



SUFFOLK ORIENTEERING CLUB

Bury St Edmunds Urban

Sunday 6th October

EA Urban League and SEUOL

Join us for an event which will allow you to explore the Suffolk market town of [Bury St Edmunds](#). Starting and finishing in the vicinity of the Abbey Gardens, you will be planning routes via streets, alleys and pathways to find checkpoints in both the historic and modern areas of the town. The event is for experienced orienteers, but first-timers are most welcome – we will explain the basics and help you choose the most suitable course.

Our thanks to West Suffolk and Suffolk County Council who have facilitated permissions in the town.

Directions: Parking at Ram Meadow Car Park

From junction 43 of the A14 (Sugar Beet Factory), head south into Bury St Edmunds, passing the Tesco superstore. At the next roundabout take the first exit into Northgate Street. Continue for 1km until a T junction with traffic lights is reached. Turn left here, and then after 150m, turn left again into Cotton Lane. A Vauxhall Garage will be on your right. Continue until the end of the garage before turning right. **Toilets are on the left immediately before the Ram Meadow Car Park entrance.** Car parking charges are £2.50 for 3 hours or £3 All day. Payment can be made by cash, card or Ringo location 4483.

Post Code IP33 IXP

OS Grid Ref: TL 857 645

New to Orienteering:

Once you arrive at the event, if you have any queries or require any explanation about courses, electronic timing, or orienteering techniques please speak to an Event Helper in the Abbey Gardens. The Event Helper can also supply details for joining the Suffolk Orienteering Club or you can view these under the [“About SUFFOC”](#) tab

Courses and Maps:

Pre-entry for individuals on the main competition courses will be via the <https://racesignup.co.uk/> website until 29th September. On-the-day entries will be available for groups and newcomers and may also be possible for individuals on the main competition courses, subject to map availability.

There will be a choice of distance, as shown below. If you're over 16 years of age and not competing in the urban leagues, you can enter whichever course suits your fitness level and whether you plan to run or walk. Those participating in the urban leagues will need to enter the correct age category, as shown.

| Course | Class | Optimal Length (km) | Climb (m) | No. of controls |
|--------|---|---------------------|-----------|-----------------|
| 1 | M Open (M18-35) | 9.8 | 40 | 30 |
| 2 | W Open (W18-35) M Vet (40+) | 7.6 | 30 | 24 |
| 3 | W Vet (40+), M SVet (55+) | 6.5 | 30 | 18 |
| 4 | W SVet (55+), M UVet (65+) | 5.5 | 35 | 20 |
| 5 | W UVet (65+), W Hvet,(75+) M HVet (75+) | 4.8 | 15 | 16 |
| 6 | MW Junior (16-) | 3.0 | 15 | 15 |
| 7 | MW Young Junior (12-) | 2.0 | 10 | 13 |

Please note: any under-16s competing as individuals will only be able to enter the courses designated as “Junior” - as these will be set within the Abbey Gardens and the immediate surroundings to comply with British Orienteering’s traffic safety guidelines.

Directions to Registration/Help Desk/Start and Finish

From Ram Meadow Car Park leave by the southern pedestrian exit (Walk behind the rear of the Vauxhall Garage) until you reach the Fox Inn and Mustow Street. At the road turn left and walk approx 50m to the pedestrian crossing. Upon crossing the road a few meters to the left is an entrance to Abbey Gardens. On the Day **Registration, the Help desk and Finish** is a short distance from here. Please be aware a few courses will use this entrance.

Registration will be open between 10:00 am -12:00 pm

Courses starts are between 10:30 am to 12:30 pm and close at 2:30 pm.

For those who have pre-entered, turn left after the pedestrian crossing, and the entrance to **the start** is 100m along the road. This will be taped.

The start will consist of 4 lanes.

Lane 1: Courses 1 and 2

Lane 2: Courses 3 and 4

Lane 3: Courses 5 and 6

Lane 4: Course 7

All courses use maps at a scale of 1:4,000, printed on A3 waterproof paper, issued at the Start. [The map was first produced in 2018, to ISSOM 2007 standard and has had minor recent updates.] Control descriptions will be printed on the maps and loose sheets will be available in the start lanes. Courses 6 and 7 use text control descriptions with the others using symbols.

