



# SUFFOLK ORIENTEERING CLUB

East Anglian Championships

Level C Ranking event

Tunstall

Sunday 14<sup>th</sup> February 2016

**Time** Registration 10:00 – 12.00  
Starts from 10.30 – 12.30

**Fees** Seniors (BOF members) £6.00  
**ENTRY ON** Seniors (non-members) £8.00  
**DAY ONLY** Seniors on white/yellow course £3.00  
Juniors (under 21) £3.00  
Groups – same as senior rate  
Dibber Hire £0.50 (£23 replacement cost if lost)

**Postcode**  
**IP12 2JU**  
**OS Grid**  
**Reference**  
**TM390536**

<b>Courses</b>	<b>Difficulty</b>	<b>Provisional length</b>	<b>Controls</b>	<b>EA champs course</b>
<i>(these are straight line distances between controls and you are likely to run further)</i> White	Very easy	1.9 km	9	
Yellow	Easy	2.3 km	10	M/W10
Orange	Moderate	3.0 km	8	M/W12
Light green	Hard	3.5 km	9	M/W14
Short green	Very hard	3.2 km	10	W65+; M75+
Green	Very hard	5.3 km	13	W16-20; W45-60; M65-70
Blue	Very hard	7.4 km	15	M16-20; W21-40; M45-60
Brown	Very hard	10.0 km	20	M21-40

The start will be approximately 300m from registration. There will be two finishes. White, yellow, orange and light green will finish close to the start. Short green, Green, Blue and Brown courses will have a timed out and manned road crossing over the B1078 and will finish north of the road. The route back to registration is about 1 km will include a manned road crossing.

**Terrain** A large (14 sq km) Forestry Commission coniferous plantation to NE of Woodbridge, it includes the adjoining heathlands of Tunstall and Blaxhall Commons and some patches of mixed woodland. The forest was clear-felled a few years after the original 5 colour map was produced in 1975 by EAOA / HAVOC members, but, following phased replanting, it has now reached a level of maturity suitable for the sport. Mainly flat but surprisingly physical, the area has a wealth of line and point features and a great variety of vegetation.

**Map** Scale 1:10,000, 5 m contours - updated – Autumn 2015 . Waterproof maps will be printed with course & control descriptions.

**Directions** From Wickham Market on the A12, take the B1078 eastwards towards Orford. By the Green Man Inn, Tunstall Village, turn left and follow the B1078 round a right hand bend. After about 3 miles turn right to parking along forest ride.  
Please contact the organiser if you intend to bring a coach.

**Planner** Sarah Mansel

**Organiser** Rod Mansel 07951 682048 [rod.mansel@tiscali.co.uk](mailto:rod.mansel@tiscali.co.uk)

**Controller** John Collyer (SOS)

[www.suffoc.co.uk](http://www.suffoc.co.uk)

