



**Suffolk Orienteering Club 5<sup>th</sup> Dec 2021**  
Tunstall Forest (Viking)  
Level C, Regional, EAL



**Directions**

The event will be signposted from the B1069 junction, 1.5km NE of Tunstall village.

Access via Fire Road 30.

- Grid Ref [TM390561](#)
- Nearest post code [IP12 2EL](#)
- What3Words: rich.revolting.swordfish

**Description of terrain**

The courses will lie mainly within the area enclosed by the Viking Trail for off-road biking. 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.

Please read the Course and Safety notes below before starting your course.

**Course and Maps**

The courses will be printed on waterproof paper. Scale 1:10,000. Contour intervals at 5m.

**Control Descriptions**

Control descriptions will be printed on the maps (Blue and Brown on the reverse) and loose control descriptions will be in the start lanes.

White, Yellow and Orange courses use narrative control descriptions. Light Green and above courses use IOF symbols.

**Special map symbols**

Standard ISOM 2017 symbols are used but with additional special symbols below;

	Linear Brushings: Easy running with grain, slow run against
	Viking off-road cycle trail showing direction of riding. Please give way to cyclists on this trail.
	Hide, small marker stone

A full legend is printed on White, Yellow and Orange course maps only. Loose legends are available from the help desk.

For any newcomers attempting Light Green and harder courses, separate copies of the legend, and an interpretation of the pictorial symbols, are available at the help desk.

**Timing**

SPORTident timing will be used with SIAC enabled however competitors must punch the start and finish controls.

Pre-ordered dibbers (SI Cards) are to be collected from the help desk.

## Courses:

COURSES	TECHNICAL DIFFICULTY	DISTANCE (km)	CLIMB (m)	NUMBER OF CONTROLS	STANDARD EAL AGE CATEGORY
White	Very easy	1.6	5	13	
Yellow	Easy	2.3	10	10	M10/ W10
Orange	Medium	3.1	10	9	M12/W12
Lt Green	Hard	3.9	15	12	M14/W14
Short Green	Very Hard	3.7	15	11	M75 W65/W70/W75
Green	Very Hard	4.7	20	15	M65/M70 W16/W18/W20/W45/W50/W55/W60
Blue	Very Hard	6.7	25	19	M16/M18/M20/M45/M50/M55/M60 W21/W35/W40
Brown	Very Hard	9.0	35	25	M21/M35/M40

## Registration and SI hire

There is no entry on the day. All entries by Fabian4 (or by email to the organiser). Closing date midnight Saturday 27<sup>th</sup> November.

Entry fees;

- Senior BOF members: £8.00
- Senior Non-members: £10.00
- Groups: as senior rate above (extra maps £1)
- Juniors (under 21): £4.00
- Hire of SI card (Ecard): £1 (replacement cost of £30 to be paid if not returned)

Dibbers (SI Cards) can be hired from the help desk on the day and returned to download.

Anyone who entered by emailing the organiser to pay and collect their map from the help desk. The maps will be sealed. Do not open the map until told to do so at the start.

## Start

Starts are from 10:30 to 12:30. Please aim to arrive within your allocated time block.

The start is just east of Fire Road 30 where you will park.

## Finish

The finish is close to the download tent and help desk.

## Course and Safety Notes

### 1. Viking Cycle Trail

The competition area is home to the Viking off-road cycle trail. The trail is well used and orienteers on all courses except White, Yellow and Orange are likely to encounter cyclists. Some cyclists may be travelling quite fast.

The official Viking Trail is marked on the map with a red version of the standard small footpath symbol, with the direction of travel for cyclists shown. Orienteers are advised not to run on the trail

and to give way to cyclists who are riding the trail. Courses cross the trail, but have been planned so that following the trail is not the best route choice.

Cyclists do sometimes use other paths in the forest. We have posted a notice at the start of the Viking Trail advising cyclists of the orienteering event and requesting that cyclists give way to runners and walkers everywhere except on the official Viking Trail.