Electronic timing will be used - the timing chips, or SI cards, may be hired via Racesignup or on the day and will need to be collected from registration. For experienced orienteers with SI cards which can be used in "contactless" mode SIAC will be enabled.

Entry Fees:

Standard Entry fees (until 23rd September)

Senior member: £10.00

Senior non-member: £12.00

Junior: £4.00

Late entry (between 24th and 29th September) and entry on day (subject to map availability)

Senior member: £12.00

Senior non-member: £14.00

Junior: £4.00

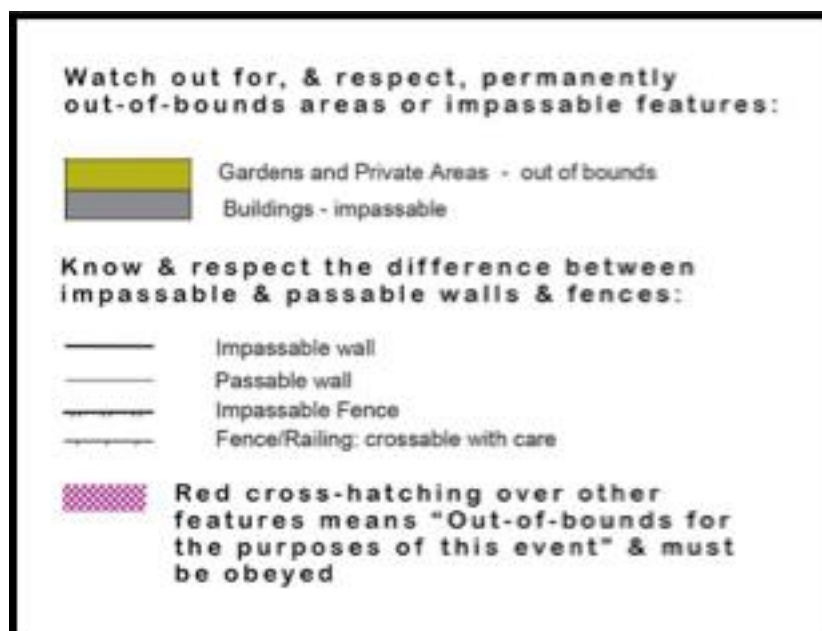
SI Card Hire £1 (A fee of £30 will be payable for a lost card)

SIAC Card Hire £3 (A fee of £65 will be payable for a lost card)

IMPORTANT COURSE & SAFETY NOTES:

- **Ram Meadow car park** is popular. Take great care when crossing it.
- There will be many **other users of the Gardens and Town** as shops are open and Bury St Edmunds can be popular. Please respect all other users, particularly those with dogs, to ensure there are no conflicts.
- **Parts of the town and Gardens will be out of bounds.** These areas are clearly shown on the map (see below) and any competitors found ignoring this will be disqualified. It will also jeopardise future use of this area so please remain in bounds at all times.
- **Some walls/fences may be shown as uncrossable [as shown in the key on the map and in the notes below],** and this is for a reason – safety or security – so please respect this.
- **The Abbey ruins are historic structures** and should not be climbed, and care should be taken to avoid damage – to you or the walls. Please respect the Abbey and its environs.
- **All competitors MUST report back to the Download desk in the Event Centre** even if you have not completed the course so that we know you

have returned safely. **Courses close at 2:30 pm, so please return immediately to download** if you are still out on the course at this time.



The complete map legend can be seen [here](#)

Post-Race Culture

At the Moyes Hall Museum it will be the last day of “The Illustrated Hospital by Quentin Blake”. A large collection of drawings by the Roald Dahl illustrator. The last entrance is at 2:30 PM.

www.moyeshall.org/whats-on

Facilities

Keys may be deposited in a box, and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left at Download.

Personal belongings: These may be left at Download but at the owner's risk.

First Aid: A First Aid box is available in the Event Centre. The nearest A&E is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ. Should you need A&E please let an official know before you leave the event.

Results: Final and full results will be posted on the Club's website www.suffoc.co.uk as soon after the event as possible.

Event Officials:

Planner – Sally Wilkinson (SUFFOC)

Organiser – Andrew Elliott (SUFFOC) treasurer@suffoc.co.uk

Controller – Colin West (SOS)