If parents or carers want to shadow/follow their child, they should run their own course first and please not pick up a map at the start. Please make the SI team aware at the end if your junior has had assistance with their navigation as prizes will be prioritised for juniors who have navigated their own course.

## Dogs

Dogs are allowed in assembly area, but not on the course at Rewell and West Angmering. Dogs are allowed at Arundel Urban.

## Event logistics

|  | Parking to <br> assembly | Assembly <br> to start | Call up | Finish to <br> assembly | Start times |
| :--- | :--- | :--- | :--- | :--- | :--- |
|  <br> Goblestubb's <br> Copse | Om | 200 m | Open start | Om | $12: 00-13: 30$ |
| Arundel | Om | 250 m | Open start | 250 m | $18: 30-20: 00$ |
| West Angmering | Om | 300 m | -4 min | 0 m | $10: 00-12: 00$ |

## Electronic timing - contactless

Sportldent 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. All events have a punch only start and finish. 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.

## First Aid

Club First Aiders are available throughout the events and can be found at the download tent.

## 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 Catering on Saturday and Sunday daytime events. There will be a cake sale on the Sunday to raise money for the SO Junior Squad. Cake donations welcome.

## Results

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

## 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:

Runner score $=1000+(200$ * (average_time - runner time) ) / standard deviation time

## Prizes for evening event at Arundel

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

## 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 Peter Chapman, 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.

## Participant Satisfaction Survey

The Rewell event is a sampled event, and participants will be invited to share their views and comments on the event by completing a short anonymous survey that should take no more than 8 mins . This will help us to understand how we can improve our events in the future.

# Saturday 18 ${ }^{\text {th }}$ May, 2019 <br> Rewell Quarry and Goblestubb's Copse <br> Middle Distance Regional Event 

# Southdowns Orienteers welcome you to Rewell Quarry and Goblestubbs Copse. We are grateful to Arundel Estate for the use of this area. 

## Officials

Planner: Kenny Leitch (SO)
Organiser: Jannion Ireland (SO) 07866965928 jannion@me.com
Controller: Neil Crickmore (SO)

## Location

The event centre is located in a field to the West of Goblestubb's Copse SU983073.

## Car Parking and Directions

Car parking $£ 1$. Car parking is in a field at SU983073, nearest postcode BN18 0AJ. The turning into the car park is only a short distance from the A27, so please take particular note of the instructions in red below. The event will be signed from the eastbound carriageway of the A27 after the A29 joins from the North at Slindon roundabout. The entrance to the event is 1.7 miles heading east from the roundabout and is not obvious so please proceed carefully and look for all signs.

Heading from the North on the A29, turn left onto the eastbound carriageway of the A27. Heading from the East proceed to the Slindon roundabout where the A29 joins from the north, and return on the Eastbound carriageway for 1.7 miles (see above). Heading from the West follow direction as for from the North at the Slindon (A29) roundabout.

There will be countdown of signs from 500 m to 100 m before the turning into the track leading to the parking field. It is a concealed entrance so please start signaling as soon as you see the signs as this is a very busy, fast stretch of the A27. Other road users need to be warned that you are slowing down to turn into the event.

When you turn into the parking field please carry on up the field to the first marshall who will take your money, we need to try and avoid any queues on the A27. Please have your $£ 1$ parking fee ready so you do not hold up other cars behind you.

It is requested that competitors do not exit from the car park until after 1pm to prevent congestion on the access road. Exit is only one-way towards the east on the busy, fast moving A27 so please exit with care.

Please be courteous to the local residents who have allowed us to use their field for the event. Please do not feed the horses or any other animals.

## Public Transport

The nearest train station is Arundel, 4.5 km to the east of the event.

## Assembly

Assembly field is close to the parking area and will contain all facilities as well as the run in to the finish.

## Entry on the Day

EOD will be in the blue 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 Catering will be serving hot food, cake and drinks. Toilets are provided in the assembly area.

