



Suffolk Orienteering Club Saturday 4th October 2025: West Harling Regional Event and EASC

Our thanks go to Forest Enterprise for permitting us use of the forest.

Directions: From A11 at Thetford turn south on to A1075 then turn east on to A1066. Take the minor road on the left 3km east of Thetford towards West Harling. The event will be signed from here.

IMPORTANT SAFETY NOTES

- **USE EXTREME CARE ON CROSSING PUBLIC ROADS.** The Blue and Brown courses cross two roads. There will be two road crossings on these courses. They will be timed out with a time up to 1 minute allowed to cross the road. Walk carefully across the road which has light but fast moving traffic. The finish is on a public right of way which may have slow moving traffic along it.
- You are advised to carry a WHISTLE for use in emergency only. Full leg cover is essential.
- Do not climb on log piles.
- Beware of cyclists when running along the mountain bike tracks.
- Be aware of areas of seasonal high bracken which is not mapped on longer courses, particularly south of the road.

For entry on day please complete the Registration Form (IN CAPITAL LETTERS) at the Registration tent including your address if not a member of British Orienteering. Also name and address of persons if entering as group, family or shadowing.

If you are new to orienteering or need assistance, please enquire at Registration.

Parking: Is on the side of the Restricted byway (FR76) beyond the No Vehicles sign. Please park at right angles to the track as directed by the marshals, Closest postcode IP24 2RX.

Registration 10:00 to 12:00 noon in the grey tent. Starts 10:30 to 12:30 pm Dibbers (E-Cards) are available for hire from Dibber Hire at the Registration tent. **Courses close 14:00** all competitors must return to the Download tent by this time.

EOD Fees Seniors £14.00; Groups as per senior rate; BOF member discount £2.00; Juniors/under 21s £4.00;

E-card hire £1.00 (£30 replacement cost if lost) or £3 SIAC (£60 replacement cost); Extra map £1.00; Seniors on white/yellow £4.00

Punching: All controls except for the start and finish are contactless (SIAC enabled).

Courses and Maps: All courses use pre-printed waterproof maps (**Scale 1:10,000**) which are issued at the Start. Blue and Brown maps are A3, all others are A4. Control description sheets will be issued at the start; they are also printed on maps. White, Yellow and Orange courses use text control descriptions; Light Green and above courses use IOF symbols.

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 Federation'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

Course	Distance	Controls	Technical difficulty	EASC School Years
White	1.7km	7	Very easy	Years 3 and 4, 5 and 6
Yellow	2.3km	8	Easy	Years 7 and 8
Orange	3.1km	9	Moderate	Years 9 and 10
Light Green	3.7km	9	Moderate/Hard	Years 11 and 12
Very Short Green	3.4km	9	Hard	
Short Green	3.5km	8	Hard	
Green	4.3km	10	Hard	Year 13
Blue	6.8km	16	Hard	
Brown	9.0km	22	Hard	

Start: Located 250m south west from Registration. Registration is just to the west of the parking track. Follow yellow tapes to Start. Start times are not pre-allocated.

Finish is approximately 250m north of registration. You MUST report to the download tent, which is next to the registration tent, even if retiring. Please immediately return to download if you are still out on the course at 14:00.

Road Crossings: There are road crossings on courses Blue and Brown, which are timed out crossings with a maximum time of 1 minute allowed. This crossing time will be removed from your overall run time. The traffic on the roads is not heavy but is fast moving so take extreme care when crossing the roads.

Facilities & Dogs: Portaloo TOILET on parking ride. Keys may be left in a box at Registration; when closed box transferred to the Download tent. Dogs on leads please at all times.

First Aid: A First Aid box is available in the Download tent. Nearest A&E is at West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ. In the hopefully unlikely event you need A&E please let an official know before you leave the forest.

Results: Results will be posted on the Club's website www.suffoc.co.uk as soon as possible after the event.

Event Officials: Controller **Sally Wilkinson** Planner **Oliver Hague** (WAOC); Organiser **Rod Mansel** rod.mansel@tiscali.co.uk

Next SUFFOC colour coded event is at Nowton and Hardwick in Bury St Edmunds on the 16th November 2025.

See the SUFFOC website (www.suffoc.co.uk) for further details on this and the Summer Series of informal events.

For other East Anglian Orienteering Association events see the EAOA website www.eaoa.org.uk

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