

## Final Details



## **SUFFOLK ORIENTEERING CLUB**

Bury St Edmunds Urban

Sunday 6th October

EA Urban League and SEUOL

On-line entries are now closed but entry on the day is still possible subject to map availability. First-time orienteers are welcome and we will help you.

Parking is at Ram Meadow Car Park and the start and finish are in the vicinity of the Abbey Gardens. Junior courses will remain within the Abbey Gardens whilst the senior courses go to residential areas, the central shopping area of Bury whilst visiting both modern and historical parts.

**Competitors should be courteous to pedestrians at all times.**

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 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 Suffolk Orienteering Club or you can view these under the [“About SUFFOC”](#) tab

### Courses and Maps:

| Course | Class   | Optimal Length (km) | Climb (m) | No. of controls |
|--------|---|---------------------|-----------|-----------------|
| 1      | M Open (M18-35)                               | 9.8                 | 40        | 30              |
| 2      | W Open (W18-35),<br>M Vet (40+)               | 7.6                 | 30        | 24              |
| 3      | W Vet (40+),<br>M SVet (55+)                  | 6.5                 | 30        | 18              |
| 4      | W SVet (55+)<br>M UVet (65+)                  | 5.5                 | 35        | 20              |
| 5      | W UVet (65+),<br>W Hvet (75+)<br>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 & 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 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 10:00am and 12:00pm

Course starts are between 10:30am to 12:30pm and courses close at 2:30pm

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 Course 1 and 2

Lane 2 Course 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 & 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.

**A punching start and finish will be in operation.**

**On the Day Entry Fees: (Subject to map availability)**

Senior BOF members: £12

Senior Non-members: £14

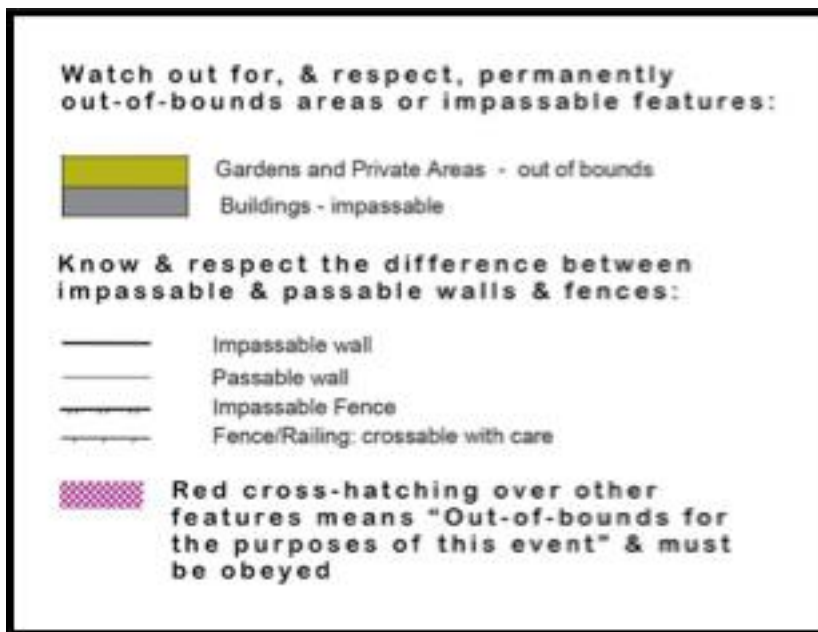
Juniors (under 21): £4.00

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, and 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 un-crossable** [as shown in the key on the map & 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 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 whole course so that we are aware you have returned safely. **Courses close at 2:30pm, 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. Opens at 12pm . Last entrance is at 2:30pm.

[www.moyeshall.org/whats-on](http://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 at but at the owners 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](http://www.suffoc.co.uk) as soon after the event as possible.

**Event Officials:**

Controller – Colin West (SOS)

Planner – Sally Wilkinson (SUFFOC)

Organiser – Andrew Elliott (SUFFOC) [Treasurer@Suffoc.co.uk](mailto:Treasurer@Suffoc.co.uk)