



Exercise brain and body...

...while raising funds for The Avenue at Beccles Common...

Suffolk Orienteering Club have joined with the Beccles Town Council to set up a challenge morning on Monday 1st May as a fund raiser to try and help restore The Avenue – the corridor of trees that take you from the station onto the Common.

Orienteering requires you to use a map to locate a series of controls in order. The controls are orange and white triangles of material on a cane with an identifying number and a pin punch. This punch is squeezed onto your control card to prove you have visited the control. Starting and finishing in The Avenue there will be three options:

- A short course of about 2km mainly on or beside the paths
- A long course of about 3km that is a touch harder
- A score event which gives you up to 27 controls to be found in any order within 45 minutes.

A time is recorded when you start and finish meaning you can be competitive and try and get round in as quick a time as possible. However, if you are brand new to the sport or just don't fancy running, you can stroll round testing your mind with the map.

Beccles Common, lying close to the railway station, is mainly an open common that is unusual in that it has a 9 hole golf course on it with fenced off greens as the Common has grazing rights – though nothing but rabbits are grazing it at the moment. There is an open boundary woodland and a mix of dense gorse patches and sporadic trees as well as a central island of (out of bounds) cottage and wood. It should therefore suit newcomers as well as having a touch of complexity for those who have orienteered before.

Entry will be £3 for adults or groups (as you can go round with others if you wish – even the dog if it is on a lead!) and £1 for juniors.

Registration will be from 10am with the chance to start at some point between 10.30 and 12.30pm. The courses will close at 2pm. Registration will be on the way to the start and finish in The Avenue on the Common. Toilets and parking will be at the sports club to the SW of the Common.

Members of Suffolk Orienteering Club will be on hand to introduce the sport and help newcomers so it is a great chance to try a new challenge. If you are already an orienteer you will, of course, also be very welcome.

Nearest post code NR34 9RH Grid ref TM428904 ...or use the railway station

The local cafés can provide refreshments though there may be some fund-raising stalls as well. Final details will be available on www.suffoc.co.uk after Easter.

Queries or further details: please contact the planner, **Simon Hooton, on 01379 871494**