



SUFFOLK ORIENTEERING CLUB

Twist, Dairy & Albana Woods

23rd September 2018

Regional event at Ickworth Park, Bury St Edmunds

Join us in the northern section of the beautiful Ickworth Park (National Trust) for our first event of the Autumn. The courses will be set in open parkland & in mixed woodland, with many paths & easily recognisable features, & will be suitable for newcomers & experienced runners alike. The event is included in the EA League & there will also be an Xplorer course for young families.

Entry is on-the-day, with registration times from 10:00 to 12:00 & start times from 10:30 to 12:30. Courses will close at 14:30.
Electronic timing will be used (SI cards may be hired)

Entry Fees: Seniors: BOF members: £7.00; Non-members: £9.00
Seniors on white/yellow courses & Juniors (under 21): £3.00
Groups - same as senior rate (extra maps £1)
Hire of SI card: £0.50 (£30 replacement cost if lost)

Courses:	Technical Difficulty:	Distance & Climb (approx)	Age category for EAL:
White	Very easy	1.6Km & 15m	-
Yellow	Easy	2.3Km & 30m	M & W10
Orange	Moderate	3.5Km & 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	6.7Km & 120m	M16-20/45-60 & W21-40
Brown	Hardest	8.0Km & 130m	M21-40

The map is at a scale of 1:10,000, updated 2018, printed on waterproof paper.

Basics: The only public access to the estate is from the A143 in the village of Horringer. Parking* will be in the overflow carpark signed from the main drive. The NT Porters' Lodge café & toilets are close to the car park.

Dogs are allowed on the estate but must be kept on a lead.

*Included, but there will be an entrance fee for those who are not members of the NT if also visiting Ickworth House with its restaurant & formal garden.

Organiser: Simon Hooton info@suffoc.co.uk

Planner: Will Harrison **Controller:** Bruce Marshall

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Further details in due course from:

www.suffoc.co.uk