## Start

Starts are from 12:00 to 13:30. The start is approx 200m from Car Parking / Assembly. Access to the competition area from the car park will be via the field gate where cars will also be coming in and out. A pedestrian lane will be taped off but please take care when cars are entering or leaving the car park. There is one start for all competitors. Loose control descriptions will be available at -2 minutes. Yellow, White and Score course maps will be available before the start.

## Finish

In the Assembly field, taped from final control at the field corner. Punching finish for all courses (apart from the String Course). Courses come in from different directions to the final control.

## Course Close

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

## Mapping

1:5,000 with 5 m contours. Quarry resurveyed by Mike Gammon in 2019 with rest of area surveyed by Roger Maher, Mike Gammon and Chris Hooker 2016-19. Map prepared by Chris Hooker.

## Non-Standard symbols.

## O. Distinctive tree / thicket <br> $\times$ Rootstock/stump

$\times 0$ Manmade object/ old car

## Control descriptions

Loose descriptions for all but the score event will be available in the start lanes.

|  | On Map |  | Loose |  |
| :--- | :---: | :---: | :---: | :---: |
|  | Pictorial | Written | Pictorial | Written |
| Green \& above | $\checkmark$ |  | $\checkmark$ |  |
| Yellow \& Orange | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| White |  | $\checkmark$ |  | $\checkmark$ |
| Score |  | $\checkmark$ |  |  |

## Terrain and course notes

Terrain and course notes - All courses, except white, yellow and orange will spend time in both the forest and semi-open quarry area. The relatively flat forest has varying runability and competitors will be kept to the best parts. The complex quarry area is well used by $4 \times 4 \mathrm{~s}$ these days. It has lots of lumps and bumps and many vehicle tracks through the small wooded areas. Will you be one of the few people who manages to get through the quarry section with minimal time lost? It'll be tricky... White, yellow and orange courses take place fully within the forest.

## Course details

| Course | Length (km) | Climb (m) | Controls | Men | Women |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Brown | 5.4 | 60 | 30 | M18-50 | W18-21 |
| Blue | 4.9 | 50 | 28 | M16, M55-60 | W35-40 |
| Green | 4.0 | 40 | 26 | M65-70 | W16 W45-65 |
| Short green | 3.3 | 30 | 19 | M14, M75+ | W14,W70-85+ |
| Orange | $1.9^{*}$ | 20 | 12 | M12 | W12 |
| Yellow | 2.1 | 20 | 10 | M10 | W10 |
| White | 1.5 | 10 | 10 |  |  |

*This is straight line distance. Orange is likely to be longer than yellow.

## Free string course for children

There is a lovely string course with a Dr Seuss theme set in a sandy area 350 m from the assembly field. The route to the string course will be alongside the track used by all courses, so please be aware of runners coming out of the forest, and stay to the left of the track on your way to the string course.
Certificates will be given to all participants.

## Yellow and White Courses

Accessible for large wheel pushchairs only.

## 60 minute score course - Adult Novice

Visit as many of the 30 different controls as possible and finish within 60 minutes for maximum points. Each control is worth 10 points, so the maximum score is 300 . There will be a deduction of 10 points for every minute or part thereof that you're late back.

## SAFETY WARNING - ON THE COURSE

- Everyone should carry a whistle on their course.
- Depending on weather conditions prior to the event there is pond which can have deep water in the north eastern part of the quarry area. Deep water signs will be placed around the pond.
- 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 - If in the woods, head south, if in the quarry, head east.
- You must download even if you do not complete your course.
- Good clothing cover is essential as there is a risk of ticks. Please check for ticks after the event.
- 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 - AROUND THE AREA

- Parking and Assembly field is close to the very busy A27. Please ensure the safety of all children and dogs in your care.
- Assembly field is used for grazing horses. Competitors should wash hands before eating or drinking.


## SAFETY WARNING - ACCESS TO STRING COURSE AREA FROM CAR PARK

- The string course is approx. 350 m from the car park. Please be aware that competitors from all other courses will be using the same track you will be using to walk to the string course. All children must be supervised and please try to keep to the left side of the track. Please be aware that there is a pond in the quarry to the north east of the string course area. Adults must supervise children at all times to ensure that they do not go near this pond. Deep water signs will be place around the pond.


