



**Suffolk Orienteering Club
Kings Forest
Regional & EASOL
Sunday 16th February**



WITH THANKS TO FORESTRY ENGLAND WHO AUTHORISE THIS EVENT

Access to the event is via Forest Road FR210 off th B1106 btween Culford & Elvedon, 2 ½ miles south of A11 junction. Park as directed, but the ground may be rough so take care.

Nearest Post Code IP28 6UX

Grid TL821760

what3words: gave.quits.imprinted

Terrain: This consists of typical East Anglian coniferous blocks dispersed with deciduous windbreaks and scattered with deep disused sand and marl pits. Some open areas are covered with long grass that may hide old brashings and which may be tussocky. There is a group of Second World War weapons pits in one block of forest, as well as a quarry pit and medieval hollow in the east - these are heritage features and, though courses avoid them, please be conscious and careful if you come across old earthworks.

There has been considerable bramble growth this year. Courses have been designed to avoid them but you will come across bramble patches.

Courses and Maps: White through to Brown, plus Light and Short Green will be available. This event uses Sport Ident E-Punching equipment. All control units will be mixed traditional punching, ie dibbing, and contactless apart from the start and finish which will be 'punching' only. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

This event is an East Anglian Schools Orienteering League event. Please enter the right course for your age class. More information about EASOL is on the SUFFOC web site.

Maps 1:10,000, 5m contours. A4 size for light green & below, others are A3. All courses use pre-printed waterproof maps which will be issued at the Start. Control description sheets will be in the start lanes; they are also printed on maps. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Course	Difficulty	Length km	Climb m	Controls	School Year Class for EASOL
White	Very easy	1.8	5	10	Years 3, 4, 5 & 6
Yellow	Easy	2.6	5	9	Years 7 & 8
Orange	Moderate	3.0	10	9	Years 9 & 10
Light Green	Moderate/Hard	3.9	15	10	Years 11 & 12
Short Green	Hard	4.3	10	11	
Green	Hard	5.5	10	16	Year 13
Blue	Hard	7.4	25	18	
Brown	Hard	9.0	25	26	

Registration and SI Card (Dibber) Hire: Online registration via RaceSignUp (<https://racesignup.co.uk/site/event.php?eventid=4933>) up to 14th February

Registration and dibber hire on the day (subject to map and dibber availability) will be from 10.00 am to 12.00 noon.

Please bring cash as card reader may not work in the forest

Please complete the Registration Form, including your address if not a member of British Orienteering, and also the names and addresses of additional persons if entering as group, family or shadowing.

Fees: **Discounted Senior entry up to midnight 9th February £11.00 / £9.00 BOF members**

Seniors £13.00 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £4.00 Seniors on white/yellow course £4.00
Extra map £1	Dibber Hire £1 or £3 for SIAC (£35 and £70 replacement cost if lost)

Start/Finish: The start and finish will be close to registration

STARTS: 10.30 to 12.30. Start times will not be pre-allocated.

FINISH: will not be manned therefore any issues please report to the download tent.

IMPORTANT SAFETY NOTES:

- **Courses close at 14.00.** All competitors **MUST** report to the Download tent by 14:00 so please return immediately to download if you are still out on the course 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 only.
- Full torso and leg cover is compulsory.
- Take care in the car park and when walking to the assembly area as vehicles will be close by. Short Green, Green, Blue & Brown courses will cross the access track, so please drive with care when arriving or exiting, and runners be aware of traffic.
- Please ensure that children keep off any wood-piles, which can be extremely dangerous.
- There are some depressions that are deep & slippery, so please take care.
- The area is used by walkers, dog walkers, horses and mountain bikers. Please be courteous to other users.
- Check for ticks after your run - they may be active in February.

Facilities:

TOILET - Portable toilet near Registration

Keys may be left in a box at Registration; when closed the box is transferred to the Download tent.

Please bring your own water.

Dogs: On lead in car park; under strict control on courses

First Aid: A First Aid box is available in the Download tent.

Nearest A & E is at West Suffolk Hospital IP33 2QZ

Nearest defibrillator Culford Club Room IP28 6DP

In the unlikely event you need A & E please let an official know before you leave the event.

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

Event Officials:

Controller: **Kevin Machin (SOS)**

Planner: **Clive Wilkinson (SUFFOC)**

Organiser: **Will Harrison**
07717 376586

The next SUFFOC event is at Ickworth Park on 2nd March 2025 see the SUFFOC website www.suffoc.co.uk for further details of this & other forthcoming events.

For other East Anglian Orienteering Association events see the EAOA website www.eaoa.org.uk

Photography: Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed, please notify the event officials.

Data Protection Act: Entry information (name age class and club) and the results of this event will be stored and processed by computer systems under the terms of the British Orienteering's registration under the Data Protection Act. The results from this event will be published on the Internet.

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