



SUFFOLK ORIENTEERING CLUB

2017 SUMMER EVENT 1

GUNTON DENES & DIP FARM, Lowestoft

Sunday 11th June

Time 10:30 - 14:00

Fees Adults/groups
Juniors (under 21yrs)

£3.00
£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 Dip Farm - approximately 3.5 km in total.

Courses will use pin punches with cards, but the start & finish will be timed using SI cards ('dibbers'). Beginners will be able to borrow these, but beware – there will be a £30 replacement cost if not returned.

Safety: the recent warm, damp weather has encouraged the undergrowth, so full leg cover is advisable. The cliff-top warren provides suitable habitat for adders, so please be aware. Both courses are beside the sea 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 A47 towards Great Yarmouth. 300m past the lighthouse, take the third turning on the right at the multiple junction into B1385 Corton Road, signposted also for North Beach. After 750m, turn right into Links Road, signposted for North Beach car park, and at the bottom of the hill, enter the free public car park to the right on the sea wall.

From Great Yarmouth, follow the A47 Yarmouth Road towards Lowestoft town centre. 250m past Ormiston Denes Academy, turn sharp left into B1385 Corton Road at the multiple junction. Follow the signs for North Beach as above.

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:
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