



Suffolk & West Anglian Orienteering Clubs

Autumn in Anglia Day 2: Bury St Edmunds

6th October 2019



Regional, UKUL, SEOUL & EA Urban League Event

Join us for an event which will allow you to explore the Suffolk market town of [Bury St Edmunds](#). Starting & finishing in the vicinity of the Abbey Gardens, you'll be planning routes via streets, alleys & pathways to find checkpoints in both the historic & the modern areas of the town. The event is included in the major urban leagues ([UKUL](#), [SEOUL](#) & [EAUL](#)) for seasoned orienteers, but less experienced entrants & first-timers will be most welcome - we'll explain the basics & help you choose the most suitable course.

Entry & Times: pre-entry for individuals on the main competition courses will be via the [Fabian4*](#) website until 2nd October. On-the-day entries will be available for groups & for newcomers, & may be possible for individuals on the main competition courses, subject to map availability. Suffoc & WAOC members who volunteer to help on the day will receive a discount on their entry fee - please contact the individual organisers before pre-entering.

Registration times are from 10:00 to 12:00 & start times from 10:30 to 12:30. Courses will close at 14:30. Electronic timing (SIAC enabled) will be used - the timing chips, or SI cards, may be hired via Fabian4 or on the day, & will need to be collected from registration.

Entry Fees: Senior BOF members: £8.00 (pre-entry) or £10 (on-the-day)
Senior Non-members: £10.00 (pre-entry) or £12 (on-the-day)
Groups - same as senior rate above (extra maps £1)
Juniors (under 21): £4.00
Adult or group on "Newcomers' Taster Course": £5
Juniors (under 21) on "Newcomers' Taster Course": £4.00
Hire of SI card: Standard: £1; SIAC (contactless): £2

Courses: there will be a choice of distance, as shown on the following page, & if you're over 16 years of age & not competing in the urban leagues, you'll be able to enter whichever course suits your level of fitness & whether you plan to run or walk. Those participating in the urban leagues will need to enter the correct age category, as shown.

* Please email publicity@suffoc.co.uk if you're new to Fabian4 & need help with this

First-timers - or, perhaps, families who've tried one of our Park-O events this summer - may choose a less-competitive "Newcomers' Taster Course" for a discounted entry fee. The main newcomers' course will enable you to experience urban orienteering in the town in addition to the Abbey Gardens - the "Town" course - but, if the distance seems too long, a shorter option - the "Abbey" course - may be more appropriate.

Please note: any under 16s competing as individuals will only be able to enter the courses designated as "Junior" - or the "Abbey" taster - as these will be set within the Abbey Gardens & the immediate surroundings to comply with British Orienteering's traffic safety guidelines.

Main Competition Courses:

Course:	Approx. Distance:	Age category for Urban Leagues:
1	6.0 - 10.0 Km	Men's Open (M18 - 35)
2	5.0 - 8.0 Km	Veteran Men (M40+) & Women's Open (W18 - 35)
3	4.0 - 6.5 Km	Super Veteran Men (M55+) & Veteran Women (W40+)
4	3.0 - 5.0 Km	Ultra Veteran Men (M65+) & Super Veteran Women (W55+)
5	2.5 - 4.0 Km	Hyper Veteran Men (M75+) & Ultra/Hyper Veteran Women (W65+/W75+)
6	3.0 - 5.0 Km	Junior (M & W16-)
7	2.0 - 3.5 Km	Young Junior (M & W12-)

Newcomers' Taster Courses:

"Town": approx. 4.3 Km

"Abbey": approx. 2.1 Km

n.b. The distances given are measured in straight lines between checkpoints on the map - you are likely to travel further on the ground, depending on your route planning, & on buildings & walls you may have to skirt around.

The map, newly drawn & on its first outing at this event, is at a scale of 1:4,000, printed on waterproof paper.

Basics: The Event Centre will be at Bury Town Football Club, with indoor facilities for Registration, Download & Results, waiting, baggage, toilets, soft drink purchase, etc, & parking will be in the adjacent [Ram Meadow](#) long-stay pay-&-display car park.

Post code:
IP33 1XP

OS Grid Ref:
TL 857 645

To reach the Start you'll need to use the Mustow Street entrance to the Abbey Gardens, a walk of less than 500m from the Event Centre & with a conveniently situated pedestrian crossing on the busy main road.

There is a café in the [Abbey Gardens](#) & various venues in the town for refreshments post-race. If you're planning to stay & explore the area further you may be interested in the [Bury St Edmunds & Beyond](#) website, which gives much information on accommodation, attractions & local events, etc.

Event Organiser: Simon Hooton (SuffOC) burysteds@suffoc.co.uk

Planner: Peter Duthie (WAOC) **Controller:** Mike Chopping (NOR)

Further details will be available in due course from:

www.suffoc.co.uk

Updated 24/08/19

Please note: we need to record some personal data in order to process the results & for insurance purposes & photographs may also be taken during the event. You can read our [Data Privacy](#) & [Photography](#) statements on our website.