



# Suffolk Orienteering Club 15<sup>th</sup> January 2017

## Daisy's Wood, Rendlesham Forest, Level C, EAL and ESSOL



Welcome to SUFFOC's Daisy's Wood event. This is the first East Anglian League event of 2017. Daisy's Wood is part of the much larger Rendlesham Forest and consists of a typical East Anglian coniferous forest interspersed with blocks of deciduous trees of various ages on either side of a small, rather marshy valley.

**Directions:** Follow A1152 through Melton and left at roundabout with B1083 to stay on A1152. At next junction continue straight onto B1084. After approximately 2.5 miles turn left onto Forest Ride 5 to parking. It will be signed from B1083 roundabout.

### New to Orienteering:

You can read about a typical SUFFOC event at: <http://www.suffoc.co.uk/resources/new-to-o/your-first-event>. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these on the website at: [http://www.suffoc.co.uk/resources/about\\_suffoc/membership](http://www.suffoc.co.uk/resources/about_suffoc/membership).

### Courses and Maps:

This event uses Sport Ident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

All courses use pre-printed waterproof maps updated in 2016 (**Scale 1:10,000**) which will be issued at the Start. Control description sheets will be handed to you at Registration; they are also printed on maps. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Course	Distance (Km)	Controls	Climb	Technical difficulty	EAL Age Class	ESSOL courses
<b>White</b>	2.0	11	20m	Very easy	-	Up to year 6
<b>Yellow</b>	2.7	8	20m	Easy	M/W10	Years 7 and 8
<b>Orange</b>	3.1	10	25m	Moderate	M/W12	Years 9 and 10
<b>Lt Green</b>	4.1	12	35m	Moderate/Hard	M/W14	Years 11 and 12
<b>Short Green</b>	3.8	14	30m	Hard	W65+/M75+	
<b>Green</b>	5.2	17	55m	Hard	W16-20/W45-60/M65-70	Year 13
<b>Blue</b>	7.2	24	80m	Hard	M16-20/W21-40/M45-60	
<b>Brown</b>	8.9	29	80m	Hard	M21-40	

### Registration and SI Card (Dibber) Hire:

Registration is from 10.00 am to 12.00 noon in the grey tent.

Before going to the Registration tent please complete the Registration Form, including your address if not a member of British Orienteering, and also the names and addresses of additional persons if entering as group, family or shadowing.

### Fees:

Seniors £9.00 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £3.00 Seniors and Groups on white/yellow course £3.00
Extra map £1.00	Dibber Hire £0.50 (£30 replacement cost if lost)

### Start/Finish:

STARTS: 10.30 to 12.30 Start is 200m north-west of registration

Start times are not pre-allocated.

FINISH: is 50m west of registration

**You MUST report to the blue download tent, which is next to the registration tent. The courses close at 14.30**

**Please turn over**

## IMPORTANT SAFETY NOTES:

**Some courses cross the access road to the parking. Beware of runners when parking and beware of cars when running**

- The areas adjacent to the east west river through the area are marked purple as Out of Bounds. Please do not enter these areas. Do not attempt to cross streams marked on the map as uncrossable, other than by the footbridges shown. (These are all in or adjacent to the Out of Bounds area.)
- Some areas of the forest were thinned in 2014 and 2015 leaving lines of brashings. Where these remain difficult to cross they have been shown with a special map symbol indicating the direction of good runnability. Courses have been planned with route choices that avoid crossing the brashing lines.
- **All competitors MUST report to the Download tent by 14.30** even if you have not completed the whole course so that we are aware you have returned safely. Courses close at 14.30, so please return immediately to download if you are still out on the course at this time.
- You are advised to carry a WHISTLE for use in emergency only.
- Full leg cover is compulsory. Please check for ticks after event.

### Special map symbols:

Two non-standard symbols have been used on the map. These denote (1) linear brashings which do not affect visibility but are difficult to run across though easy running in parallel, and (2) rough open land with scattered trees which is slow running. This latter symbol is currently under consultation by IOF. It is appropriate to this terrain and is used here on a trial basis.

There will be maps in the start lanes with these symbols highlighted.

### Facilities:

TOILET - Portaloo near Registration.

Keys may be left in a box at Registration; when closed the box is transferred to the Download tent.

Water available at Download

**Dogs:** Dogs on lead in car park and under strict control within forest

In recent years, during autumn, several dogs which had been walked in woodlands suddenly became ill owing to Seasonal Canine Illness (SCI). The advice we have received from the Animal Health Trust is that the illness occurs between August and November. This advice indicates that dogs being walked in woodland at other times of the year will not contract SCI. If you are concerned, please contact the Animal Health Trust on 01638 555399

**First Aid:** A First Aid box is available in the Download tent. Nearest A & E is at Ipswich Hospital, Heath Road, Ipswich, IP4 5PD. In the hopefully unlikely event you need A & E please let an official know before you leave the event.

### Results:

Results will be posted on the Club's website [www.suffoc.co.uk](http://www.suffoc.co.uk).

### Event Officials:

Controller – **Richard Bonnett** Planner – **Martin Hore**; Organiser – **Clive Wilkinson (07768 286138)**

The next SUFFOC colour coded event is at Knettishall Heath on Sunday 26<sup>th</sup> February 2017 - see the SUFFOC website ([www.suffoc.co.uk](http://www.suffoc.co.uk)) for further details of this & other forthcoming events. For other East Anglian Orienteering Association events see the EAOA website [www.eaoa.org.uk](http://www.eaoa.org.uk)

**Photography:** Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed please notify the event officials. (British Orienteering guidelines, July 21<sup>st</sup> 2016)

**Data Protection Act:** Entry information (name age class and club) and the results of this event will be stored and processed by computer systems under the terms of the British Orienteering's registration under the Data Protection Act. The results from this event will be published on the Internet.

**PLEASE NOTE: All competitors take part in this event at their own risk**