



Suffolk Orienteering Club - 23rd September 2018 Ickworth Park Regional & East Anglia League Event



Welcome to SUFFOC's Twist, Dairy & Albana Woods event in the northern section of Ickworth Park. In addition to the areas of mixed woodland, the terrain will include traditional open parkland. There are many easily recognisable features & a good path network. Our thanks to the National Trust for allowing us to use the estate & to Paul Seabrook, the shepherd, for his help & advice.

Post code:
IP29 5QE

OS Grid Ref:
TL 816 614

Ickworth Park is a National Trust property in the village of Horringer on the A143, 1 mile south-west of Bury St Edmunds. Follow the estate drive for 0.75 miles, then turn right at the junction to the overflow car park. If NT entry booth is manned, explain that you are taking part in the orienteering event. The Registration, Help & Download tents - & the Xplorer session - will be alongside the parking area.

New to Orienteering:

You can read about a typical SuffOC event on the "[New to Orienteering](#)" section of our website. 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 under the "[About SuffOC](#)" tab.

Courses and Maps:

This event uses SPORTident timing equipment. Dibbers (SI-Cards) are available for hire from the desk at the Registration tent.

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 narrative control descriptions; Light Green and above courses use IOF symbols.

Courses:	Technical Difficulty:	Distance & Climb (approx.)	Age category for EAL:
White	Very easy	1.7Km & 15m	-
Yellow	Easy	2.3Km & 30m	M & W10
Orange	Moderate	3.6Km & 55m	M & W12
Light Green	Harder	3.8Km & 70m	M & W14
Short Green	Hardest	3.5Km & 65m	M75+ & W65+
Green	Hardest	4.8Km & 85m	M65-70 & W16-20/45-60
Blue	Hardest	6.8Km & 120m	M16-20/45-60 & W21-40
Brown	Hardest	8.0Km & 130m	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.

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

Start/Finish: You may start between 10.30 & 12.30; times are not pre-allocated. The **Start** will be located approx. 200m from Registration, across open parkland. The **Finish** will be close to the play area, approx. 200m from the Download tent, and the return route signed. **All courses close at 14.30**

IMPORTANT COURSE & SAFETY NOTES:

- **Cultivated land is out of bounds. All Green, Blue & Brown courses have one leg running along a field headland: please ensure that you do not run on the crop.**
- **There are sheep grazing on the estate, so please close all gates and hurdles behind you (unless the gate is clearly secured open)**
- **There is some un-mapped bracken, currently very tall, on the Blue & Brown courses. It is better to go around, rather than through, these patches.**
- There have been **localised patches of forestry work, with associated trip hazards**. Please take care, & respect the estate signs warning people not to climb on log piles
- **Please be aware of, and respect, other park users** – including walkers, dog-walkers, cyclists & horse-riders.
- Both the event & main car parks will be busy, so **please be aware of traffic, especially with children.**
- **All competitors MUST report to the blue Download tent** 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.
- **Please wash your hands** after your run to guard against infection from grazing animals, & **check for, & remove, any ticks** you may have inadvertently picked up from the undergrowth.
- You are advised to carry a **WHISTLE** to summon help in case of emergency.
- **Full leg cover is compulsory**, & long sleeves, and/or waterproofs, may be advisable on the day

Facilities:

Toilets: the National Trust toilet block is alongside the main car park, adjacent to the plant sales area

Refreshments: the Porters' Lodge Café is on the left-hand side of the driveway to the house.

Note: entry to our event includes car parking and access to the facilities listed above. Participants who are **not** National Trust members will need to pay the appropriate fee to enter Ickworth House with its restaurant and formal gardens.

Keys may be deposited in a box, & confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team at Registration. All items will later be transferred to the Download tent for collection.

Water will be available at Download

Dogs are welcome on the estate but must be on leads, please, at all times. They may accompany competitors but must be on a short lead. Please note that the Orange, Green, Blue & Brown courses involve negotiating fence crossings.

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. Should you need A & E please let an official know before you leave the event.

Results will be posted on the Club's website www.suffoc.co.uk .

Event Officials:

Controller – **Bruce Marshall (WAOC)**; Planner – **Will Harrison**; Organiser – **Simon Hooton** info@suffoc.co.uk

The next SUFFOC colour coded event is at North Stow, King's Forest, Thetford on 4th November 2018 - see our [website](#) for further details of this & other forthcoming events.

Data Privacy: Entry information and the results of this event will be stored and published, as explained on our [website](#). Any event photographs will be treated as outlined [here](#).

Insurance: Competitors who are NOT members of British Orienteering will only be covered by the organisation's public liability insurance for a maximum of three orienteering events: after that they will need to become members for the insurance cover to continue.

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