SUFFOLK ORIENTEERING CLUB
Knettishall Heath
10th February 2019
Regional & ESSOL event

Join us at Suffolk Wildlife Trust's Knettishall Heath for our first event of 2019. The area has a mix of typical Breckland features - heathland, woodland, pits, tracks & paths - enabling our planner to provide challenging courses for a wide range of participants, including newcomers to the sport. The event is included in ESSOL calendar for Juniors in the Schools' League.

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: £9.00
Seniors on white/yellow courses & Juniors (under 21): £3.00
Groups – same as senior rate (extra maps £1)
Hire of SI card: £0.50 (£30 replacement cost if lost)

Courses:	Technical Difficulty:	Distance:	ESSOL Courses:
White	Very easy	1.9 Km	Up to Year 6
Yellow	Easy	2.4 Km	Years 7 & 8
Orange	Moderate	3.2 Km	Years 9 & 10
Light Green	Harder	3.6 Km	Years 11 & 12
Short Green	Hardest	3.3 Km	-
Green	Hardest	4.8 Km	Year 13
Blue	Hardest	7.1 Km	-
Brown	Hardest	9.2 Km	-

The map is at a scale of 1:10,000, updated 2018, printed on waterproof paper.

Basics: The main approach to the event will be signed from the A1088 Ixworth to Thetford road at Euston but the reserve can also be accessed from the A1066 or from the A143. Parking will be in the main reserve carpark: please car-share if possible due to limited space. Minibuses may use the carpark but any groups bringing a full-sized coach will need to plan it as a drop-off & pick-up point only.

There is a toilet block in the car park, &, weather permitting, hot drinks may be obtained from a pop-up stall. Dogs are allowed at the event but must be kept on a lead.

Organiser: Louise Walker knettishall@suffoc.co.uk
Planner: Sarah Mansel **Controller:** Richard Bonnett

Further details in due course from:

www.suffoc.co.uk

Nearest Post code: IP22 2TE

OS Grid Ref: TL 956 806

British Orienteering

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