



Suffolk Orienteering Club
Tunstall Forest: Barnes Carr and The Birches
EAL, Regional
Sunday 1st December 2024



Access to the event is via Forest Road FR22 on B1078 2 ½ miles south of Tunstall village. Park as directed on side of FR22
 Nearest Post Code IP12 2AP Grid TM 399 527 what3words economies.winter.windmills

Terrain: Barnes Carr and The Birches is the SE portion of Tunstall Forest, in the East Suffolk Sandlings. This area has not been used for orienteering since 2006 and has been newly mapped for this event. It adjoins the Tunstall Forest (Viking) area and the Brown course will extend a little into that area. All other courses will be entirely on newly mapped terrain. The area has more interesting terrain than most East Anglian Forestry Commission plantations with a variety of water and relief features and some nice areas of deciduous woodland.

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 League event. Please enter the right course for your age class. More information about the League on East Anglian Orienteering Association web site.

Maps 1:10,000, 5m contours, updated 2024, A4 size. 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. Details below subject to controlling.

Course	Difficulty	Length km	Climb m	Controls	Age categories for East Anglian League	
White	Very easy	1.9		12		
Yellow	Easy	2.6		11	M10	W10
Orange	Moderate	3.1		13	M12	W12
Light Green	Moderate/Hard	3.5		16	M14	W14
Short Green	Hard	3.6		16	M80,85	W70,75,80,85
Green	Hard	4.5		17	M65,70,75	W16,50,55,60,65
Blue	Hard	6.7		26	M16,18,45,50,55,60	W18,20,35,40,45
Brown	Hard	8.6		29	M20,21,35,40	W21

Registration and SI Card (Dibber) Hire: Online registration via RaceSignUp.

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

Before going to the Registration tent 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 23th Nov £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 (£33 and £65 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 when crossing the access track used for parking as there may be vehicles arriving/ leaving the event
- If lost head west to B1078. There is a path which runs parallel to the road.
- The area is used by walkers, dog walkers, horses and mountain bikers. Please be courteous to other users.

Facilities:

TOILET - Portaloo 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 Ipswich Hospital, Heath Road, Ipswich, Suffolk, IP4 5PD

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: **Richard Bonnett (SOS)**

Mapper & Planner: **Martin Hore (SUFFOC)**

Organiser: **Louise Walker**
07917555949

The next SUFFOC event is at Kings Forest West nr Bury St Edmunds on Sunday 16th Feb 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. (British Orienteering guidelines, July 21st 2016)

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