



## Suffolk Orienteering Club - 10th February 2019 Knettishall Heath Regional and ESSOL Event



This event will take place on Suffolk Wildlife Trust's Knettishall Heath which has a mix of typical Breckland features, including heathland and mixed woodland. There are many easily recognisable features and a good path network.

Knettishall Heath is situated to the east of Thetford. There are white on brown tourist signs to the reserve at Euston on the A1088 Ixworth to Thetford road. From the south, follow the A1088 to Euston and, as you leave the village, fork right towards Rushford. At the next junction turn right. After approximately 2 miles go passed the first smaller car park, turn left and the main car park is immediately on the left. The reserve can also be accessed from the A1066 or from the A143 but these routes are not, and will not be, signed.

[Nearest](#)

[Post Code:](#)

[IP22 2TE](#)

**OS Grid Ref:**

**TL 955 808**

### Parking

Parking will be in the main car park where there is a toilet block and a 'pop up' coffee stall. The area is very popular with walkers and can get very busy. You will be asked to reverse park and as close as possible. Please consider car share.

Do not park in the smaller car park unless you are instructed to do so.

Please advise the organiser in advance if you are bringing a large vehicle (mini bus, mobile home).

No coaches will be permitted to park at the event. They will only be able to drop off at the entrance to the smaller car park and will have to park elsewhere.

### New to Orienteering:

You can read about a typical SuffOC event on the ["New to Orienteering"](#) section of our website. 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 under the ["About SuffOC"](#) tab.

### Courses and Maps:

This event uses SPORTident timing equipment. The control boxes will be SIAC enabled **EXCEPT the finish box** therefore it will be a **punching finish for all competitors**.

Dibbers (SI-Cards) are available for hire from the desk at the Registration tent.

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

Courses	Technical Difficulty	Controls	Distance	Climb	Age category for ESSOL
White	Very easy	10	1.9Km	20m	Up to Year 6
Yellow	Easy	12	2.4Km	20m	Years 7 and 8
Orange	Medium	11	3.2Km	30m	Years 9 and 10
Light Green	Hard	11	3.6Km	30m	Years 11 and 12
Short Green	Very Hard	8	3.3Km	35m	
Green	Very Hard	17	4.8Km	35m	Year 13
Blue	Very Hard	22	7.1Km	45m	
Brown	Very Hard	25	9.5Km	50m	

## Registration and SI Card (Dibber) Hire:

Registration, help point and download will be next to the smaller car park, opposite the start. They can be accessed from the main car park via a foot path joining the two.

Registration and dibber hire 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 the names and addresses of additional persons if entering as group, family or shadowing.





### Entry Fees:

Seniors £9.00	Groups as per senior rate
Junior (under 21) single or pair £3.00	Seniors on white/yellow course £3.00
BOF member discount £2.00	
Extra map £0.50	Dibber Hire £0.50 (£40 replacement cost if lost)

**Start/Finish:** You may start between 10.30 and 12.30; times are not pre-allocated. The Start and Finish involve crossing the main road. The route from the finish back to download and the car parks is via a footpath and will be clearly marked with signs and streamers. **All courses close at 14.30**

### IMPORTANT COURSE and SAFETY NOTES:

- **All competitors take part in this event at their own risk**
- **Full leg and torso cover is compulsory.** This is a BOF rule. Long sleeves, and/or waterproofs, may be advisable on the day
- You are advised to carry a **WHISTLE** to summon help in case of emergency.
- It will be necessary to **cross the road to the start and from the finish**. Younger children should be supervised crossing the road by their parents/ guardians. Longer courses (green, blue and brown) also have **road crossings** which will not be manned.
- Both the event and main car parks will be busy, so **please be aware of traffic, especially with children.**
- You should familiarise yourself of the symbols for **'fence' or ruined fence** both of which can be crossed **and 'impassable fence' which must not be crossed.**  
To prevent damage to the Trusts fences please do not be tempted to climb over or through a fence that is marked as 'impassable' on the map. Anyone seen doing so will be disqualified. Instead navigate to a gap in the fence.

	Fence
	Ruined fence
	Impassable fence
	Crossing point
- You may encounter ponies and goats loose in the area.
- For your safety, parts of the road running N-S through the area is marked with a red X signifying **out of bounds route** and should not be used. Anyone seen doing so will be disqualified.
- **Please be aware of, and respect, other heath users** – including walkers, dog-walkers, cyclists and horse-riders.
- **All competitors MUST report to the blue Download tent** 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.

**Facilities:**

Toilets: the Suffolk Wildlife Trust toilet block is to the north of the main car park.

Refreshments: weather permitting, there will be a pop-up stall selling high quality coffee, tea and hot chocolate

**Keys** may be deposited in a box, and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team at Registration. All items will later be transferred to the Download tent for collection.

**Drinking Water:** Please bring sufficient for your own use.

**Dogs:** The area is very popular with dog walkers, many of which will be off the lead. However, the Suffolk Wildlife Trust have requested that competitors' dogs are kept on the lead at all times in all areas. You may also encounter ponies and goats loose in the area.

**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. Should you need A & E please let an official know before you leave the event.

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

**Event Officials:**

Controller: <b>Richard Bonnett</b>	Planner: <b>Sarah Mansel</b>	Organiser: <b>Louise Walker</b> <a href="mailto:knettishall@suffoc.co.uk">knettishall@suffoc.co.uk</a>
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*The next SUFFOC event will be at the start of the Simon Peck Summer Series in Haverhill on 9<sup>th</sup> June 2019. See our [website](#) for further details of this and other forthcoming events.*

**Data Privacy:** Entry information and the results of this event will be stored and published, as explained on our [website](#). Any event photographs will be treated as outlined [here](#).

**Insurance:** Competitors who are NOT members of British Orienteering will only be covered by the organisation's public liability insurance for a maximum of three orienteering events: after that they will need to become members for the insurance cover to continue.

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