

**East Anglia Orienteering Association**  
**18th February 2024**  
**Compass Sport Cup and Trophy Regional Heat**



Welcome to the Compass Sport Cup and Trophy Regional Heat organised by EAOA and hosted by SUFFOC in a section of Kings Forest.

**Grid Reference:**

**TL821760.**

**Postcode**

**IP28 6UX**

### **Terrain**

The area was last used for orienteering in 2016. Parts of the forest were thinned in the following years, but the forest is now back in excellent condition with a lot of good clear runnable terrain, and some areas of intricate vegetation detail. The area does not have any significant climb and is substantially flat. Our thanks to Forestry England for enabling us to use this forest.

### **Directions**

Take the B1106 either from Bury St Edmunds (south) or Elveden (north). Parking is on Ride 201 west of B1106 and will be signed.



### **New to Orienteering:**

Whilst competing in the Compass Sport Cup and Trophy is restricted to EAOA club members, there are three non-competitive courses at this event open to those not competing for their clubs or those new to the sport. These are the light green, yellow and white courses (see course list). You can register for these courses on RaceSignUp or entry on the day is possible, however map availability will be limited.

You can read about a typical SUFFOC event on the ["New to Orienteering"](#) section of our website. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper in the Registration tent.

### **Courses and Maps:**

This event uses SPORTident timing equipment. Dibbers (SI-Cards) are available for hire from the desk at the Registration tent. SIAC Contactless Punching will be enabled but please dib the start and finish controls. All courses use pre-printed waterproof maps which are issued at the Start. Control description sheets will be in the start lanes; they are also printed on course maps. White and Yellow courses use text control descriptions. All other

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**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**

courses (Light Green and all competitive courses courses) use IOF symbols. The map conforms to ISOM 2017-2 symbols. Map legend can be viewed on a sample map available at registration and will be visible on all A3 sized course maps, but A4 size maps may not carry a full legend.

### Compass Sport Cup and Trophy Regional Heat:

Members of clubs who enter an appropriate course for their age class by the cut-off date of 4 February on either RaceSignUp or through their club captain will be able to compete for their club. See the rules [here](#)

Compass Sport classes	Course	BOF Age Classes	Length	No controls	Map scale	Map size
1	Brown	Men Open	9.6 km	27	1:10,000	A3
2	Short Brown	M20- M40+	7.9 km	23	1:10,000	A3
3	Blue Women	Women Open	6.5 km	20	1:10,000	A3
4	Blue Men	M50+	6.8 km	18	1:10,000	A4
5	Green Women	W20- W45+	5.5 km	15	1:10,000	A4
6	Green Men	M60+				
8A		Junior Men (Men 18-)	5.6 km	15	1:10,000	A3
7	Short Green	M70+ W60+	4.1 km	11	1:10,000	A4
8B	Short Green	Junior Women (Women 18 – )				
10		Super Veterans (M80+ W70+)	3.5 km	11	1:7500	A4
9A	Orange	Men 14-				
9B		Women 14 -	2.9 km	12	1:7500	A4
-	Light Green		3.8 km	13	1:10,000	A4
-	Yellow		2.4 km	12	1:7500	A4
-	White		1.7 km	12	1:7500	A4

### Start Times

These will be allocated according to the Compass Sport Rules and will be published on the Race Sign Up webpage [\[https://racesignup.co.uk/site/event.php?eventid=3851\]](https://racesignup.co.uk/site/event.php?eventid=3851) within the week before the event. Any changes to start times must be arranged via your club captain and will be at the organiser's discretion. There will be no changes to start times on the day of the event. Please arrive at the start ready for call-up at -4 minutes. If you miss your start you may have to wait some time for the next available start for your club.

There will be no allocated start times for the non-competitive courses; White, Yellow and Light Green.

### Start/Finish:

The **Start** and **Finish** are located adjacent to the car park and assembly. It will be a punching start and finish with all other controls SIAC enabled. **All courses close at 14.30. All competitors finishing before the last starter has started will need to place their map in the club bag provided when they finish. Please do not show your course to anyone who has not already completed their course.**

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## IMPORTANT COURSE & SAFETY NOTES:

- **One major track running roughly N to NNW on the western edge of the competition terrain is marked as out of bounds by purple crosses. Do not cross or run along this track as it is used by fast moving vehicles including motor-bikes.**
- **Please be aware of, and respect, other forest users** – including walkers, dog-walkers, cyclists & horse-riders.
- **All competitors MUST report to the Download tent** even if you have not completed the whole course so that we are aware you have returned safely. **Courses close at 14.30, so please return immediately to download** if you are still out on the course at this time.
- **Please wash your hands** after your run to guard against infection from grazing animals, & **check for, & remove, any ticks** you may have inadvertently picked up from the undergrowth.
- You are advised to carry a **WHISTLE** to summon help in case of emergency.
- **Full leg cover is compulsory**, & long sleeves, and/or waterproofs, may be advisable on the day

**Toilets:** Are adjacent to the parking area along ride 201 near the parking.

**Keys** may be deposited in a box, & confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team at Registration. All items will later be transferred to the Download tent for collection.

**Dogs** are allowed on courses.

**First Aid:** A First Aid box is available in the Download tent. Nearest A & E is West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ (Tel. 01284 713000). Should you need A & E please let an official know before you leave the event.

Results will be available during the event and posted on the Club's website

[www.suffoc.co.uk](http://www.suffoc.co.uk) .

## Results

These will be available during the event at [www.suffoc.co.uk/results/CSC\\_2024/](http://www.suffoc.co.uk/results/CSC_2024/) and will be posted on the SUFFOC website at the end of the day.

## Event Officials:

Controller – **Michael Chopping** ; Planner – **Peter Woods**; Organiser – **Sally Wilkinson**  
[events@suffoc.co.uk](mailto:events@suffoc.co.uk)

The next SUFFOC event is a local night event at Royal Hospital School on the evening of Saturday 24 February 2024. - see our [website](#) for further details of this & other forthcoming events

## East Anglian League and East Anglian Urban League 2023 Presentations

The presentation of the EAL and EAUL trophies will be at 1pm today or as soon after as possible in the assembly area.

## East Anglian Championships Trophies from 2023

**If you have a trophy from 2023 please can you bring this to this event so that the EAOA Secretary can organise them for the 2024 EA Championships at Sandringham on 9 March 2024.**

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