



## Suffolk Orienteering Club 26 February 2017 Knettishall Heath Level C and YBT Qualifier



Welcome to SUFFOC's Knettishall Heath event. This is a Level C event and is also the Yvette Baker Qualifying Heat.

In addition to the heathland (grazed by Exmoor ponies) there is also extensive mixed woodland. Thank you to Suffolk Wildlife Trust for allowing us to use the area for this event.

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

**Please take care crossing the road adjacent to the car park.** The Blue and Brown courses cross public roads. Please take care crossing these roads as marshals are not provided. There are public toilets situated to the north of the car park

### New to Orienteering:

You can read about a typical SuffOC event at: <http://www.suffoc.co.uk/resources/new-to-o/your-first-event>. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these on the website at: [http://www.suffoc.co.uk/resources/about\\_suffoc/membership](http://www.suffoc.co.uk/resources/about_suffoc/membership).

### Courses and Maps:

This event uses Sport Ident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent. Green, blue and brown courses will have a two-sided map.

All courses use pre-printed waterproof maps (**Scale 1:10,000**) (minor updates made Dec 16) which are issued at the Start. Control description sheets will be handed to you at Registration; they are also printed on maps. White and Yellow courses use narrative control descriptions; Orange and above courses use IOF symbols.

There is a taped route between two controls on the white course.

Course	Distance (Km)	Climb	Controls	Technical difficulty	<b>YBT for <a href="#">rules on courses click here</a></b>  Runners may enter courses which are set for younger age groups as long as they haven't gained gold badge times at specific events – <a href="#">see list here</a>
White	1.7	20	10	Very easy	
Yellow	2.2	25	12	Easy	
Orange	3.3	30	11	Moderate	
Light Green	3.7	25	11	Moderate/Hard	
Short Green	3.5	25	12	Hard	
Green	5.3	30	13	Hard	
Blue	7.2	45	20	Hard	
Brown	9.8	60	26	Hard	

**YBT Co-ordinator** – Sarah Mansel [sketchweppers@googlemail.com](mailto:sketchweppers@googlemail.com).

The following clubs are competing in this YBT heat: NOR, SOS, SUFFOC and WAOC.

### Registration and SI Card (Dibber) Hire:

Registration is from 10.00 am to 12.00 noon in the grey tent.

Before going to the Registration tent please complete the Registration Form, including your address if not a member of British Orienteering, and include the names and addresses of additional persons if entering as group, family or shadowing.

**PLEASE TURN OVER FOR MORE ESSENTIAL INFORMATION**

## Fees:

Seniors £9.00 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £3.00 Seniors on white/yellow course £3.00
Extra map £0.50	Dibber Hire £0.50 (£30 replacement cost if lost)

## Start/Finish:

**STARTS:** 10.30 to 12.30 Start is across the road – please ensure children under 11 are accompanied as the road crossing is not marshalled. Start times are not pre-allocated.

**FINISH:** Is across the road opposite the overflow car park - please ensure children under 11 are accompanied as the road crossing is not marshalled. Please follow tapes from the overflow car park to download.

You **MUST** report to the blue download tent, which is next to the registration tent. The courses close at 14.30.

## IMPORTANT SAFETY NOTES:

- There has been tree felling in an area where contractors have been. The paths in this area are unclear and there are new extraction lanes. This area along with any machinery should be avoided. There is also an area out of bounds marked with purple hatching.
- All fences marked with a purple line must only be crossed at marked crossing points.
- There are some paths in felling areas which are not clear and there are also some unmapped extraction lanes.
- There are Exmoor ponies grazing freely across the event area and these should be avoided. For this reason please keep dogs on leads at all times.
- **All competitors MUST report to the Download tent by 14.30pm** even if you have not completed the whole course so that we are aware you have returned safely. Courses close at 14.30, so please return immediately to download if you are still out on the course at this time.
- You are advised to carry a WHISTLE for use in emergency only.
- Full leg cover is compulsory

## Facilities:

TOILET – Toilet block in car park.

Keys may be left in a box at Registration; when closed the box is transferred to the Download tent.

Water available at Download.

## First Aid:

A First Aid box is available in the Download tent. Nearest A & E is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds IP33 2QZ. Directions are available from the organiser. In the hopefully unlikely event you need A & E please let an official know before you leave the event.

## Results:

Results will be posted on the Club's website [www.suffoc.co.uk](http://www.suffoc.co.uk).

## Event Officials:

Controller – **Stephen Nobbs**; Planner – **Sarah Mansel**; Organiser – **Sally Wilkinson 01473 291059 (on day via Clive Wilkinson 07768286138)**

The next SUFFOC events are our summer series beginning on 11 June at Gunton Denes. The next colour coded event is at Kings Forest on 8 October - see the SUFFOC website ([www.suffoc.co.uk](http://www.suffoc.co.uk)) for further details of this & other forthcoming events. For other East Anglian Orienteering Association events see the EAOA website [www.eaoa.org.uk](http://www.eaoa.org.uk)

**Photography:** Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed please notify the event officials. (British Orienteering guidelines, July 21<sup>st</sup> 2016)

**Data Protection Act:** Entry information (name age class and club) and the results of this event will be stored and processed by computer systems under the terms of the British Orienteering's registration under the Data Protection Act. The results from this event will be published on the Internet.

**PLEASE NOTE: All competitors take part in this event at their own risk**