



SUFFOLK ORIENTEERING CLUB

Level C event, Yvette Baker Trophy Heat

Knettishall Heath

Sunday 26th February 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
IP22 2TQ
OS Grid Reference
TL952806

Courses	Difficulty	Approx dist.	YBT courses (see below)
White	Very easy	1.5 – 2.0 km	-
Yellow	Easy	2.0 – 2.5 km	M/W10 or under
Orange	Moderate	2.5 – 3.5 km	M/W12 or under
Light green	Hard	3.0 – 4.0 km	M/W14 or under (M/W16)
Short Green	Very hard	3.0 – 4.0 km	-
Green	Very hard	4.0 – 5.5 km	W/M 18 or under (M/W16)
Blue	Very hard	5.5 – 7.5 km	
Brown	Very hard	7.5 – 10.0 km	

Yvette Baker Runners can enter courses which are set for younger age groups as long as they haven't gained gold badge times at specific events. For [YBT rules click here](#)
YBT Co-ordinator – Sarah Mansel. Clubs entering teams should contact Sarah at least two weeks before the event at sketchweppers@googlemail.com

Terrain Open heathland, recently extended, containing heather & bracken but with a good path network, together with areas of runnable woodland & many distinctive features.

Map 1:10,000, 5m contours, updated 2016, waterproof, with control descriptions printed on the map & available loose

Dogs On lead in car park and on courses due to ground nesting birds.

Directions Follow A1088 to Euston and as you leave the village fork right towards Rushford (brown sign Suffolk Wildlife Trust sign). At next junction turn right. After approximately 2 miles turn left and car park is immediately on left. Signed from Euston.

Planner Sarah Mansel
Organiser Sally Wilkinson (07568 495784, 01473 219059)
Controller Steve Nobbs



www.suffoc.co.uk

