



# SUFFOLK ORIENTEERING CLUB

SPEEDING UP YOUR ORIENTEERING

KNETTISHALL HEATH

9<sup>th</sup> December 2017

**Time** Coaching session will be from 1300 – 1500.  
Please aim to be there for 1245

**Fees** Free for SUFFOC members. £2 to members of other clubs  
and non-affiliated runners

**Courses** This session will consist of training courses aimed at improving orienteers' ability to flow through controls, improve understanding of symbol control descriptions and keep focussed when running in the forest with others.

**Terrain** Knettishall Heath consists of open heathland with some heather cover and forest with bracken ground cover. However, in December the bracken will not be a constraint to navigation

**Map** Thank you to the Suffolk Wildlife Trust for use of the area. Part of the fees from the session will be given as a donation to the trust. Extracts of the overall map will be used. The map is at 1:10000

**Directions** Knettishall Heath is located to the south of the A1066, west of Garboldisham. Take the minor road (south) signposted with a brown sign to Knettishall Heath. At the crossroads just after first (main) car park for the heath turn right (west) and the smaller car park - where we'll be based - is 300 yds on the right-hand side. Toilets are located in the main car park; a path links the two areas. There is a charge of £1 for the main car park.

**Lead Coach** Clive Wilkinson contact 07768 286138  
[coach\\_clive@suffoc.co.uk](mailto:coach_clive@suffoc.co.uk)

Please contact me if you are thinking of coming along so that I can print enough maps for the session

## Location

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[TL952806](#)



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