



Suffolk Orienteering Club

Daisy's Wood, Rendlesham

Sunday 1st December 2019

Regional & ESSOL Event

Daisy's Wood consists mostly of typical East Anglian coniferous forest, but this is interspersed with varied blocks of deciduous trees & a number of large pits & other contour features which give added interest. The network of tracks & paths will aid navigation for Juniors & for those with less experience.

First-timers will be most welcome; our volunteers will explain the basics & help you to choose a suitable course.

Entry & Times: individuals are encouraged to enter online via [Fabian4](#) (until 24th November). Entry-on-the-day will be open for all courses, but the available spaces on each course will be determined by the number of maps remaining: it's best to arrive early to secure your first choice! Group entry is available for schools; please contact the organiser in advance.

SuffOC members who are helping on the day will receive a Fabian4 discount code from the organiser, for use at the time of entry.

Registration times are from 10:00 to 12:00 & start times from 10:30 to 12:30. Courses will close at 14:00. Electronic timing 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: Seniors: BOF members: £9.00; Non-members: £11.00
Seniors on white/yellow courses & Juniors (under 21): £4.00
Groups - same as senior rate (extra maps £1)
Hire of SI card: £1

Courses: there will be a choice of distance & level of technical difficulty, as shown below. Juniors who wish to be competitive in the schools' league (ESSOL) will need to select their correct age category.

| Courses: | Technical Difficulty: | Approx Distance: | Age category for ESSOL: |
|-------------|-----------------------|------------------|-------------------------|
| White | Very easy | 1.5 - 1.9 Km | Up to Year 6 |
| Yellow | Easy | 2.0 - 2.9 Km | Years 7 & 8 |
| Orange | Moderate | 2.5 - 3.5 Km | Years 9 & 10 |
| Light Green | Harder | 3.0 - 4.0 Km | Years 11 & 12 |
| Short Green | Hardest | 3.0 - 4.0 Km | |
| Green | Hardest | 3.5 - 5.0 Km | Year 13 |
| Blue | Hardest | 5.5 - 7.5 Km | |
| Brown | Hardest | 8.5 - 12.0 Km | |

The map is at the scale of 1:10,000, with 5m contours, updated 2019, & waterproof. Control descriptions are printed on the map & will be available separately.

Directions: Follow the A1152 through Melton, turning left at the roundabout with the B1083 to stay on the A1152. At the next junction continue straight onto the B1084. After approximately 2.5 miles turn left onto Forest Ride 5 to reach the parking area. The event will be signed from the B1083 roundabout.

The Portaloo will be situated close to the parking area.

Dogs are allowed, but should be kept on a lead in the car park & under strict control on the courses.

Nearest
Post code:
IP12 2RY

OS Grid Ref:
TM 345502

Organiser: Rod Mansel daisys@suffoc.co.uk

Planner: Martin Hore

Controller: Clive Tant (SOS)

Further details will be available in due course from:

www.suffoc.co.uk

Updated: 30/10/19

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.

Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.

Please check our [website/Facebook page](#) in case of last minute cancellation due to severe weather conditions. In the event of cancellation some or all of your entry fee may be retained.

Submission of an entry for the event will indicate your acceptance of the above.