



# SUFFOLK ORIENTEERING CLUB

## Ickworth South

1st March 2020

### *Regional event at Ickworth Park, Bury St Edmunds*

Join us in the southern section of the beautiful [Ickworth Park \(National Trust\)](#) for our final event of the Winter season. This is the first time this area has been used since 2014 & the map has been thoroughly updated for the event. The courses will be set in mixed woodland & in open parkland, with many paths & easily recognisable features, & will be suitable for newcomers & experienced runners alike. The event is included in the Schools' League (ESSOL) for Juniors.

**Entry & Times:** online entries (with an early-bird discount) via [Fabian4](#) are encouraged (until 26th February). Entry-on-the-day will be open for all courses, but the available spaces on each course will be determined by the number of maps remaining: it's best to arrive soon after registration opens to secure your first choice! Batch entry is available for schools, youth groups, etc; please contact the organiser in advance.

SuffOC members who are helping on the day will receive a Fabian4 discount code from the organiser, for use at the time of entry.

Registration times are 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 - the SI cards (timing chips) may be hired via Fabian4 or on the day, & will need to be collected from registration.

**Entry Fees:** Senior BOF members: £8.00 (pre-entry) or £10 (on-the-day)  
Senior Non-members: £10.00 (pre-entry) or £12 (on-the-day)  
Groups - on-the-day entry, as senior rate above (extra maps £1)  
Juniors (under 21): £4.00 (pre-entry or on-the-day)  
Hire of SI card: £1

Courses:	Technical Difficulty:	Distance*:	Climb*:	ESSOL Courses:
White	Very easy	1.7 Km	20m	Up to Year 6
Yellow	Easy	2.2 Km	25m	Years 7 & 8
Orange	Moderate	4.0 Km	65m	Years 9 & 10
Light Green	Harder	4.7 Km	25m	Years 11 & 12
Short Green	Hardest	4.2 Km	50m	-
Green	Hardest	5.1 Km	70m	Year 13
Blue	Hardest	6.3 Km	50m	-
Brown	Hardest	9.9 Km	55m	-

\*provisional, awaiting final discussions with the event controller. The lengths are measured point-to-point on the map, so actual distances may be longer.

The map is at a scale of 1:10,000, revised 2019, 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.

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

The Event Centre - Registration, Help Desk & Download - will be close to the parking area, with the Start & Finish points situated approximately 500 metres away.

Dogs are allowed on the estate but must be kept on a lead in all areas because of the livestock present.

**Post code:**  
**IP29 5QE**

**OS Grid Ref:**  
**TL 816 614**

**Organiser:** Clive Wilkinson    [ickworth@suffoc.co.uk](mailto:ickworth@suffoc.co.uk)  
**Planner:** Sally Wilkinson    **Controller:** Colin West

Further details in due course from: [www.suffoc.co.uk](http://www.suffoc.co.uk)

**Date:** 05/02/20

**Please note:** we need to record some personal data in order to process the results & for insurance purposes. Photographs may also be taken during the event. You can read our [Data Privacy](#) & [Photography](#) statements on our website.

Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.

Please check our [website/Facebook page](#) in case of last minute cancellation due to severe weather conditions. In the event of cancellation some or all of your entry fee may be retained.

Submission of an entry for the event will indicate your acceptance of the above.