



SUFFOLK ORIENTEERING CLUB

Simon Peck Summer Series Event 2

Nowton Country Park

Sunday 25th June 2017

Time Course starts between 10.30 and 12.30.
Courses close at 14.00.

Fees Adults/groups £3.00
Juniors (under 21) £1.00

Postcode
IP29 5LU

- Courses
1. Straightforward course suitable for beginners and family groups following paths and linear features such as the edge of woodland – approx 2.8Km
 2. Longer course approximately 4.5Km of medium standard.
 3. Score course with 27 controls with a time limit of 60 minutes. There will be a map exchange. Each control will score a different amount depending on its difficulty and distance from the start.

Courses will use pin punches with cards, but the start & finish will be timed using SI cards ('dibbers'). Beginners will be able to borrow these, but beware – there will be a £30 replacement cost if not returned.

Maps will be 1:6000 on normal paper (thin polythene cover supplied).

Safety As all courses will go near deep water children (under 10s) must be accompanied by an adult.
There will be nettles so full leg and arm cover is strongly advised.
Please bring your own water

Directions Nowton Park is situated south of Bury St. Edmunds and consists of 200 acres of mature Victorian Parkland with areas of grass and deciduous woodland.

From the south, follow the A134 from Sudbury. Approximately ½ mile after the Rushbrooke Arms public house take the left hand turn and follow signs to the car park.

From the north, exit the A14 from the A134 junction and follow signs to Sudbury, passing BP garage on right, at the next roundabout take the 2nd exit and then after 100 yards at the next roundabout take the 1st exit and follow signs to the Nowton Country Park car park.

There is a £2 charge for cars.

Registration, Start and Finish will be at the north end of the avenue of trees, signed from the car park

Contact John Clarke for more details:
01787 278111 or claire.m.clarke@btinternet.com