



**Suffolk Orienteering Club
Level C, EAL & ESSOL
Kings Forest Thetford
Sunday 13th November 2016**



Welcome to SUFFOC's Kings Forest event.

Today is Remembrance Sunday.

There will be a two-minute silence at 11:00 when the Registration, Help Desk, Download and Starts will fall silent.

Parking will be along the Fire Road 201 off the B1106, 2 miles south of A11/B1106 junction.

Access signed off the B1106 OS Grid Reference TL 821 760 [Closest Postcode: IP28 6UX]

Terrain: Typical East Anglia coniferous blocks dispersed with deciduous wind breaks, scattered with deep disused sand and marl pits. Bracken and brambles have spread into some of the forested areas and have somewhat affected run ability. All courses have tried to avoid the worst areas and access has improved as the bracken has died down with the advancing autumn. There are also several large open areas that some courses cross. Here the grass is in tussocks and may be hiding old brashings so care will need to be taken when crossing these areas. Full leg cover is a requirement on all courses.

Courses: All courses cross the forest road that will be used for access and parking. Those on the Orange, Short Green and Green courses will need to take care when crossing this track as they may meet orienteers arriving or leaving by car. If you are driving, please take care when you are entering or leaving the parking area.

Please do not enter the out of bounds areas marked by the solid olive green colour. These mark the private residences and grounds within the forest area.

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 any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these on the website at: http://www.suffoc.co.uk/resources/about_suffoc/membership.

Courses and Maps: This event uses Sport Ident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

Maps 1:10,000, 5m contours, updated 2016, A4 size or slightly larger for the Green, Blue and Brown courses. All courses use pre-printed waterproof maps 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	Difficulty	Length	Controls	ESSOL courses	EAL Age Class
White	Very easy	1.7	9	Up to year 6	
Yellow	Easy	2.4	8	Year 7&8	M/W10
Orange	Moderate	3.3	11	Year 9&10	M/W12
Light Green	Moderate/Hard	3.3	11	Year 11&12	M/W14
Short Green	Hard	4.3	11		W65+/M75+
Green	Hard	5.5	12	Year 13	W16-20/W45-60/M65-70
Blue	Hard	6.8	15		M16-20/W21-40/M45-60
Brown	Hard	9.0	23		M21-40

Registration and SI Card (Dibber) Hire: Registration is from 10.00 am to 12.00 noon in the grey tent.

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:

Seniors £9.00 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £3.00 Seniors on white/yellow course £3.00
Extra map £1	Dibber Hire £0.50 (£30 replacement cost if lost)

Start/Finish: The start and finish are just off the fire road and within 50m of the registration/ download tents

STARTS: 10.30 to 12.30 Start times are not pre-allocated.

FINISH: will not be manned therefore any issues please report to the blue download tent, which is next to the registration tent.

IMPORTANT SAFETY NOTES:

- **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. Courses close at 14.30, so please return immediately to download if you are still out on the course at this time.
- You are advised to carry a WHISTLE for use in emergency only.
- Full leg cover is compulsory.
- 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.

Water available at Download.

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 West Suffolk Hospital, Hardwick Lane, Bury St Edmunds. IP33 2QZ (approx. 10 miles). 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: **Mike Chopping**

Planner: **Phil Halford**

Organiser: **Louise Walker**
07917555949/ 01449741027

The next SUFFOC colour coded event is at Daisy Wood, Woodbridge on 15 Jan 2017 - 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