



SUFFOLK ORIENTEERING CLUB

Tunstall Forest

5th December 2021

Regional and East Anglian League Event

Join us in the Central, or Viking Trail, section of Tunstall Forest for our next regional event, which will allow EAOA members to score points for the Regional League but will also offer courses to suit all ages and abilities, including newcomers.

The courses will lie mainly within the area enclosed by the [Viking Trail](#), a winding, route-marked trail set up for off-road cycling. Most of this area has not been used for orienteering for at least fifteen years; the terrain is largely cultivated coniferous forest with patches of mixed woodland. Although contours are not prominent in the landscape, there are plenty of surface features such as pits, earthbanks, surprisingly varied vegetation and tracks to supply an orienteering challenge.

Entry and Times: online entries will be via [Fabian4](#). Entries will open on **8/11/21** and close at midnight on **27/11/21**. There will be **NO** casual entry on the day*

You will be asked to complete your full details and select a course and start time; the times run in 15 minute blocks from 10:30 to 12:30. The courses will close at 14:30; 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.

Electronic timing will be used - the SI cards (timing chips, ECards) may also be hired via [Fabian4](#), and will be ready for you to collect at the Helpdesk 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.

* If anyone has difficulty with the [Fabian4](#) entry - and this is expected to apply mainly to newcomers - it will be possible to enter via an email to the organiser and use payment via a contactless card reader on the day. The same entry deadline, i.e. by **midnight on 27/11/21**, will apply, so please email the organiser, [Louise Walker](#), with your full name, choice of course and preferred start time. Louise will be happy to offer advice on entry by email or telephone prior to the closing date.

Entry Fees: Senior: BOF members: £8.00 Non-members: £10.00
 Groups: as Senior rate above (extra maps £1)
 Juniors (under 21): £4.00
 Hire of SI card (Ecard): £1

Maps and Courses: As the area has not been used for orienteering for some time it has been re-surveyed and the map completely updated in 2020/21. The map scale is 1:10,000, with 5m contours, and incorporates ISOM 17 symbols.

Courses:	Technical Difficulty:	Distance (Km):**	Height Climbed (m):	Number of Controls:	Recommended age category for EA League***:
White	Very easy	1.6	5	13	-
Yellow	Easy	2.3	10	10	M & W10
Orange	Moderate	3.1	10	9	M & W12
Light Green	Harder	3.9	15	12	M & W14
Short Green	Hardest	3.7	15	11	M75+ & W65+
Green	Hardest	4.7	20	15	M65-70 & W16-20/45-60
Blue	Hardest	6.7	25	19	M16-20/45-60 & W21-40
Brown	Hardest	9.0	35	25	M21-40

** 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 and on your route-planning.

*** Members competing in the EA League are advised to check the [EAL rules](#) before entering. Other participants may choose whichever level of difficulty and approximate distance seems appropriate.

Basics: Access will be via Fire Road 30, which joins a minor road at:

Grid Reference: **TM 390561**, or **What3Words:** **rates.gain.plankton** (see the link to Streetmap website in the box on the right). There is no additional charge for parking.

There will be a Helpdesk and Download tent on site, together with a toilet. The Helpdesk will be the payment and collection point for non-Fabian4 entries and hired SI cards, in addition to offering advice to newcomers.

Nearest Postcode:
IP12 2EL

OS Grid Ref:
TM 390561

Dogs and well-behaved owners are welcome, including on the courses, but dogs must be kept under control at all times.

The forest has additional public parking and picnic areas, so you are welcome to utilise these after the event - perhaps even bring your mountain bike to enjoy the Viking Trail itself in the afternoon?

Organiser: Louise Walker 07917 555949 or tunstall@suffoc.co.uk

Planner: Martin Hore **Controller:** Colin West (SOS)

22/11/21

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.

We are also following the British Orienteering Guidelines for safe events while COVID-19 is prevalent; the advice for participants is [here](#).



Suffolk Orienteering Club acknowledge the support of funding from Ipswich Borough Council Community Restart Fund and East Suffolk Council Collaborative Communities Board



www.suffoc.co.uk