# Saturday $18^{\text {th }}$ May, 2019 <br> Arundel Regional Urban <br> Event 

# Southdowns Orienteers welcome you to Arundel and hope you enjoy your run. We are grateful to Arun District Council and Arundel Castle Trustees for the use of this area. 

## Officials

Planner: Alex Lines (SO)
Organiser: Ian Curtis (SO) 07764958961
Controller: Neil Crickmore (SO)

## Location

Arundel urban area, in the centre of Arundel.

## Car Parking

Parking is in Mill Road Car Park. BN18 9PA. Vehicle height restriction ( 2.06 m ). If warm and dry we will use the overflow area of this car park (accessed from the south corner of the main car park) - please obey one way signs and follow any instructions from marshalls.

Leave the A27 at the roundabout south of Arundel, follow the Causeway NNW, and then Queen Street over the river Arun. Turn right at the next roundabout onto Mill Road. Follow Mill road for approx. 100m and turn right into Mill Road Car park. Avoid other approaches into Arundel, and to the car park.

Car parking is charged till 6 pm and costs $£ 2.50$ to 3 hours, $£ 3.50$ for $3-4$ hours, $£ 5$ for $>4$ hours. Cash or cards ( $£ 1.50$ extra for cards). No blue badge privileges.

Any competitors with dogs should keep them on a lead in the Car Park, assembly areas and on the course. Distance to the start/ finish area is approx. 250 metres. Red and white tape will help to show the way.

## Public Transport

Rail: the event centre is approximately 1 km NNW of station. From the station follow the Causeway NNW, and then Queen street over the river Arun. Turn right at the next roundabout onto Mill Road. Follow Mill road for approx. 100 m and turn right into Mill Road Car park. Buses: limited on Saturday and in evenings Check all public transport journey times carefully before travelling.

## Assembly

The assembly area is in the Mill Road overflow parking area, these are fields to the south of the main car park (described above) accessed through an open gate. This will contain entry on the day (From 6.15pm 7.45 pm (Please no latecomers!)), download and a maze for juniors.

## Facilities

Arundel visitor centre, museum and castle are all adjacent to assembly. Arundel visitor centre and museum close at 4 pm . Castle closes at 5 pm . Inns and restaurants nearby for Apres-O.

Public toilets are available on the West side of the main paved car park at a fee of 20p. Drinks and water will not be provided at the event.

## Free maze fun challenge

There will be a fun navigation challenge in the assembly area, suitable for anyone from young children to adults.

## Start

Starts from 18:30-20:00. The start is 250m away. Please ensure that if you are competing in the event, you do not walk into the streets to the West of the castle 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 250 m away from download which is back at the Mill Road overflow 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

1:4,000 with 5 m contours. The map was created by Neil Crickmore in October 2018 to the then ISSOM 20XX standard.

## Control descriptions

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

## Terrain

The area is an urban environment with not insignificant climb.
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.

## Courses

| Course | Length (km) | Climb (m) | Controls | Men | Women |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2.9 | 70 | 21 | M16-50 | W16-50 |
| 2 | 2.5 | 65 | 16 | M55+ | W55+ |
| 3 | 1.3 | 10 | 11 | M12-14 | W12-14 |

$16+$ on day of event can run any course.
$12+$ on day of event can run course 3 unaccompanied, where parents/ guardians are in agreement. Accompanied juniors may run any course.

## SAFETY ON THE COURSE

- Safety Bearing: If north of river: east to Castle Walls/ High Street then south to mini roundabout and left onto Mill Road to find car park, If south of river: east to Queens Street then north, crossing bridge to mini roundabout and right onto Mill Road to find car park
- 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

1) There is an unmarshalled road crossing between parking/registration/download and the start/ finish.
2) Maps will include an emergency phone number which juniors can ring if they are lost - all juniors U16 are encouraged to run with a mobile phone.
3) 

|  | Under 12 | $12-16$ | $16-18$ | Over 18 |
| :--- | :--- | :--- | :--- | :--- |
| Unaccompanied | Maze only | Course 3* | Any course | Any course |
| If accompanied by $>18$ | Any course | Any course | Any course | Any course |
| Hi viz clothing mandatory | Yes | Yes | Yes | No |
| Carry a phone | Recommended | Recommended | No | No |
| *This course will involve running along and across minor roads. Competitors/parents/guardians should be comfortable with this. |  |  |  |  |

