



SUFFOLK ORIENTEERING CLUB

2015 SUMMER EVENT 3

GUNTON DENES & DIP FARM, Lowestoft

Sunday 5th July

Time 10:30 - 14:00

Fees Adults/groups £3.00
Juniors (under 21) and students £1.00

Postcode
NR32 4PQ
OS Grid Reference
TM 551953

- Courses
- 1) A modest circuit amongst the dunes and along the cliff top for fine coastal views and bracing sea breezes – approximately 2.5 km.
 - 2) A medium, conventional course for runners who wish to stretch their legs across a newly-mapped extension - approximately 3.5 km in total.

Courses will use pin punches and cards. Both courses are beside the sea, and therefore young children must be supervised by an adult.

Directions **Links Road, north Lowestoft**

From Bury St Edmunds (A143) and Norwich, follow the A146 via Beccles to Carlton Colville, then off the twin roundabouts on to the A1145 to join the A12 from Ipswich. Follow signs to Lowestoft town centre to cross the harbour bascule bridge, then the A12 towards Great Yarmouth. 300m past the lighthouse, take the third turning on the right at the multiple junction into Corton Road. After 750m, turn right into Links Road, and at the bottom of the hill, enter the free public car park on the sea wall.

From Great Yarmouth, follow the A12 Yarmouth Road towards Lowestoft town centre. 250m past Ormiston Denes Academy, turn sharp left into Corton Road at the multiple junction.

The area is a stretch of beach, cliff and warren off Corton Road on the northern outskirts of Lowestoft. There are low sand dunes and cliff faces covered with scrub, bracken and gorse, together with a multitude of small paths on the cliff top, and more open areas beyond. The presence of contours plus several interesting features provides good exercise for a small event.

Contact Colin Butler for more details:
01505 501424 or 07967 159304 or vectiscol@msn.com