



**Dartford Orienteering Klubb
Middle Distance Regional (Level C) Event at
South Ashdown (North)
(Part of Ashdown Forest)**

Final Details

Event Date: Saturday 17th October 2026

Travel :

- **From the North:**
From East Grinstead head south on the A22. 1.5 miles after Wych Cross, turn left into a partial restricted-usage road past a Pippingford Park sign.
- **From the South:**
From Uckfield, head north on A22 for 7 miles. Then, turn right into a partial restricted-usage road past a Pippingford Park sign.
- **Public Transport:**
Nearest rail station is at East Grinstead. Please check www.nationalrail.co.uk or www.google.com/maps for the best itinerary. METROBUS run a 500 service which runs approx. every hour on Saturdays from East Grinstead Fire Station (due to the one way system; the return bus stop is adjacent to the station) <https://www.metrobus.co.uk/services/MB/500?date=2026-10-17&direction=outbound&all=on> The journey time is 18 mins to the stop at the entrance to Pippingford Park. It is a 0.6k walk from the bus stop to our Event Centre.

Car Parking :

- Car parks are within the Event Centre at Pippingford Park, Nutley TN22 3HW (what3words ///garages.stuns.variation). Take the first right turn after entering Pippingford Park for our parking and Event Centre. Please park as directed.

Event Centre:

- The Event Centre will be at Pippingford Park, Nutley TN22 3HW.

Event Centre Facilities:

- Enquiries and download will be in a small hut at Pippingford Park.
- Portaloo toilets will be available.
- There will be full catering services provided by Podium Catering.
- First aid cover will be provided by professional RJK Event Medics.
- See map in the Appendix.

Registration:

- Registration online only at www.racesignup.co.uk.
- Hired dibbers are available from the Event Centre. A charge of £30 will be made for lost SI cards and £65 for lost SIAC cards.
- Registered competitors with no dibber hire can go straight to the start. Any competitor who has hired a SI or SIAC dibber should collect it from Enquiries.
- Late Entries are subject to map availability. For Fees see below.

Start and Finish:

- There is a single start for all courses. The start is 150m from the Event Centre (see map in Appendix) accessed across a marked crossing of a fence just behind the hut which is our Event Centre. The fence is low enough that taller competitors will be able to step over it but not everyone will be able to. We are therefore providing blocks to enable others to get across it easily. Follow the taped route to and from the fence crossing.
- A tent will be available near the Event Centre where clothing can be left, primarily for those arriving by public transport. Due to the proximity of the Start and Finish to the Event Centre, there will not be a clothing dump elsewhere.
- Start times are 13:00 to 15:00. Start times are not being pre-allocated.
- Call up will be at minus 4 mins.
- Loose control descriptions will be available at the Start.
- Competitors on the Yellow course will be able to see their map before they start.
- Controls will be activated for contactless punching but everyone must punch at both the Start and the Finish.
- All courses have the same Finish. After finishing, please proceed directly to Download which is 350m away. Follow the tapes.
- No water is provided at the Finish.
- Please ensure you download, even if retiring, and before you head to your transport.
- **Courses close at 16:30.** Controls will start to be collected promptly after this time.

Terrain and Map:

- Mixed forest and open moorland with gorse, heather and dead bracken. Some mainly runnable forest, some marshy areas, and a good path/ride network.
- The map was surveyed in 2022 by Mike Elliott (for Mole Valley) and the map has been updated by Andrew Pitcher in late 2025 with more updates in September 2026. The map scale is 1:7,500 for with 5m contours drawn to ISOM2017 standards.
- All maps are A4 on water-resistant paper. Courses and control descriptions will be overprinted. All maps will have a full legend.
- Here is a link to a previous map <https://www.dfok.routegadget.co.uk/rg2/#85>

Mapper's and Planner's Comments:

- The western and eastern areas are marshy heathland with heather, tussocks and clumps of gorse. The central area is deciduous woodland with earth features.
- Some areas of gorse have been mown, improving runnability. These are mapped as rough open. Areas of high bracken and gorse are mapped as fight.
- When cleared areas are growing back they have been mapped as rough open with scattered bushes.



- It has generally been a dry Summer so many of the wet features are currently dry
- Some of the streams are at a low level and barely flowing
- Steep drops in the streams (waterfalls at other times of the year) are mapped as crags across the streams



Dogs: On a short lead only, please.

Courses: Anyone can choose to run any course.