4) Parents are responsible for ensuring their children are briefed with safety information as follows:
a. Take care crossing roads
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 say which shops / restaurants you are close to and someone will come to find you
d. Don't talk to strangers
e. No need to cross big roads

## Prize giving

Will be held in the registration area at approx. 20.40 for both men and women who achieved $1^{\text {st }}$ place in each of the following age categories:

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

# Sunday 19th May, 2019 <br> West Angmering National Event 

## Southdowns Orienteers welcome you to West Angmering and hope you enjoy your run. We are grateful to Angmering Estate and Blakehurst Farm for the use of this area.

## Officials

Planner: Ralph Phillips
Organisers: Jennie Warner: 01903-893243 mob: 07762096772 ashleyandjennie@gmail.com
Controller: Kieran Devine (BAOC)

## Location

Angmering Park, near Arundel.

Car Parking: $£ 1$. Car parking. GR: TQ046073. Car parking is in a field along a forest road just near to Blakehurst Farm, BN18 9QG. The event will be signposted from the A27 at the junction to Blakehurst. Please approach the event along Blakehurst Lane, turning left off the A27 duel-carriageway heading Eastbound (approx. 1 km from the Crossbush Roundabout). If you are travelling West along the A27 from Brighton/Worthing, please go all the way to the Crossbush Roundabout and travel back along the A27 Eastbound prior to turning left onto Blakehurst Lane. Please be aware that competitors on a number of courses cross Blakehurst lane in both directions. Please keep your speed to a minimum. Access to the parking is along a single track road off Blakehurst Lane. Please drive along this track at no more than 20 mph .

Leaving Event: If you intend to travel Eastbound on the A27 towards Worthing, please turn left down Blakehurst Lane when leaving. For those who need to travel Westbound on the A27 towards Arundel, please exit the event by going straight on towards Crossbush. At Crossbush you may find it easier to turn left, go around the Crossbush Roundabout to then travel back towards Arundel on the A27. Please be aware, both roads are narrow with passing places. Please drive responsibly. It is requested that competitors do not exit the car park until after 1 pm to prevent congestion on the access road.

## Assembly

Within the car parking field. EOD and First Aid in the Enquiries tent. SI registration in the SI/download tent.

## Public Transport

Nearest bus stops at Poling Corner on the A27 at Blakehurst Lane. Bus 69 and 615 go Westbound and bus 69 goes Eastbound. Nearest train station: Arundel 2.2 miles approx. to car park.

## Map

The map has been produced by David Peel at a scale of 1:10,000 with 5 m contours and using ISOM 2017. The area was surveyed in January 2019, with some updates/additions to the area having taken place in March 2019. Two map sizes are used. Please see course length chart for your map size. There are no nonstandard symbols used.
Cultivated land marked on the map
approaching the finish where competitors need to ensure they do not cross the cultivated land and they
must stick to paths and field edges.

## Terrain

Angmering Estate is a large, predominantly deciduous woodland on the South Downs. Most of the woodland is very runnable although there are some areas of bramble and brashings. Areas of significant undergrowth have been avoided where possible. The Black \& Brown courses will visit the far west of the area and will have to cross Blakehurst Lane, into an area that is mainly light green but runnable, with crossable streams. As Blakehurst Lane is a lightly used lane by vehicles there are no marked or marshalled crossing points to access this part of the wood so it's the responsibility of competitors to cross safely. There are also houses within the whole area, so please take care when crossing any main track/road.

Features in Angmering are the usual mixture with many depressions, some of them very large. There are also numerous paths and rides, which may be used by walkers and, particularly in the south, horse-riders. Edges of fields are in-bounds, but the fields that are cultivated are very much OOB.

