



# SUFFOLK ORIENTEERING CLUB

Regional event & ESSOL

King's Forest NE

8<sup>th</sup> October 2017

**Time** Registration 10:00 – 12.00  
Starts from 10.30 – 12.30  
Courses close 14.30

**Fees** Seniors (BOF members) £7.00  
Seniors (non-members) £9.00  
Seniors on white/yellow course £3.00  
*(Entry on the day only)* Juniors (under 21) £3.00  
Groups – same as senior rate (extra maps £1)  
Dibber Hire £0.50 (£30 replacement cost if lost)

[Postcode](#)  
[IP28 6UT](#)  
[OS Grid](#)  
[Reference](#)  
[TL 822760](#)

Courses	Difficulty	Distance/Climb/No.of Controls	ESSOL courses
White	Very easy	1.8Km /5m/10	Up to year 6
Yellow	Easy	2.5Km/5m/11	Years 7 & 8
Orange	Moderate	3.2Km/10m/11	Years 9 & 10
Light green	Hard	4.4 Km/15m/13	Years 11 & 12
Short Green	Very hard	3.1Km/10m/11	-
Green	Very hard	5.3Km/15m/15	Year 13
Blue	Very hard	7.0Km/35m/19	-
Brown	Very hard	9.0Km/40m/23	-

*(Start: 250m, Finish approx. 500m  
from Registration)*

**Terrain** Part of a vast Forestry Commission coniferous plantation to NW of Bury St Edmunds. Typical East Anglia coniferous blocks dispersed with deciduous wind breaks. For this event we are using the NE portion of the King's Forest; largely flat forestry terrain, with a mixture of mature and newer plantation and generally good runability in the areas visited

**Map** Scale 1:10,000, 5 m contours, minor updates 2017, waterproof, with control descriptions printed on the map (White to Green) & available loose for all courses.

**Directions** Directions: From A11 turn south on B1106 at Elveden, towards Bury St Edmunds. From A14 take A134 (Thetford) at Bury St Edmunds, then B1106 towards Brandon. The event will be signposted from the B1106 south of Elveden and north of Culford.

Parking will be off Forest Ride 210, east of the B1106 (i.e. *not* the main King's Forest carpark). Please contact the organiser if you intend to bring a coach.

**Planner:** Simon Hooton  
**Organiser:** Andrew Elliott Contact: treasurer@suffoc.co.uk  
**Controller:** Phil Halford