



SUFFOLK ORIENTEERING CLUB

Simon Peck Summer Series: 3

17th July 2022

Join us for the final event in this year's Summer Series, this time at

Needham Lake

Our summer events were originally designed to help us stay active during the summer months when both nesting birds & undergrowth keep us out of the forest, but they're also an excellent introduction to our sport. Beginners & families are welcome - particularly if you've already tried our **Ipswich-O 2022** events - but help & advice will be on hand, whatever your previous experience.

The majority of the controls will lie within the Needham Lake site (though not on the islands!) with some points in the area to the east of the river to accommodate the longest course. The start and finish will be near the main car park; the options are likely to be:

- ◆ **'Explorer'** - about 1.6km on paths around the site; very suited to all ages, including beginners
- ◆ **'Twisty'** - about 2.3km & which will go back and forwards over most of the site
- ◆ **'Voyager'** - around 3.3km & which will visit both sides of the river (plus a minor road)
- ◆ **'Accumulator'** - around 5 to 7Km, which will be achieved by adding courses together, using a map exchange point near the start and finish. An option for experienced orienteers looking for a greater challenge!

The map has recently been updated & will be at a scale of 1:4000 with 2.5m contours - you can view a map used for a similar event [here](#). Electronic timing (SI) will be used - you'll be able to borrow the ECard (SI Card or dibber) when you enter if you don't already have one. All entries for the Summer Series this year will be on-the-day, at the registration tent. Once entered, you may start your course at any time between 10:30 & 12:30, but you must ensure that you return to base by 14:00, when the courses close.

Entry Fees:

Seniors & Groups: £5.00 Juniors (under 21) £2.00

Additional optional maps for groups: £1

(Fees payable by cash or contactless card on the day)

Entry for those holding a signed **Ipswich-O 2022 Passport**: FREE

SI Card: free loan (but £35 replacement cost if lost)

Please Note: children under the age of 10 years will need to be accompanied because of the depth of the river & lake.

Basics: Parking (free) will be in the Needham Lake car park which is accessed from the B1078 Coddendam Road. Use either A14 Junction 51 or approach from the B1113 Needham Market High Street (very low bridge to navigate if using the latter). The Registration and Help Point will be adjacent to the car park. Refreshments may be purchased from the new [Duck & Teapot Café](#) and toilets are available close to the main entrance. Dogs are welcome, but best on a lead.

Post code:

IP6 8NU

OS Grid Ref:

TM 093 547

Organiser & Planner: Simon Hooton chair@suffoc.co.uk

Update on 14 07 22:

Despite the 'Amber Warning' from the Met Office it looks as if the temperatures for Sunday at Needham Market are currently predicted to be 22 to 25 °C, so not as high as on subsequent days, but it's worth pointing out that:

- ◆ **we won't be sending you through dense undergrowth so shorts & sleeveless tops will be fine**
- ◆ **you don't have to run, walking's fine - if it's hot, maybe use this event to practise really accurate map reading & other 'O' skills at a slower pace?**
- ◆ **all the usual 'how to exercise safely in warm weather' tips apply, i.e. bring water, sunscreen & sunhats/caps!**
- ◆ **it's perhaps best not to bring your dog**

Please note: we need to record some personal data in order to process the results and for insurance purposes. Photographs may also be taken during the event. You can read our [Data Privacy](#), [Photography](#) and [Safeguarding](#) statements on our website.

Our thanks to Mid Suffolk District Council for authorising the use of this area for our event, & to both the Ipswich Borough Council Community Restart Fund and East Suffolk Council Collaborative Communities Board for the support of funding.