## 2. Forest Thinning.

Much of the coniferous plantation in this area was thinned in 2019 leaving lines of low brushings parallel to the direction of planting. These have since decayed but are mostly still obvious and can still hinder progress.

A special symbol has been used to depict the brushed areas and confirm the direction of planting. For the most part these areas are now fast running with the direction of planting but “slow run” against. Where possible, courses have been planned with the grain. Visibility is usually good in these areas.

The thinning has left many parallel linear breaks in the forest which are generally NOT shown on the map as “rides” except where they are especially prominent, or they were used by heavy vehicles to extract timber. In the latter case the tyre tracks are frequently evident as two parallel small ditches.

Seasonal bracken has been dying quite quickly over the autumn, but the worst remaining areas are marked with the normal undergrowth slow run symbol.

## 3. Rootstock Banks and Distinctive Trees

Most of Tunstall Forest was destroyed in the 1987 storm and replanted with conifers in the years immediately afterwards. However, a substantial number of broad-leaved trees were not destroyed in the storm and remain today as mature trees scattered around the coniferous plantations. The most obvious of these are marked on the map with the normal distinctive tree symbol. There are also stands of entirely broad-leaved trees. These have not been specially shown.

There are many old rootstock banks in various states of decay, all dating from the clear-up after 1987. These are shown as earthbanks or low earthbanks and generally run parallel to the planting lines. There are also some proper earthbanks dating from much earlier which cut across the planting lines.

## 4. Heritage Constraints – **Brown Course Only**

Controls 15 and 20 on the Brown course are beside large low knolls which have been identified as bowl barrows or tumuli. Forest England have asked us not to run over these. The best route choice in each case runs round, not over.

## 5. COVID-19 The full British Orienteering Guidelines advice for participants is [here](#).

If you, or anyone you live with, have one or more of the following symptoms you should not attend this event. You should follow NHS guidance on testing and self-isolation.

- A high temperature
- A new, continuous cough
- A loss of, or change to, your sense of smell or taste

At the event please

- follow good hygiene practices to reduce the risk of transmission
- respect the wishes of other participants who may wish to maintain ‘social distancing’
- avoid sharing water bottles or other refreshment containers

6. All competitors MUST report to Download even if you have not completed the whole course so that we are aware you have returned safely. Courses close at 14.30, so please return immediately to download if you are still out on the course at this time.

7. Check for and remove any ticks you may have picked up from the undergrowth.
8. You are advised to carry a whistle to summon help in case of emergency.
9. Full leg cover is compulsory.
10. Do not climb on any log piles.
11. Be aware of and respect other users of the forest e.g. walkers, dog walkers, horse riders, cyclists.

### Facilities

There will be a portaloos near to the help desk. Please use it, not the forest!

Drinking water will not be provided. Please bring your own.

**Keys** may be deposited in a box and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left at the help desk. All items will be transferred to the Download tent for collection.

**Dogs** and well-behaved owners are permitted on the courses but dogs must be kept under strict control or on a short lead at all times.

### First Aid

A First Aid box is available in the Download tent.

Nearest A & E is Ipswich Hospital, Heath Road, Ipswich, IP4 5PD.

Should you need A & E please let an official know before you leave the event.

**Results** will be posted on the Club's website [www.suffoc.co.uk](http://www.suffoc.co.uk).

The **next SUFFOC** colour coded event is at **West Harling Heath** on **6<sup>th</sup> Feb 2022** - see our [website](#) for further details of this & other forthcoming events.

### Event Officials:

**Controller:** Colin West SOS    **Planner:** Martin Hore    **Organiser:** Louise Walker    07917 555949  
tunstall@suffoc.co.uk

***The small print:** 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 SUFFOC's [Data Privacy](#), [Photography](#) and [Safeguarding](#) statements on our website.*

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



*Our thanks to Forest England for allowing us to use the area for this event and SUFFOC acknowledge the support of funding from Ipswich Borough Council Community Restart Fund and East Suffolk Council Collaborative Communities Board.*

