



Suffolk Orienteering Club
ICKWORTH PARK
Regional Event incorporating Yvette Baker heat
21st April 2024



Welcome to SUFFOC's Regional event at Ickworth Park, day 2 of our joint **Springtime in the East** weekend with NOR. The terrain consists of traditional open parkland with several blocks of mixed woodland.

Please ensure that all footwear is clean and free from any potential risk to biosecurity measures in place.

Directions Ickworth Park is a National Trust property in the village of Horringer on the A143, 1 mile south-west of Bury St Edmunds. Follow the estate drive for 0.75 miles, then at the National Trust entry booth, indicate that you are orienteering. You will be directed to either the main, or overflow car park. There should be no entrance fee unless you choose to visit Ickworth House or the formal garden after your run.
 Post-code **IP29 5QE**.

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 explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

Courses and Maps:

All courses use pre-printed waterproof maps (scale 1:10,000) which are issued at the start, together with control descriptions. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Course	Controls	Distance km	Climb m	Technical difficulty	YB classes
White	11	2.0	30	Very easy	
Yellow	10	2.6	35	Easy	M/W10 or under
Orange	14	3.4	55	Moderate	M/W12 or under
Light Green	15	4.5	55	Hard	M/W14 or under
Short Green	12	3.8	60	Very hard	
Green	18	5.7	75	Very hard	M/W18 or under
Blue	22	7.2	100	Very hard	
Brown	26	7.9	105	Very hard	

Full rules for the Yvette Baker competition are available on the British Orienteering website:

<https://www.britishorienteering.org.uk/yvettebaker>

Do not cross fences marked as un-crossable – use mapped crossing points only. There is one footbridge that the National Trust has closed for safety reasons - it is blocked off and has clear signs, do not use it as there are alternative routes available.

Please note that Cultivated Land (i.e. arable land) is out of bounds – this is identified on the map using the standard shading:



You are allowed to run around the margins of Cultivated Land, but must not take short cuts across cropped or fallow areas.

Light Green, Green, Blue & Brown courses involve a river crossing (shallow water and possibly a slippery bank). There is an alternative route available to avoid this river crossing if you wish.

Registration and SI Card (Dibber) Hire:

If you have pre-entered and have your own dibber, you can go straight to the start.

Owing to a limit on entry numbers there will be no Entry On the Day.
This event uses SportIdent E-Punching equipment. Pre-booked hire dibbers (chips) can be picked up from the rack next to the registration tent, which is adjacent to the Porters Lodge café.

Start/Finish:

The start is 200m from the registration area, the route is taped.

STARTS: from 10.30 to 12.30. No start times have been allocated.

All courses close at 14.30

FINISH: Use dibber at finish control and make your way to Download tent (200m). Return hired dibbers when you download. **YOU MUST REPORT TO DOWNLOAD EVEN IF YOU RETIRE.**

IMPORTANT SAFETY NOTES:

- We are in the tick season, so please check for ticks after your run.
- There are lakes, ponds and rivers within the park so please keep an eye on children. White and Yellow runners do not go near deep watercourses.
- The car park will be busy so please be aware of traffic, especially with children. Access to the Registration and Download tents involve crossing the house access road, which shouldn't have much traffic, but care will be needed.
- Please be aware of, respect and yield space to all other park users – including walkers, dog-walkers, cyclists and horse-riders.
- Sheep are in the park so please wash hands after your run.
- Close gates behind you, unless they are fixed open.

- **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.
- You are advised to carry a WHISTLE for use in emergency.
- Full leg cover is compulsory – you will encounter nettles.

Dogs: Dogs on leads please as there are sheep lambing and deer within the park.

First Aid:

A First Aid box is available in the Download tent. Nearest A&E is at the West Suffolk Hospital in Bury (IP33 2QZ). There is a **defibrillator** in the car park next to the toilets. Please let an event official know if you need to attend A&E.

Results:

Results will be posted on the Club's website www.suffoc.co.uk .

Event Officials:

Planner Phil Halford

Organiser Will Harrison 07717 376586

Controller Richard Bonnet BAOC

See the SUFFOC website (www.suffoc.co.uk) for further details of forthcoming events. For other East Anglian Orienteering Association events see the EAOA website www.eaoa.org.uk

Data Privacy: Entry information and the results of this event will be stored and published, and photographs may be taken at the event. Our Data Privacy statements can be found on our website on the "About SUFFOC" menu.

Insurance: Competitors who are NOT members of British Orienteering will only be covered by the organisation's public liability insurance for a maximum of three orienteering events: after that they will need to become members for the insurance cover to continue.

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