

Saturday, 11th April 2026, Level D Orienteering Event Southampton Common, Final Details

Location: Event Centre is close to Hawthorns Wildlife Centre on the South East side of the Common. Postcode SO15 7NN.
What Three Words – gains.moon.pools

Parking: Some free parking on Cemetery Road, (off Northlands Rd). This is used by parkrun runners so you are more likely to find a place after 10am. Public transport or cycling are good alternatives.

Timing: Registration: 10:15 – 12:00
Start times: 10:30 – 12:15
Courses close: 14:00

Facilities: The Hawthorns Centre has a café and toilets for customers. The Cowherds pub on the Avenue is less than 200m away.

Entry: Pre- entry preferred– racesignup.co.uk. SI timing system
Entry on the day also available. (Cash or card accepted).

Fees:	Members	Public	Timing card hire	
Adult/ Groups	£4.00	£5.00	£1.00	Charge for lost card: £45
Junior	£2.00	£2.00	£Free	
Extra Maps	£1.00			

Courses:	Course	Distance (Approx)
	Yellow	2.5km
	Orange	3.7km
	Red	5.7km

All courses are suitable for beginners, although the Yellow is easier than the Orange and Red.

For ecological reasons (the Common is a SSSI), courses largely stick to the tarmac paths, resulting in limited route choice.

Map: Scale 1:7500. 5m contours.

Terrain: Parkland. Gentle slope from North to South.

Start: Punching start. Start and Finish are both close to the event centre.

Clothing: In adverse weather we may ask you to wear a cagoule or similar waterproof top. Competitors may wear shorts.

Bio-security: Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:

- Check
- Clean
- Dry

Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.

Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible.

Hazards: Please be aware of cyclists and skateboards etc.

Please respect and be courteous to other Park users.

Safety: The safety bearing is South. Courses close at 14:00 hrs.

Competitors attending the event alone **MUST** leave their car key at Registration.

All competitors must report to Download even if retiring from the event.

Orienteering is a physically challenging sport. Competitors take part at their own risk.

Photography and O-Safe: There are no official photographers for this event. Photography is not allowed in the toilets or any "changing area" including the car park. Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.

Safeguarding is everyone's responsibility, play your part, report any concerns and put good practice into effect.

Dogs: Dogs should be kept under control and on a lead when necessary.

Risk assessment: A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.

Insurance: If you're not currently a member of British Orienteering, you won't be covered by the organisation's public liability insurance for this event. You're very welcome to take part, but please be aware that you do so at your own risk.

Medical conditions: If you have a **High Risk Medical Condition** you are invited to download and complete this form: https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.

Event cancellation: If the event has to be cancelled for reasons beyond our control, SOC reserve the right to retain all or some of your entry fee to cover committed costs.

Officials: Planner: David Currie
Organiser: Bill Davidson 07950 384233