



Suffolk Orienteering Club - 16th November 2025

Nowton Park & Hardwick Regional Event



Nowton Park itself covers almost 200 acres, including parkland, areas of woodland, an arboretum, ponds and playing fields. Hardwick Heath (an area of parkland adjacent to the West Suffolk Hospital) is reached by navigating through the Hardwick estate north of Nowton Park. This event has elements of both Forest and Urban orienteering. Our thanks to West Suffolk Council and the park rangers for facilitating the use of both parks.

Directions

Nowton Park lies to the South of Bury St Edmunds. If approaching from the A14, leave at Junction 44 & follow the signs to Bury St Edmunds & Sudbury. At the roundabout just past the garden centre take the second turning (not the A134 Sudbury road) then, at the next roundabout, take the first turning (with the brown sign to Nowton Park). The park will be on your left after roughly 0.5 mile.

If approaching from the Sudbury area, follow the A134 northwards. Approximately 0.5 mile beyond Sicklesmere take the left hand turning signed Nowton & Hawstead and follow the brown signs to the park.

Post code:

IP29 5LU

OS Grid

Ref:

Parking

The Nowton Park car park is Pay-and-Display, £2 for up to 2 hours or £3 for longer. Cash and card are both accepted. Payment can be made via the RingGo app; the location code is 4466.

Facilities

The park has a café, toilets and a children's playground situated close to the car park.

The registration/help and download tents will adjacent to the car park. Hired SI cards can be collected from registration.

Start and Finish

These are both 100m south of the car park, east of the Cafe. The route to them will be taped.

Starts are from 10-30 to 12-30. **All courses close at 2PM.** Please report to the download after finishing and if you retire during your course.

Courses and Maps:

This event uses SPORTident timing with contactless punching enabled.

All courses use pre-printed waterproof maps which are issued at the Start. Control descriptions are printed on maps and will also be available as loose sheets in the Start lanes. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Courses*:	Technical Difficulty	Distance**:	Controls:
White	Very easy	1.2 Km	14
Yellow	Easy	2.1 Km	14
Orange	Moderate	2.8 Km	13
Light Green	Harder	3.5 Km	13
Short Green	Hardest	3.7 Km	16
Green	Hardest	5.7 Km	26
Blue	Hardest	7.3 Km	27
Brown	Hardest	8.7 Km	30

*** Please note: under 16s running individually can only enter White to Light Green courses. These do not leave Nowton Park**

Courses from Short Green to Brown will include both the Nowton & Hardwick areas. These will involve crossing the road to the park entrance. This will not be marshalled.

** The distances are measured in straight lines between checkpoints on the map. The actual distance on the ground may be longer, depending on the terrain & on your route-planning.

Entry

Entry on the day will possible subject to map availability. Registration will open from 10 am to 12 o'clock

Entry Fees: Senior BOF members: £12.00
Senior Non-members: £14.00
Groups: as senior rate above (extra maps £1)
Juniors (under 21): £4.00
Hire of SI card: £1 (£35 replacement cost if lost)
Hire of SIAC card £3 (£65 replacement cost if lost)

Entry on line at Racesignup.co.uk will be possible subject to map availability up to Friday 14th November

New to Orienteering:

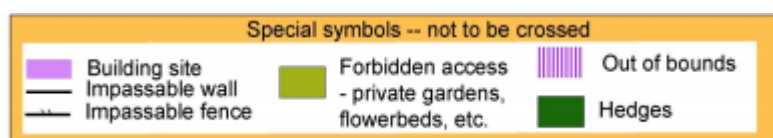
You can read about a typical SuffOC event on the [“New to Orienteering”](#) section of our website. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the helper at the registration tent.

Non British Orienteering Members

Please note: Participants who are not members of British Orienteering are not overed by British Orienteering's public liability insurance. By entering the event, you acknowledge that you are taking part at your own risk. For example, if you accidentally injure a member of the public or damage property during the event, you would not be covered.

IMPORTANT COURSE & SAFETY NOTES:

- **Road crossings** are included in all courses from Short Green to Brown and these will not be marshalled. The road between Nowton Park and the Hardwick area can be busy, so caution is required.
- The car park will be busy, so **please be aware of traffic, especially with children.**
- **The car park is out of bounds on all courses.**
- **Please be aware of, and respect, other park users & residents** – including walkers, dog-walkers and cyclists
- **The following symbols** are used to indicate **Out-of-Bounds areas**, and must be respected:



Note that above symbols are NOT TO BE CROSSED. If you are seen crossing, or reported as crossing, any of the above symbols you will be disqualified.

- **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 14.00, so please return immediately to download** if you are still out on the course at this time.

There will be a key box and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team. The envelopes will later be available in the Download tent for collection.

Dogs (on leads) are welcome in the park, but should not accompany competitors on the courses which cross to the Hardwick estate.

First Aid: A First Aid box is available in the Event Centre. The nearest A & E is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ. Should you need A & E please let an official know before you leave the event.

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

Event Officials:

Controller Colin West (SOS)

Planner David Hodgkinson

Organiser Andrew Elliott Treasurer@suffoc.co.uk

The next SUFFOC event is **Tunstall Forest on Sunday 18th January 2026**

Data Privacy: Entry information and the results of this event will be stored and published, as explained on our [website](#). Any event photographs will be treated as outlined [here](#).

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