



Suffolk Orienteering Club
ICKWORTH PARK
Level C & ESSOL
25th September 2016



Welcome to SUFFOC's Level C event at Ickworth Park. The terrain consists of traditional open parkland with several blocks of mixed woodland.

Directions Ickworth Park is a National Trust property in the village of Horringer on the A143, 1 mile south-west of Bury St Edmunds. Follow estate drive for 0.75 miles, then turn right at the junction to the over-flow car park. If NT entry booth is manned, indicate that you are orienteering.
Post-code **IP29 5QE**.

New to Orienteering:

You can read about a typical SuffOC event at: <http://www.suffoc.co.uk/resources/new-to-o/your-first-event>. Once you arrive at the event, if you have any queries or require explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

Courses and Maps:

All courses use pre-printed waterproof maps (scale 1:10,000) which are issued at the Start. Control description sheets will be handed to you at Registration; they are also printed on maps. White, Yellow and Orange courses use narrative control descriptions; Light Green and above courses use IOF symbols.

Course	Distance km	Climb m	Technical difficulty	ESSOL courses
White	1.6	10	Very easy	Up to year 6
Yellow	2.2	20	Easy	Years 7&8
Orange	3.5	30	Moderate	Years 9&10
Light Green	4.2	60	Hard	Years 11&12
Short Green	3.9	45	Very hard	
Green	5.0	50	Very hard	Year 13
Blue	6.6	70	Very hard	
Brown	8.6	75	Very hard	

Do not cross fences marked as un-crossable – use mapped crossing points only.

There may be additional electric fences on the day of the event (due to sheep movements) which are also not to be crossed. These will not be marked on the maps and competitors will be informed at the start.

A recent mountain bike event has created tracks & trails that are not mapped.

The map for the Brown course is in 2 parts – printed on both sides of sheet.

Registration and SI Card (Dibber) Hire:

Registration is from 10.00 am to 12.00 noon. Please complete registration slip and present to registration.

This event uses SportIdent E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

Fees: Seniors (British Orienteering members) £7
Seniors (non-members) £9
Juniors (under 21) £3
Groups – same as senior or junior rate (extra maps £1)
Dibber hire £0.50 (£30 replacement cost if lost)

Start/Finish:

The start is 100m from the registration area, the route is taped.

STARTS: from 10.30 to 12.30

All courses close at 14.30

FINISH: Use dibber at finish control and make your way to Download tent (200m). Return hired dibbers when you download. **YOU MUST REPORT TO DOWNLOAD EVEN IF YOU RETIRE.**

IMPORTANT SAFETY NOTES:

- We are in the tick season, so please do a tick check after your run.
- There are lakes, ponds & rivers within the park so please keep an eye on your children.
- The car park will be busy so please be aware of traffic, especially with children.
- Please be aware of, and respect, other park users – including walkers, dog-walkers, cyclists & horse-riders.
- Sheep are in the park so please wash hands after your run.
- Close gates behind you, unless they are fixed open.

- **All competitors MUST report to the Download tent by 14.30** 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.
- Full leg cover is compulsory

Dogs: Dogs on leads please as there are sheep & deer within the park.

First Aid:

A First Aid box is available in the Download tent. Nearest A&E is at the West Suffolk Hospital in Bury (IP33 2QZ). Please let an event official know if you need to attend A&E.

Results:

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

Event Officials:

Controller – Phil Halford; Planner – Sally Wilkinson; Organiser – Will Harrison 07717 376586

The next SUFFOC colour coded event is at The King's Forest on 13/11/2016 - 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