



# Suffolk Orienteering Club

## 2 June 2024

### Holywells and Landseer Parks SPSS



Welcome to Suffolk Orienteering Club's first Summer Series event for 2024.

At these summer events we welcome those who wish to try orienteering. There will be courses suitable for beginners and more experienced orienteers.

#### Directions

Parking will be on the roads around the entrance to Holywells Park from Cliff Lane in Ipswich.

- Grid Ref TM176432
- Nearest post code IP3 0PE

What3Words: player.oval.spring

Toilets and a café are available in the park.

The two shorter courses stay within Holywells Park which is a varied mix of woodland and open grassland areas. Full leg cover is advised on the score course which also goes into Landseer Park and involves an un-marshalled road crossing. The score course is therefore only available for solo runners over the age of 16. Under 16-year olds may complete it if accompanied by an adult.

#### Courses

COURSE	TECHNICAL DIFFICULTY	MAP SCALE	DISTANCE (km)	CLIMB (m)	NUMBER OF CONTROLS
Starter	Short easy course		1.1	20	10
Slightly More Difficult	Medium course		1.8	40	16
Experienced Score	Hard . 45 minutes time limit. 10 points per control and 10 points taken off for every minute over the time limit	1:5,000. Contour intervals at 2.5m.			23

The courses will be printed on newly-surveyed waterproof maps. Control descriptions will be printed on the maps. Short and medium courses will use text control descriptions. The score course will use IOF symbols.

#### Registration and Entry Fees

Registration and entry are on the day. The registration, download and help tent will be sited down the slope from the Cliff Lane entrance to the park in front of the stable block and will be open from 9.45 – 12.00.

Entry fees are £5.00 for adults and £2.00 for juniors (U18). Add £1.00 for hire of SI dibber (E-Card) if required.

#### Start and Finish

Starts are from 10:00 to 12:00. The start and finish are both located close to the registration and download tent.

Courses close at 13.00. Please report to download even if you do not finish your course.

Looking forward to seeing you there!

**Emily Vallow – Planner and Organiser** **Sally Wilkinson – Controller**