



SUFFOLK ORIENTEERING CLUB

Level C, EAL & ESSOL
Kings Forest Thetford
Sunday 13th November 2016

Time Registration 10:00 – 12.00
Starts from 10.30 – 12.30
Courses close 14.30

Fees Seniors (BOF members) £7.00
Seniors (non-members) £9.00
Seniors on white/yellow course £3.00
(Entry on the day only) Juniors (under 21) £3.00
Groups – same as senior rate (extra maps £1)
Dibber Hire £0.50 (£30 replacement cost if lost)

Postcode:
IP28 6UX
OS Grid Reference
TL 821 760

Courses	Difficulty	Approx dist.	ESSOL courses	EAL Age Class
White	Very easy	1.7 km	Up to year 6	-
Yellow	Easy	2.5 km	Years 7 & 8	M/W10
Orange	Moderate	3.3 km	Years 9 & 10	M/W12
Light green	Hard	3.3 km	Years 11 & 12	M/W14
Short Green	Very hard	4.0 km		W65+/M75+
Green	Very hard	5.5 km	Year 13	W16-20/W45-60/M65-70
Blue	Very hard	7.0 km		M16-20/W21-40/M45-60
Brown	Very hard	9.1 km		M21-40

Terrain Typical East Anglia coniferous blocks dispersed with deciduous wind breaks, scattered with deep disused sand and marl pits.

Dogs On lead in car park; under strict control on courses

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

Directions Car park off the B1106, 3km south of A11/ B1106 junction, signed

Planner Phil Halford
Organiser Louise Walker 07917555949/ 01449741027
Controller Mike Chopping



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