



# SUFFOLK ORIENTEERING CLUB

**Sudbury Urban**

**Sunday 17th May**

**UKUL SEUOL and EA Urban League**

**Post Code CO10 2SU**

**OS Grid Ref: TL 876 410**

**What Three Words:  
tulip.shallower.marble**

Join us for an event which will allow you to explore the Suffolk market town of [Sudbury](#). Starting & finishing in the vicinity of Friars Meadow and the Kingfisher Leisure Centre, you'll be planning routes via streets, alleys & pathways to find checkpoints in both the historic & the modern areas of the town. The event is for experienced orienteers as well as first-timers who will be most welcome - we'll explain the basics & help you choose the most suitable course.

Our thanks to Babergh District Council, Sudbury Town Council and Suffolk County Council who have facilitated permissions in the town.

## **Directions: Parking in the Car Parks surrounding Kingfisher Leisure Centre , Sudbury**

If entering Sudbury from the north on the A134. Drive south on Melford Road and enter the one way system. At the roundabout with the A131 at the eastern end of the one way system, head south on Great Eastern Road. Car parking and the leisure centre are on the left. If entering Sudbury from the south east on the A131 cross The River Stour on the Ballingdon Bridge and join the one way system and follow around one way system as described for those coming from the north. If entering from the east on the A134 follow the A131 into the town and then turn left at the roundabout junction with the one way system and head south on Great Eastern road as above.

**Car parking is free in the car parks on Sunday.**

**Sudbury Station is within five minutes walk of the Leisure Centre. An hourly service is available from Marks Tey. There are regular services from London Liverpool Street to Marks Tey. When these final details were produced there were no engineering closures shown in place on that route.**

**Toilets are available within the Kingfisher Leisure Centre.**

## **New to Orienteering:**

Once you arrive at the event, if you have any queries or require any explanation about courses, electronic timing, or orienteering techniques please speak to an Event Helper in the Leisure Centre. The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these under the "[About SuffOC](#)" tab on SUFFOC website

## **Courses and Maps:**

Pre-entry for individuals on the main competition courses will be via the <https://racesignup.co.uk/> website with early entry until 8th May. On- the-day and late entries will be available for groups & for newcomers - and may also be possible for individuals on the main competition courses, subject to map availability.

There will be a choice of distance, as shown below and if you're over 16 years of age & not competing in the urban leagues, you'll be able to enter whichever course suits your level of fitness and whether you plan to run or walk. Those participating in the urban leagues will need to enter the correct age category, as shown.

Course	Class	Scale	Optimal Length (km)	Climb (m)	No. of controls
1	M Open	5000 Double Sided	10.7	120	30
2	W Open, MV (40+)	5000 Double Sided	8.2	85	28
3	WV (40+), MSV (55+)	5000 Double Sided	7.5	60	22
4	WSV (55+), MUV (65+)	4000	5.4	30	19
5	WUV (65+), WHV, MHV (75+)	4000	4.9	30	15
6	M/W Junior (16-)	4000	4.0	20	17
7	M/W Young Junior (12-)	4000	2.2	10	16

**Please note:** any under 16s competing as individuals will only be able to enter the courses designated as "Junior" - as these will be set within Friar Meadows & the immediate surroundings of very quiet footpaths and cul de sacs to comply with British Orienteering's traffic safety guidelines

## Directions to Registration/Help Desk/Bag drop and Toilets

On the Day **Registration, Toilets, Bag Drop and the Help desk** will be within the Kingfisher Leisure centre. Just ask in the entrance lobby for directions to the Community Room

Registration will be open between **12.00-14.00**

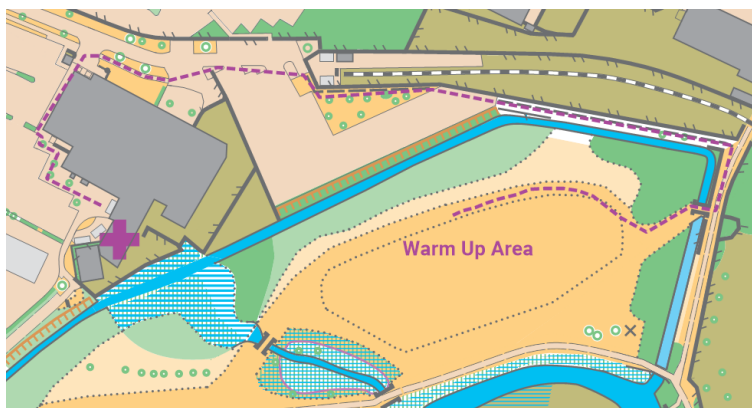
Courses starts are between **12.30 to 14.30** and close at **16.00**

All courses use maps at a scale of 1:4,000 or 1:5000 ( see table above), printed on A3 waterproof paper, issued at the Start. [The map was first produced in 2023, to ISSprOM 2019 standard and has had minor recent updates in 2026.] Control descriptions will be printed on the maps & loose sheets will be available in the start lanes. Courses 7 uses text control descriptions with the others using symbols.

