



Suffolk Orienteering Club

Nowton and Hardwick, Sunday 8th January 2023



Regional and Essex and Suffolk Schools' League Event

Suffolk Orienteering Club are delighted to host the first regional event of 2023 at Nowton and Hardwick, near Bury St Edmunds. Many thanks to West Suffolk Council for granting us permission at quite short notice.

Directions: There are brown tourist signs to Nowton Park so there will be no specific 'orienteeing' signage until you reach the main entrance to Nowton Park. Please take care as you approach the park as there will be runners crossing the road on the longer courses.

[Nearest Postcode:](#)
[IP29 5LU](#)

[OS Grid Ref:](#)
[TL 992618](#)

From A14 in either direction:

Leave A14 at Junction 44, signposted Bury St Edmunds and follow the signs for A134 Bury St Edmunds East and Sudbury. Take second exit at the next 2 roundabouts onto A1302 Cullum Road. Then first exit at the next roundabout onto Nowton Road. Keep left at the junction with Mayfield Road and the entrance to Nowton Park is on the left after about 500m.

Please park in the northernmost part of the carpark – turn left on entry to the park. Parking charges apply. See https://www.westsuffolk.gov.uk/parking/car_parks/bse_car_parks/nowtonparkcarpark.cfm for details.

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 orienteeing 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:

Short Green, Green, Blue and Brown courses all involve crossing the main road and make use of the urban Hardwick estate to reach Hardwick Heath. Under 16s are not permitted to enter these courses.

Light Green, Orange, Yellow and White courses are all entirely within Nowton Park and are suitable for all ages.

SI timing will be used and the controls will be SIAC enabled. All competitors will need to punch both the start and the finish.

Courses are printed on waterproof maps. All maps are at 1:7500 scale. Control descriptions will be printed on the maps and loose control descriptions will be available in the start lanes. White, Yellow and Orange courses use text control descriptions, Light Green has both text and symbol control descriptions.

Short Green and above courses use IOF symbols.

Course	Technical Difficulty:	Distance (Km)*	Climb	No of Controls	Map size	ESSOL year groups**
White	Very easy	1.3	5	15	A4	Up to Y6
Yellow	Easy	1.7	10	10	A4	Y7 & 8
Orange	Moderate	2.7	15	12	A4	Y 9 & 10
Light Green	Harder	3.6	20	13	A4	Y11 &12
Short Green	Hardest	3.1	25	11	A3	Y13
Green	Hardest	4.7	30	12	A3	
Blue	Hardest	6.5	50	19	A3	
Brown	Hardest	7.6	70	21	A3	

* The distances are measured in straight lines between control points on the map. The running distance on the ground is likely to be longer, depending on the terrain and on your route-planning.

** Juniors competing in the Schools' League can view the rules <https://www.stragglers.info/info/essol-essex-and-suffolk-schools-orienteeing-league>

Nowton Park is likely to be muddy in places, but metal spiked shoes are not appropriate for Short Green, Green, Blue and Brown courses as they involve urban sections and road running.

The **assembly area** is south of the Café building. Please follow signs from the carpark.

Toilets are available adjacent to the Café.

Entry on day is available subject to map availability. Please visit the **Registration** tent to enter. You will be given a card showing the course you have entered. This card needs to be taken to the start and handed to the start official as proof of entry.

Start. The start is situated approx 500m south from the assembly area. Please follow the taped route. The route involved crossing an access road. There may be slow moving traffic, but please take care crossing the road.

If you have pre-entered and have your own dibber you can go directly to the start.

If you need to collect a hired dibber, please visit the Registration tent before going to the start.

Start times have not been allocated and there may be queues on busy courses. Runners who are competing in the Schools' League need to ensure that they start at least 4 minutes apart from other runners from their school running the same course.

The Finish is situated approx 300m from the Assembly area. The route will be taped. **Courses close at 14:00.** Please return to download by this time even if you have not completed your course.

Entry Fees.

Entry on the day is subject to map availability.

