



**Suffolk Orienteering Club**  
**Autum in Anglia Weekend (Level C)**  
**West Stow Kings Forest Thetford**  
**Saturday 7<sup>th</sup> Oct 2023**



**Access to the event is via** Fire Road FR205.

Nearest Post Code to access point from minor road through West Stow village: IP28 6HB

Grid Ref: TL 813 709

Do not park in the West Stow, Kings Forest country car par but continue north on FR205, through the barrier and turn left onto FR207. Parking will be along this fire road on the open area on the right-hand side.

**Terrain:** Typical East Anglia coniferous blocks dispersed with deciduous wind breaks, scattered with deep disused sand and marl pits. Nettles and brambles abound! Full torso and leg cover is a requirement on all courses.

**New to Orienteering:** You can read about a typical Suffoc event at: <http://www.suffoc.co.uk/resources/new-to-o/your-first-event>. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper at the Registration tent.

The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these on the website at: [http://www.suffoc.co.uk/resources/about\\_suffoc/membership](http://www.suffoc.co.uk/resources/about_suffoc/membership).

**Courses and Maps:** This event uses Sportident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

Maps 1:10,000, 5m contours, updated 2023. Maps are single-sided. Green and above use A3, all other courses uses A4. All courses use pre-printed waterproof maps which are issued at the Start. Control description sheets will be in the start lanes; they are also printed on maps. White and Yellow courses use narrative control descriptions; Orange and above courses use IOF symbols.

Please do not enter the out of bounds areas marked by the solid olive-green colour. These mark the private residences and grounds within the forest area.

Runners on the White course should look out for 'sad face' and 'happy face' signs. You should not go past a 'sad face' as you are on wrong path. A 'happy face' is a sign that all is well.

Course	Difficulty	Length km	Climb m	Controls	Map size
White	Very easy	1.8	10	11	A4
Yellow	Easy	2.6	15	9	A4
Orange	Moderate	3.8	25	10	A4
Light Green	Moderate/Hard	4.1	25	10	A4
Short Green	Hard	3.8	30	11	A4
Green	Hard	5.6	45	12	A3
Blue	Hard	7.1	50	16	A3
Brown	Hard	8.1	55	16	A3

**Registration and SI Card (Dibber) Hire: Online registration via RaceSignUp.** Registration and dibber hire on the day (subject to map and dibber availability) is from 10.00 am to 12.00 noon.

Before going to the Registration tent please complete the Registration Form, including your address if not a member of British Orienteering, and also the names and addresses of additional persons if entering as group, family or shadowing.

**Fees: Late entry (after 30/09/23) and on the day**

Seniors £13.00	Junior (under 21) single or pair £4.00
Groups as per senior rate	Seniors on white/yellow course £4.00
BOF member discount £2.00	
Extra map £1	Dibber Hire £1 or £3 for SIAC (£33 and £65 replacement cost if lost)

**Start/Finish:** The start is to the west of the admin area signed from FR207 and the finish is further north up FR205

STARTS: 10.30 to 12.30. Start times are not pre-allocated.

FINISH: will not be manned therefore any issues please report to the blue download tent, which is next to the registration tent.

### IMPORTANT SAFETY NOTES:

- **All competitors MUST report to the Download tent by 14:30** 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.
- You are advised to carry a WHISTLE for use in emergency only.
- Full torso and leg cover is compulsory.
- Take care when crossing the access track used for parking as there may be vehicles arriving/ leaving the event
- If lost head South to minor road through West Stow
- The area is used by walkers, dog walkers, horses and mountain bikers. Please be courteous to other users.

### Facilities:

TOILET - Portaloo near Registration

Keys may be left in a box at Registration; when closed the box is transferred to the Download tent.

Please bring your own water.

**Dogs:** On lead in car park; under strict control on courses

**First Aid:** A First Aid box is available in the Download tent.

**Nearest A & E** is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds. IP33 2QZ (approx. 10 miles). In the unlikely event you need A & E please let an official know before you leave the event.

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

### Event Officials:

Controller: **Phil Halford (SUFFOC)**

Planner: **Stephen Borrill (WAOC)**

Organiser: **Louise Walker**  
**07917555949**

The next SUFFOC event is at Tunstall Forest 26<sup>th</sup> November 2023- see the SUFFOC website ([www.suffoc.co.uk](http://www.suffoc.co.uk)) for further details of this & other forthcoming events.

For other East Anglian Orienteering Association events see the EAOA website [www.eaoa.org.uk](http://www.eaoa.org.uk)

**Photography:** Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed, please notify the event officials. (British Orienteering guidelines, July 21<sup>st</sup> 2016)

**Data Protection Act:** Entry information (name age class and club) and the results of this event will be stored and processed by computer systems under the terms of the British Orienteering's registration under the Data Protection Act. The results from this event will be published on the Internet.

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