Electronic timing will be used - the timing chips, or SI cards, may be hired via Racesignup or on the day, and will need to be collected from registration. For experienced orienteers with SI cards which can be used in "contactless" mode SIAC will be enabled. Start and Finish controls should be dibbed rather than swiped

## Start and Finish

The route to the **Start** will be taped going initially east from the Kingfisher Leisure centre, past the south side of Sudbury Railway station. The start is a further 300m along footpaths into Friars Meadow. This will be taped. See route below



**Finish** is 50m west of the leisure centre

## Entry Fees:

Senior BOF members: £10.00 (pre-entry before May 8th) or £12 (on-the-day and after 8<sup>th</sup> May)

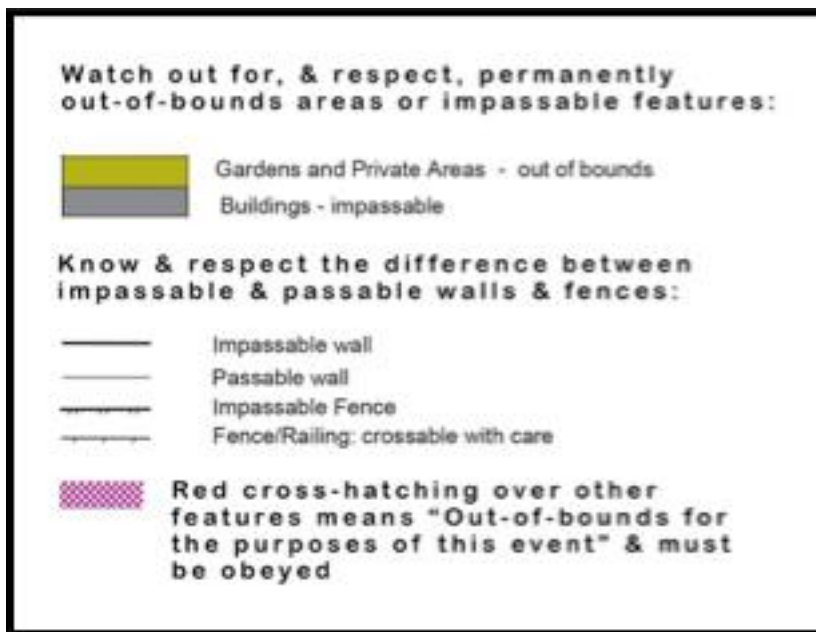
Senior Non-members: £12.00 (pre-entry before May 8th) or £14 (on-the-day and after 8<sup>th</sup> May)

Juniors (under 21): £4.00 SI Card Hire £1 A fee of £30 will be payable for a lost card

SIAC Card Hire £3 A fee of £65 will be payable for a lost card

## IMPORTANT COURSE & SAFETY NOTES:

- **Kingfisher Leisure Centre car park** is popular. Take great care when crossing it.
- There will be many **other users of the Meadows and Town** as shops are open and Sudbury is popular. Please respect all other users, and particularly those with dogs, to ensure there are no conflicts.
- **Parts of the town and Meadows will be out of bounds.** These areas are clearly shown on the map (see below) and any competitors found ignoring this will be disqualified. It will also jeopardise future use of this area so please remain in bounds at all times.
- **Some walls/fences may be shown as un-crossable** [as shown in the key on the map & in the notes below] and this is for a reason – safety or security – so please respect this.
- **All competitors MUST report back to the Download desk in the Event Centre** even if you have not completed the whole course so that we are aware you have returned safely. **Courses close at 16.00, so please return immediately to download** if you are still out on the course at this time.



x            Seat, Gym equipment or Town sign

## Post Race Culture

Gainsborough's House has opened to the public since the last time an urban event was held in Sudbury. This is an excellent museum with a very good café.

## Facilities

**Keys** may be deposited in a box, and confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left at Download.

**Personal belongings:** These may be left at registration in the Kingfisher Leisure Centre at the owners risk.

**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:** Final and full results will be posted on the Club's [www.suffoc.co.uk](http://www.suffoc.co.uk) as soon after the event as possible.

## Event Officials:

Controller – Richard Bonnett (SOS)

Planner – Gareth Radcliffe (SUFFOC)

Organiser – Clive Wilkinson (SUFFOC) [Coach@Suffoc.co.uk](mailto:Coach@Suffoc.co.uk)