



Suffolk Orienteering Club Sunday 3rd December 2017: West Harling Regional Event & ESSOL

Our thanks go to Forest Enterprise and the local Recreation Ranger, Nicky Russell, for permitting us use of the forest.

IMPORTANT SAFETY NOTES

- **USE EXTREME CARE ON CROSSING PUBLIC ROADS.** The Blue and Brown courses cross two roads. There will be three road crossings on these courses. Two will be timed out with a time up to 2 minutes allowed to cross the road. All other courses use a public right of way which may have slow moving traffic along it.
- You are advised to carry a WHISTLE for use in emergency only. Full leg cover is essential.

Please complete the Registration Form (IN CAPITAL LETTERS) before going to the Registration tent including your address if not a member of British Orienteering. Also name and address of persons if entering as group, family or shadowing. If you are new to orienteering or need assistance, please enquire at the Help Point.

Registration 10:00 to 12:00 noon in the grey tent. Starts 10:30 to 12:30 pm Dibbers (E-Cards) are available for hire from Dibber Hire at the Registration tent. **Courses close 14:30** all competitors must return to the Download tent by this time

Fees Seniors £9.00; Groups as per senior rate; BOF member discount £2.00; Juniors/under 21s £3.00; E-card hire £0.50 (£30 replacement cost if lost); Extra map £1.00; Seniors on white/yellow £3.00
Note: BOF 3rd Party Liability insurance only covers independent competitors for first three events

Courses and Maps: All courses use pre-printed waterproof maps (**Scale 1:10,000**) which are 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 text control descriptions; Light Green and above courses use IOF symbols. Under 16s are not allowed to run the Blue or Brown courses due to the road crossings.

Course	Distance	Controls	Technical difficulty	ESSOL School Years
White	1.7km	11	Very easy	Years 3 and 4, 5 and 6
Yellow	2.2km	11	Easy	Years 7 and 8
Orange	2.9km	9	Moderate	Years 9 and 10
Lt Green	3.2km	9	Moderate/Hard	Years 11 and 12
Short Green	3.5km	13	Hard	
Green	5km	15	Hard	Year 13
Blue	6.6km	20	Hard	Note no under 16s
Brown	9.1km	24	Hard	Note no under 16s

Start: located 170m south from registration. Follow yellow tapes to Start. Start times are not pre-allocated. For ESSOL, competitors from the same team on the same course must start at least 4 minutes apart.

Finish is approximately 250m north east of registration. You **MUST** report to the blue download tent, which is next to the registration tent, even if retiring. Please immediately return to download if you are still out on the course at 14:30.

Road Crossings: There are three road crossings on courses Blue and Brown, two of which are timed out crossings with a maximum time of 2 minutes allowed. The traffic on the roads is not heavy but is fast moving so take extreme care when crossing the roads. For this reason, under 16s are not permitted to run these courses.

Facilities & Dogs: Portaloo TOILET near Registration. Water available at Download. Keys may be left in a box at Registration; when closed box transferred to the Download tent. Dogs on leads please at all times.

First Aid: A First Aid box is available in the Download tent. Nearest A&E is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ. In the hopefully unlikely event you need A&E please let an official know before you leave the forest.

Results: Results will be posted on the Club's website www.suffoc.co.uk as soon as possible.

Event Officials: Controller **Kim Eden (NOR)**; Planner **Sally Wilkinson**; Organiser **Rod Mansel** rod.mansel@tiscali.co.uk

Next SUFFOC colour coded event is at Tunstall Forest near Woodbridge on the 25th February 2018. See the SUFFOC website (www.suffoc.co.uk) for further details on this and the Summer Series of informal events.

For other East Anglian Orienteering Association events see the EAOA website www.eaoa.org.uk

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 Federation'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