



SUFFOLK ORIENTEERING CLUB

Level C & ESSOL

Ickworth Park

Sunday 25th September 2016

Postcode:
IP29 5QE
OS Grid Ref:
TL 816614

Time **Registration** 10:00 – 12:00
 Starts 10.30 – 12.30
 Courses close 14.30

Fees Seniors (British Orienteering members) £7.00
 Seniors (non-members) £9.00
 Juniors (under 21) £3.00
 Groups – same as senior rate per map
 Dibber Hire £0.50 (£30 replacement cost if lost)

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

Terrain Open parkland with several sizeable blocks of “runnable” mixed woodland.

Map 1:10,000, 5m contours, updated 2016, waterproof, with control descriptions printed on the map & available loose.

Directions Ickworth Park is a National Trust property in the village of Horringer, 1 mile south-west of Bury St Edmunds on the A143. Follow estate drive for 0.75 miles, then turn right at the junction to the overflow car park.

Planner Sally Wilkinson
Organiser Will Harrison 07717 376586
Controller Phil Halford



www.suffoc.co.uk

