



# Suffolk Orienteering Club - 5th September 2021



## Nowton & Hardwick Regional Event

Join us in Nowton Park for what is, after several postponements, now the first regional event of our Winter season. Nowton Park itself covers almost 200 acres, including parkland, areas of woodland, an arboretum, ponds and playing fields and is ideal for a variety of off-road courses. The extension of the map to the residential area of the Hardwick estate and to Hardwick Heath (an area of parkland adjacent to the West Suffolk Hospital) has enabled us to include the longer courses suitable for a Regional event. Our thanks to West Suffolk Council and the park rangers for facilitating the use of both parks.

Nowton Park lies to the South of Bury St Edmunds. If approaching from the A14, leave at Junction 44 & follow the signs to Bury St Edmunds & Sudbury. At the roundabout just past the garden centre take the second turning (not the A134 Sudbury road) then, at the next roundabout, take the first turning (with the brown sign to Nowton Park). The park will be on your left after roughly 0.5 mile.

If approaching from the Sudbury area, follow the A134 northwards. Approximately 0.5 mile beyond Sicklesmere take the left hand turning signed Nowton & Hawstead and follow the brown signs to the park.

The Nowton Park car park is Pay-and-Display, £2 for up to 2 hours or £3 for longer. Payment can be made via the RingGo app; the location code is 4466.

The Event Centre tents, including Download, will be adjacent to the café by the car park.

### 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 helper at the Event Centre. The Event Centre 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 (**not** contactless). SI-Cards (Ecards, commonly known as dibbers) may be hired during the Fabian4 entry process and will be available for collection from the Event Centre.

All courses use pre-printed waterproof maps (Scale 1:7,500, ISOM 2017-2, updated 2020) which are issued at the Start. Control descriptions are printed on maps and will also be available as loose sheets in the Start lanes. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Courses*:	Technical Difficulty:	Distance**:	Controls:
White	Very easy	1.6 Km	12
Yellow	Easy	2.7 Km	11
Orange	Moderate	3.5 Km	12
Light Green	Harder	3.8 Km	13
Short Green	Hardest	4.9 Km	14
Green	Hardest	5.4 Km	17
Blue	Hardest	6.8 Km	20
Brown	Hardest	9.6 Km	24

**\* Please note: under 16s running individually will only be able to enter the off-road courses, i.e. those up to Light Green based totally within Nowton Park.**

Courses from Short Green to Brown will include both the Nowton & Hardwick areas

\*\* The distances are measured in straight lines between checkpoints on the map. The actual distance on the ground may be longer, depending on the terrain & on your route-planning.

**Post code:**  
**IP29 5LU**  
**OS Grid Ref:**  
**TL864622**

**Entry & Times:** online entries will be via [Fabian4](#). You will be asked to complete your full details & select a course and start time; the times run in 15 minute blocks from 10:30 to 12:30. The courses will close at 14:00: you'll need to factor this in when selecting your time slot.

Group entry: If you're entering as a small group the website will prompt you to register one person and add details of the others in the Notes section. Groups will use one timing card and be issued with one map; additional maps may be purchased.

SI cards (Ecards, for timing) may also be hired via Fabian4, & will be ready for you to collect at the Event Centre on the day.

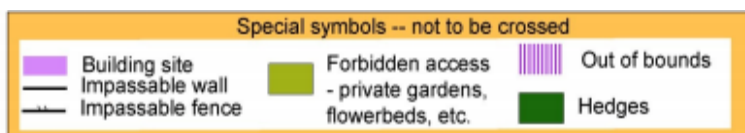
SuffOC members who are helping on the day will receive a Fabian4 discount code from the organiser, for use at the time of entry.

**Entry Fees:** Senior BOF members: £8.00 (SuffOC helpers £4.00 with discount code)  
Senior Non-members: £10.00  
Groups: as senior rate above (extra maps £1)  
Juniors (under 21): £4.00  
Hire of SI card (Ecard): £1 (£35 approximate replacement cost if lost)

**Start/Finish:** start times will be within the block selected during the entry process. Both the **Start** the **Finish** will be located will be located approximately 100m from the Event Centre, and the routes signed and/or taped. **All courses close at 14.00.**

#### IMPORTANT COURSE & SAFETY NOTES:

- Please follow the [British Orienteering Guidelines \(August 2021\)](#) for a Covid-safe event
- **Hand sanitiser** will be available in suitable locations
- Please bring your own **water**, if required, as this will **not** be supplied at the finish
- There are some **highways works** within the Hardwick estate which are not mapped, however these can be passed and so do not affect route choice
- Since the map was updated in 2020 several more paths have been created in Nowton Park which therefore are not on the map
- **Road crossings** are included in all courses from Short Green to Brown and these will not be marshalled. The road between Nowton Park and the Hardwick area can be busy, so caution is required.
- The car park will be busy, so **please be aware of traffic, especially with children.**
- **Please be aware of, and respect, other park users & residents** – including walkers, dog-walkers and cyclists
- **The following symbols** are used to indicate **Out-of-Bounds areas**, and must be respected:



Note that above symbols are **NOT TO BE CROSSED**. If you are seen crossing, or reported as crossing, any of the above symbols you will be disqualified.

- **Full leg cover is advisable** as there may be nettles in some areas
- **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 14.00, so please return immediately to download** if you are still out on the course at this time.

**Facilities:**

The park has a café, toilets and a children's playground situated close to the car park.

There will be a key box and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team. The items will later be available for collection from the Download tent.

**Dogs** (on leads) are welcome in the park, but should not accompany competitors on the courses which cross to the Hardwick estate.

**First Aid:** A First Aid box is available in the Event Centre. The 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: <http://www.suffoc.co.uk/resources/results-2021> .

**Event Officials:**

Controller – **Steve Nobbs (NOR) & Clive Wilkinson;** Planner – **Paul Butt;**  
Organiser – **Sally Wilkinson** [nowton@suffoc.co.uk](mailto:nowton@suffoc.co.uk)

The next major SUFFOC/WAOC event is the Autumn in Anglia weekend on 9<sup>th</sup> & 10<sup>th</sup> October - see our [website](#) for further details of this & 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](#).

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