Course	Length (km)	Climb (m)	No. of Controls	Map Format
Brown	5.3	140	23	A4 (1:7,500)
Blue	4.2	105	17	A4 (1:7,500)
Green	3.6	100	16	A4 (1:7,500)
Short Green	2.9	75	13	A4 (1:7,500)
Light Green	3.2	90	13	A4 (1:7,500)
Orange	2.2	65	8	A4 (1:7,500)
Yellow	2.0	45	8	A4 (1:7,500)
Score			20	A4 (1:7,500)

The Blue and the Brown course each have a control that is visited twice. Please ensure you visit the controls in the correct order.

If you are a newcomer to orienteering, the Yellow and Orange courses are suitable for beginners. Please speak to someone at the Event Centre and they will give you some guidance before you start.

Entries and Fees:

- Entries online at www.racesignup.co.uk only.
- Late entry from 12th October 2026: Seniors £16; Students/Juniors £6.
- Score course Seniors £10 Juniors £6.
- Seniors on Yellow and Orange £8.
- Late entries are subject to map availability.
- Additional £2 on all fees for Seniors and £1 for Juniors who are not members of British Orienteering.

- There is a charge for parking of £4. Please indicate whether or not you are a vehicle driver when you enter.
- Changes to entry information can be made until 09:30 on Friday, 16th October 2026.

Results:

- We will have a QR code for live results on your course map.
- Provisional results, including route gadget, will be available later on the day of the event.

Safety:

- Please read the Planner's notes above.
- Anyone with a high-risk medical condition is invited to complete a form as download and seal it in an envelope provided. Unopened envelopes can be collected after your run and unclaimed envelopes will be destroyed unopened.
- Some courses will cross streams which could be deep after heavy rain. So, again, take care if the conditions are adverse.
- Please have particular regard to the other users of the area, including all walkers, dog walkers and riders, all of whom are also seeking to enjoy their activities peacefully. Slow to a walk, keep especially quiet and keep a wide berth at any point where you meet horse riders.
- There are cattle and sheep grazing in the area. Please also give these a wide berth.
- Full leg and torso cover is required, no shorts please. Competitors are advised to carry whistles.
- The organisers reserve the right to insist that cagoules are carried in the event of bad weather.
- The safety bearing is to head north to the east/west stream or metalled road and then head west.
- In case of emergency, please call 07794 379711 (the Organiser's phone) or contact the nearest event official. This number will be on your course map.
- Finally, competitors take part in this event at their own risk and are responsible for their own safety.

Code of Conduct:

- You are reminded of the need to follow the British Orienteering Participant Code of Conduct. There is a link to this on the [racesignup](#) page.

Accidents:

- RJK Event Medics will be attending the event and will be based next to the Event Centre.
- In the event of any minor injury the nearest urgent care unit (not A&E) is the Queen Victoria Hospital in East Grinstead RH19 3DZ (5 miles).
- The nearest A&E unit is at the Princess Royal Hospital in Haywards Heath RH16 4EX (7.3 miles).

Conservation of the Forest:

Ashdown Forest, as many of you will know, is a very special place. It is managed by the Board of Conservators of Ashdown Forest, an independent body. In recognition of the ecological importance of Ashdown Forest and to ensure its protection, it is designated as a European Natura 2000 site and as a Site of Special Scientific

Interest under UK legislation. Ashdown Forest is also within the High Weald Area of Outstanding Natural Beauty.

The Conservators have duties laid down by statute which include the following:

- To regulate and manage the forest as an amenity and place of resort.
- To conserve it as a quiet and natural area of outstanding beauty.

The Conservators are keen to raise the public's (and hence our) awareness of their legal duty and, within this, their aim of balancing the interests of all users of the forest.

Special Thanks:

We are grateful to the Conservators of Ashdown Forest for permission to hold the event, Richard Morriss at Pippingford Park for access to his land for our parking and Mole Valley orienteering club for allowing us to use their map.

Cancellation:

Cancellation is a last resort, however if very bad weather is forecast or some unforeseen event makes it necessary to cancel, a notice will be placed on the DFOK website. If the event is cancelled, DFOK reserves the right to retain part of the entry fee to cover unavoidable costs. Please check our website for any last minute information www.dfok.co.uk

Officials:

- **Mapper:** Andrew Pitcher (DFOK)
- **Planner:** Andrew Pitcher(DFOK)
- **Controller:** Julia Jarvis (SO)
- **Organiser:** Andrew Evans (DFOK)

