



SUFFOLK ORIENTEERING CLUB

North Stow

4th November 2018

*Regional event & East Anglian Schools' Championships
at King's Forest, Thetford*

Join us for our November event at North Stow, in the NW section of King's Forest - an area of commercial conifer plantations in various stages of maturity & softened by windbreaks & small groupings of deciduous trees. There is a good, albeit regular, path network & various surface features for added interest.

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: £10.00
Seniors on white/yellow courses & Juniors (under 17): £3.00
Groups - same as senior rate (extra £1)
Hire of SI card: £0.50 (£30 replacement cost)

Courses:	Technical Difficulty:	Approx Distance	Age category
White	Very easy	1.5 - 2.0 Km	Up to Year 6
Yellow	Easy	2.0 - 2.5 Km	Years 7 & 8
Orange	Moderate	2.5 - 3.0 Km	Years 9 & 10
Light Green	Harder	3.0 - 4.0 Km	Year 11 & above
Short Green	Hardest	3.0 - 4.0 Km	
Green	Hardest	4.0 - 5.5 Km	
Blue	Hardest	5.5 - 7.5 Km	
Brown	Hardest	7.5 - 10.0 Km	

The map is at a scale of 1:10,000 with 5m contours, updated 2018

Bus Park will be along Fire Road 201 which leads off the B1106 at approximately 7 miles south of its junction with the A11, & will be signed

Facilities: There will be a portalo in the parking area

Dogs are welcome, but must be on the lead in the car park & under strict control on courses

Organiser: Sally Wilkinson events@suffoc.co.uk

Planner: John Clarke

Controller: Richard Bonnett

**Nearest
Post code:
IP28 6UX**

**OS Grid Ref:
TL 821 760**

Further details in due course from:

www.suffoc.co.uk

