Suffolk Orienteering Club
ICKWORTH PARK SOUTH
Regional Event incorporating the East Anglia League
2nd March 2025
Final details

Welcome to SUFFOC's Regional and EAL event at Ickworth Park, The event will mainly be based in the southern part of the park. The terrain consists of traditional open parkland with several varied 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 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. 3words location for park entrance:- **pills/hack/scanty**
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.

Registration and SI hire

Standard Online Entry fees through. www.racesignup.co.uk until 27th February.

Senior member: £9.00
Senior non-member: £11.00

Senior novice £4.00 [on white or yellow courses only]
Junior: £4.00

Late entry (24th February – 27th February) and entry on day (subject to map availability)

Senior member: £11.00
Senior non-member: £13.00

Senior novice £4.00 [on white or yellow courses only]
Junior: £4.00

Chip hire: £1.00 (replacement cost of £35 if not returned)
SIAC chip hire £2.00 subject to availability (replacement cost of £65 if not returned)

If you are entering as a group please enter with the name of one adult and add the names of the other group members in the space provided and you will be charged the senior entry fee.

Dibbers (SI Cards) can be collected from the help desk on the day and returned at download.

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, Orange and Red courses use narrative control descriptions; Light Green and above courses use IOF symbols. A **Red course** is available for less experienced orienteers who would prefer a longer run.

Course	Controls	Distance km	Technical difficulty
White	9	1.5km	Very easy
Yellow	14	2.3km	Easy
Orange	13	3.4km	Moderate
Red	11	5.2km	Moderate
Light Green	13	4km	Hard
Short Green	11	3.9km	Very hard
Green	16	5.3km	Very hard
Blue	20	7km	Very hard
Brown	25	9.5km	Very hard

Do not cross fences marked as un-crossable – use mapped crossing points only.

Registration and SI Card (Dibber) Hire:
If you have pre-entered and have your own dibber, you can go straight to the start.
This event uses SportIdent E-Punching equipment. Pre-booked hire dibbers (chips) can be picked up from the rack next to the registration tent.

Start/Finish:
The start and finish is near the church, approximately 800m from the registration area, the route is signposted and 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 (800m). Return hired dibbers when you download. **YOU MUST REPORT TO DOWNLOAD EVEN IF YOU RETIRE.**

Dogs: Dogs on leads please as there are sheep lambing & 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 Simon Hooton
Organiser Phil Halford
Controller Mike Bickle (WAOC)

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