The courses using the far south of the map will travel through a very interesting network of earth features and dried up waterways. At points there may be fences to cross, but the routes take you in a way that you should cross ruined fences rather than possibly damaging upright ones. There are a lot of barbed wire fences often laid on the ground. Please take extra care around areas where there are any type of fences marked on the map.

For those historians, this area also has a number historical landmarks. The main road/track that runs though the north part of the forest is called Monarchs Way. It is part of the 615 mile route that Charles II took when escaping from the battle of Worcester in 1651. He stopped at many villages in Sussex and made his final part of the journey through Angmering towards Shoreham Harbour. As well as running along the route a King took, you will also be stepping where there was once a highway robbery resulting in a hanging. Jack Upperton robbed a local postman in 1771. He was hung in Horsham and then gibbeted in Angmering Park near to where the robbery had taken place to warn others. The site of the gibbet is still there, very near to our start, and our assembly field is named Gibbet Field.

## SAFETY WARNING - ON THE COURSE

- Safe bearing out of the forest using the A4 map (Green, S Green, VS Green, Lt Green, Orange, Yellow and White): Head North until you meet a track, turn West back to the assembly area.
- Safe bearing out of the forest using the A3 map (Black, Brown, S Brown, Blue, S Blue, and L Orange): When in the west area across Blakehurst Lane come back onto the lane head North to the junction turn East to the assemble area. When east of Blakehurst Lane head North to the main track, turn West back to the assemble area.
- Carrying a whistle is advised, as is a cagoule if the weather is poor.
- There is a large deer population and the risk of ticks is high. Please wear full cover and check your body after your run.
- 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.
- 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 - AROUND THE AREA

- Whilst driving on the estate road on arrival and departure the speed limit is 20 MPH maximum.
- Many local visitors frequent this Estate, including a lot of horses. Please be courteous to them all


## Control Descriptions

All courses with exception of White, Yellow, and Orange, who will have written controls, will have pictorial control descriptions. All courses will have their course description printed on the map. Loose descriptions will be available in the start lanes.

## Start

Approx 300 m from the assembly area. Head North out of the Assembly area onto the track, turn North East and follow the tape to the start. 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.

Start Times: 10.00am - 12noon. Start times will be allocated on Fabian4. It is a punching start, so if you arrive later than your start time, you should see the start official and be accommodated in the next available time slot.

String Course: There will be an exciting "Peter Rabbit" string course running from 10am - 1pm and starting about a 2 min walk from the assembly area (on the way to the main start). The string course is free to take part in.

Courses close: You must report to download by 2 pm to avoid unnecessary searches being launched.
Finish: One finish for all courses close to 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. This year we have introduced 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 | 12.8 | 140 | 28 | A3 | M21 |  |
| Brown | 11.1 | 110 | 22 | A3 | M35 M40 |  |
| Short Brown | 9.0 | 110 | 18 | A3 | $\begin{aligned} & \text { M18 M20 M45 } \\ & \text { M50 } \end{aligned}$ | W21 |
| Blue | 7.0 | 80 | 15 | A3 | M16 M55 M60 | W35 W40 |
| Short Blue | 5.8 | 80 | 14 | A3 | M65 | $\begin{aligned} & \text { W18 W20 W45 } \\ & \text { W50 } \end{aligned}$ |
| Green | 4.6 | 60 | 13 | A4 | M70 | W16 W55 W60 |
| Short Green | 3.6 | 45 | 11 | A4 | M75 | W65 W70 |
| Very Short Green | 3.0 | 30 | 10 | A4 | M80+ | W75 W80+ |
| Light Green | 3.3 | 50 | 12 | A4 | M14 | W14 |
| Long Orange | 5.8 | 55 | 15 | A3 | Adult Novice | Adult Novice |
| Orange | 3.0 | 35 | 12 | A4 | M12 | W12 |
| Yellow | 2.4 | 25 | 10 | A4 | M10A | W10A |
| White | 2.1 | 25 | 10 | A4 | M10B | W10B |

## Prize giving for combined daytime events

Will be held in the assembly area at approx. 14:00, if not earlier.

