



# Suffolk & West Anglian Orienteering Clubs



## Autumn in Anglia Day 1: West Harling

### 5th October 2019

#### *Regional & EA League Forest Event*

This event will take place in an area of Breckland forest which lies to the east of Thetford. Although mainly coniferous plantation, there are sections of broad-leaved trees to provide contrast as well as holly & box thickets, old chalk pits, etc & a well-defined path network allowing our planner to provide challenging courses which rely on surface features rather than contour detail. Newcomers to the sport will be welcome; the Helpdesk will provide any advice necessary.

**Entry & Times:** pre-entry for individuals on the main competition courses will be via the [Fabian4\\*](#) website until 2nd October. On-the-day entries will be available for groups & newcomers, & may be possible for individuals on the main competition courses, subject to map availability. Suffoc & WAOC members who volunteer to help on the day will receive a discount on their entry fee - please contact the individual organisers before pre-entering.

Registration times are from 10:00 to 12:00 & start times from 10:30 to 12:30. Courses will close at 14:30. Electronic timing (SIAC enabled) will be used - the timing chips, or SI cards, may be hired via Fabian4 or on the day, & will need to be collected from registration.

**Entry Fees:** Seniors: BOF members: £9.00; Non-members: £11.00  
Seniors on white/yellow courses & Juniors (under 21): £4.00  
Groups - same as senior rate (extra maps £1)  
Hire of SI card: Standard: £1; SIAC (contactless): £2

**Courses:** there will be a choice of distance & level of technical difficulty, as shown below. Members of local clubs who wish to be competitive in the EA league will select their correct age category; others will need to be guided by their fitness level & orienteering experience.

Courses:	Technical Difficulty:	Approx Distance:	Age category for EA League:
White	Very easy	1.5 - 2.0 Km	-
Yellow	Easy	2.0 - 2.5 Km	M & W10
Orange	Moderate	2.5 - 3.5 Km	M & W12
Light Green	Harder	3.0 - 4.0 Km	M & W14
Short Green	Hardest	3.0 - 4.0 Km	M75+ & W65+
Green	Hardest	4.0 - 5.5 Km	M65-70 & W16-20/45-60
Blue	Hardest	5.5 - 7.5 Km	M16-20/45-60 & W21-40
Brown	Hardest	7.5 - 10.0 Km	M21-40

\* Please email [publicity@suffoc.co.uk](mailto:publicity@suffoc.co.uk) if you're new to Fabian4 & need help with this

The map is at a scale of 1:10,000, updated 2019, printed on waterproof paper.

**Basics:** The Event Centre & Parking will be reached from Bridgham Lane (FR 76), a wide track which leads off from West Harling Road. This road can, in turn, be accessed from the A1066 at the sign for Forest Holidays & the Dower House campsite, or from the B1111 Garboldisham to East Harling road at the 5-way junction (Further information will be given in the Final Details file).

Nearest  
Post code:  
NR16 2SE  
OS Grid Ref:  
TL 966 837

The Portaloo will be situated close to the parking area.  
Dogs are allowed but should be kept on a short lead.

**Organiser:** Phil Halford [harling@suffoc.co.uk](mailto:harling@suffoc.co.uk)

**Planner:** Andrew Elliott

**Controller:** Mike Edwards

Further details will be available in due course from:

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

File updated 20/08/19

Please note: we need to record some personal data in order to process the results & for insurance purposes & photographs may also be taken during the event. You can read our [Data Privacy](#) & [Photography](#) statements on our website.