

# Suffolk Orienteering Club welcomes you to our Regional and East Anglian League Event at Tunstall Forest on Sunday 26 November 2023.

## FINAL DETAILS

### Directions

The event will be signposted from the B1069 junction, 1.5k NE of Tunstall village, NE of Woodbridge.

Access via Forest Road 30.

- Grid Ref [TM390561](#)
- Nearest post code [IP12 2EL](#)
- What3Words: ///rich.revolting.swordfish

### Description of terrain

The courses will be mainly within the area enclosed by the Viking Trail for off-road cycling. The terrain is largely cultivated coniferous forest with areas of mixed woodland. Although contours are not prominent in the landscape, there are plenty of relief features such as pits and earthbanks and surprisingly varied vegetation to offer an orienteering challenge. The area was last used in 2021 since when brashings have decayed considerably leaving pleasant running in many parts of the forest. There is still likely to be some bracken, though courses will avoid this where possible.

### Courses and Maps

The courses will be printed on waterproof maps. Scale 1:10,000. Contour interval 5m.

### Control Descriptions

Control descriptions will be printed on the maps (Blue and Brown on the reverse) and loose control descriptions will be in the start lanes.

White, Yellow and Orange courses use narrative control descriptions. Light Green and above courses use IOF symbols.

A full legend is printed on White, Yellow and Orange course maps only. For any newcomers attempting Light Green and harder courses, separate copies of the legend, and an interpretation of the pictorial symbols, will be available at the help-desk.

### Timing

SPORTident timing will be used with SIAC enabled. However, competitors must punch the start and finish controls.

### Courses

COURSE	DIFFICULTY	DISTANCE (km)	HEIGHT (m)	CONTROLS	STANDARD EAL AGE CATEGORY
White	Very easy	1.9	10	12	
Yellow	Easy	3.0	20	13	M10/ W10
Orange	Medium	3.3	20	11	M12/W12
Lt Green	Hard	3.6	20	13	M14/W14
Short Green	Very Hard	3.7	10	14	M75+ W65/W70/W75+
Green	Very Hard	5.0	15	17	M65/M70 W16/W18/W20/W45/W50/W55/W60
Blue	Very Hard	7.3	25	22	M16/M18/M20/M45/M50/M55/M60 W21/W35/W40
Brown	Very Hard	9.3	40	29	M21/M35/M40

## Entry, Registration and SI Dibber/Chip hire

Late entry (after 20/11/23) and entry on day (subject to map availability) will be up to 12.00noon with start times up to half an hour after that.

Senior member: £11.00

Senior non-member: £13.00

Senior novice £4.00 [on white or yellow courses only]

Junior: £4.00

Dibber hire: £1.00 (replacement cost of £35 if not returned)

SIAC chip hire £2.00 subject to availability (replacement cost of £65 if not returned)

If you are entering as a group please enter with the name of one adult and add the names of the other group members in the space provided and you will be charged the senior entry fee.

Dibbers /SI Cards can be collected from the help desk on the day and returned at download.

## Start and Finish

Starts are from 10:30 to 12:30. No start times will be allocated.

The start and finish are 25m from the assembly area at the south end of Forest Road 30.

\*\*\*\*\* ALL COURSES WILL CLOSE AT 2PM \*\*\*\*\*

\*\*\*\*\* ALL COMPETITORS MUST REPORT TO DOWNLOAD (even if you retire) \*\*\*\*\*

## Toilet Facilities

There will be a portaloo near to the assembly area. Please use it, not the forest!

**Dogs** and well-behaved owners are permitted on the courses but dogs must be kept under strict control or on a short lead at all times.

## Viking Off-Road Cycle Trail

The Viking off-road cycle trail runs through the event area and is clearly marked on the map. Competitors are asked to keep alert for bikes and give way to cyclists on the trail. Cyclists will also be alerted to look out for runners. If you are a cyclist as well as an orienteer, please feel free to bring your bike and try out the trail after your run.

## Event Officials:

**Controller:** Paul  
Beckett HAVOC

**Planner:** Martin  
Hore

**Organiser:** Simon  
Hooton

07394 580501  
tunstall@suffoc.co.uk

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

**Next SUFFOC EVENT: 18/2/2024 Kings Forest Compass Sport Heat**

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