Adult BOF members: £11

Adult Non-members: £13

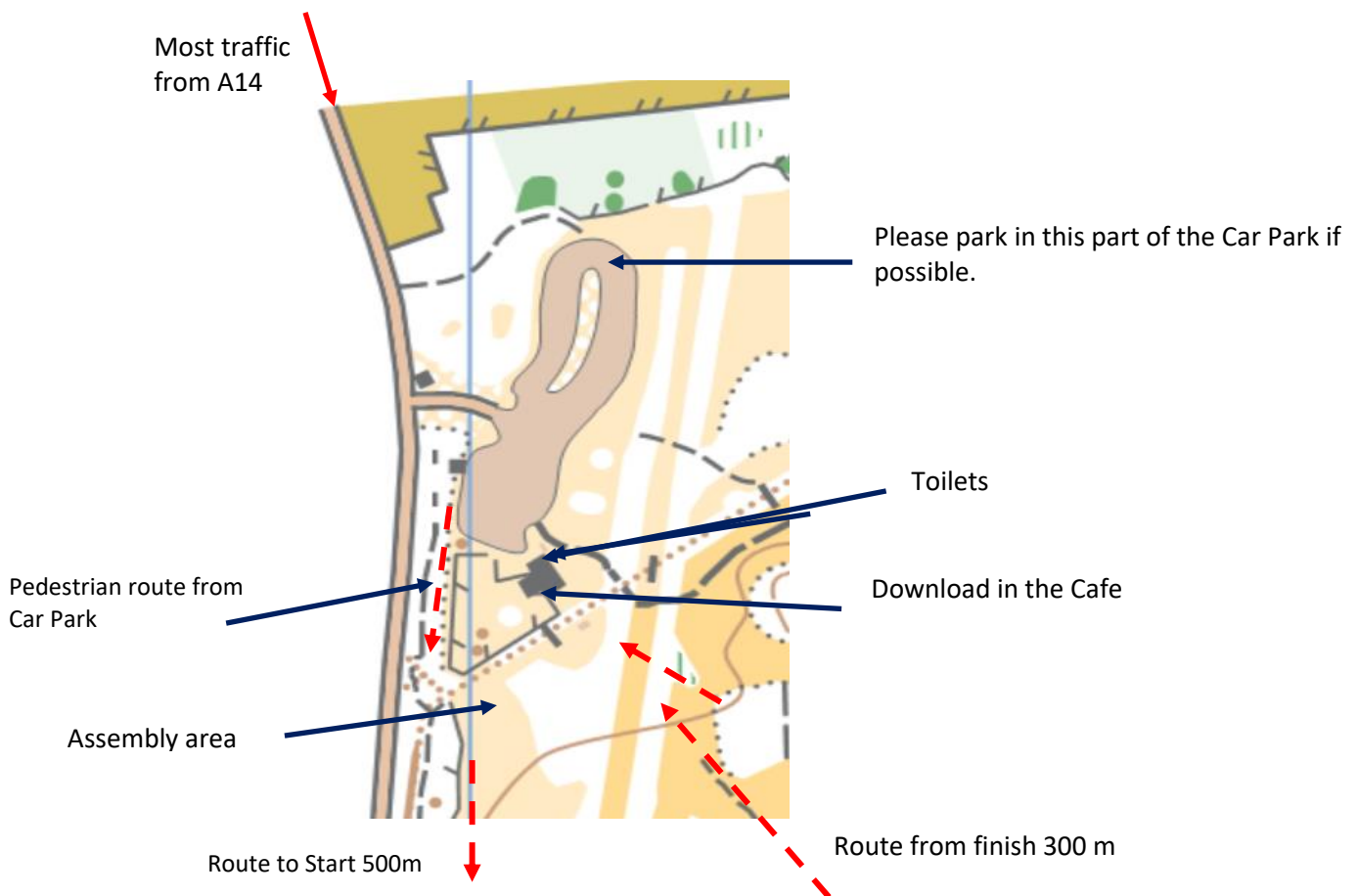
Adult Novice on White/Yellow course: £4

Juniors (under 21): £4

Hire of SI dibber: £1 (standard SI) / £2 SIAC
(replacement cost of £35 / £65 charged if not returned)

Extra map for those running in a group: £1

CASH or **CARD** accepted.



Download will be inside the café, accessed via the footbridge and through the play area from the Assembly area. If your shoes are very muddy, please remove them before entering the building. Dogs are not permitted to go through the play area, so if you have a dog, please use the main café entrance.

Hot drinks and snacks will be available at the café. Please support their business as they have given us permission to use their facilities.

Keys may be deposited in a box, & confidential medical details (in sealed envelopes, for use in case of emergency) may be left with the event team at Registration.

Dogs are allowed in Nowton Park but please use a short lead if running with your dog.

Dogs are not permitted to run the Short Green, Green, Blue and Brown courses as there are some very narrow paths adjacent to housing in the urban section of the courses.

First Aid: A First Aid box is available in the Assembly area. 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.

Live Results should be available via the QR code on the bottom of the splits.

www.suffoc.co.uk/results/2023/Nowton/index.html

After the event, results analysis and routegadget will be available. Please draw your route if possible.

<https://www.suffoc.routegadget.co.uk/rg2/>

IMPORTANT COURSE & SAFETY NOTES:

- Observe all Out of Bounds areas clearly marked on the maps
- Short Green, Green, Blue and Brown courses involve **crossing roads**. Please take care especially when crossing Nowton Road to get to and from the Hardwick housing estate. Under 16s are not permitted on these courses.
- **All competitors MUST report to Download in the Café** even if they have not completed the whole course so that we know everyone has returned safely.
- **Courses close at 14.00, so please return immediately to download** if you are still out on the course at this time.
- **You are advised to wish to wash your hands** after your run to guard against infection.
- You are advised to carry a **WHISTLE** to summon help in case of emergency.

Event Officials:

Controller – **Peter Woods (WAOC)**; Planner – **Sally Wilkinson**; Organiser – **Sarah Mansel** maprun@suffoc.co.uk

The next SUFFOC forest event will be the **East Anglian Championships at Tangham on 5th February**.

Preliminary details and entries now available via Race Sign Up

<https://racesignup.co.uk/site/event.php?eventid=3195>

Followed by our joint **SOS/SUFFOC urban weekend:**

Saturday 20th May – Sudbury organised by SUFFOC

Sunday 21st May – Harwich organised by SOS

Also look out for our **Park-O** series of events in Ipswich:

29th April, Christchurch Park

14th May, Chantry Park.

10th June, Christchurch Park

25th June, Chantry Park

Details of all events will be available on our website in due course. <http://www.suffoc.co.uk/resources/events>

Data Privacy: 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.

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