



Suffolk Orienteering Club – 20th May 2023 SUDBURY URBAN



National (Level B) Event

UK Orienteering League Southern England Orienteering League East Anglian Urban League

Welcome to the Sudbury Urban organised by SuffOC. Sudbury is a medieval wool town and the birthplace of Thomas Gainsborough. A large collection of his works are exhibited at Gainsborough House Museum which has recently reopened after a 5 million pound refurbishment. The courses start on the water meadows where all of the junior courses are based and the adult courses will visit the town centre and the longer courses will visit housing estates in the north of the town.

SAT NAV

Postcode

CO10 7HN

DIRECTIONS to Event Centre AFC Sudbury Brundon Lane Suffolk

FROM BRAINTREE

Take A131 through Halstead to Sudbury. On descending hill into Sudbury turn left at the traffic lights (The Cyclist Public House on corner) into Bulmer Road then take the first right, Brundon Lane. The road narrows before reaching the football ground on the right. **Sat Nav use postcode CO10 7HN.**

FROM COLCHESTER, BURY ST EDMUNDS AND CAMBRIDGE

Enter Sudbury and follow signs through the town centre for Halstead/Chelmsford A131. Go across the river bridge and go under the old rail bridge, then turn right at the traffic lights (The Cyclist Public House) into Bulmer Road and first right into Brundon Lane. The road narrows before reaching the football ground on the right hand side. **Sat Nav use postcode CO10 7HN.**

IT IS ESSENTIAL THAT YOU DO NOT APPROACH THE FOOTBALL GROUND FROM THE NORTHERN END OF BRUNDON LANE.

There is a railway station in Sudbury and is approximately 30 minute walk to the event centre. Please walk along Station Road; turn left onto Friars Street; continue onto Church Street and turn left onto A131 Ballingdon Street. When you reach traffic lights turn right onto Bulmer Road and first right onto Brundon Lane. The football ground is on the right hand side.








The Registration, Help & Download tents will be alongside the parking area. See map adjacent.



New to Orienteering:

You can read about a typical SuffOC event on the [“New to Orienteering”](#) section of our website. 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 under the [“About SuffOC”](#) tab.

Courses and Maps:

	Uncrossable Fence
	Uncrossable Wall
	Uncrossable Boundary
	Uncrossable Vegetation
	Forbidden Areas/Out of Bounds
	Seat, Gym or Play equipment
	Log Pile - Do not cross

All street furniture and play equipment are not mapped.

This event uses SPORTident timing equipment. Dibbers (SI-Cards) are available for hire from the desk at the Registration tent. SIAC Contactless Punching will be enabled but please dib the start and finish controls.

All courses use pre-printed waterproof maps (**Scale 1:4000**) which are issued at the Start. Control description sheets will be in the start lanes; they are also printed on maps.

All courses use IOF symbols. Narrative control descriptions for courses 6 and 7 will be available at the start. The map conforms to ISSprOM 2019-2 and has been drawn by Andrew Elliott in 2023.

Course	Distance	Climb	Controls	Age Category	Map Size
1	8.6 km	70m	20	MO	A3 landscape two sided
2	8 km	50m	24	WO / MV	A3 landscape two sided
3	6km	30m	16	WV / MSV	A3 landscape two sided
4	3.8km	30m	13	WSV / MUV	A3 Landscape
5	3.7km	10m	13	WUV / MHV / WHV	A3 Landscape
6	3.8km	5m	11	MJ / WJ	A3 Portrait
7	2.6km	5m	9	MYJ / WYJ	A3 Portrait

These are straight line distances. Be aware that the distance you run might be as much as 50 per cent more than the stated distances.

Registration and SI Card (Dibber) Hire:

Pre event registration is on Racesignup. If you have entered on there, then you can proceed direct to the start. Unless you have hired a dibber in which case head to registration to pick it up.

There will be limited entry on the day due to map availability

Registration is from 10.00 am to 12.00 noon in the green 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. **Entry on the day will be CASH ONLY.**

Entry on the day Fees:	
Seniors £14 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £4.00 Seniors on course 1 and 2 £4.00
Extra map £0.50	SI Chip Hire £1 (£30 replacement cost if lost) SIAC Chip hire £2

Start/Finish: You may start between 10.30 & 12.30; times are not pre-allocated. The **Start** and **Finish** are on the water meadows. In order to get to the start retrace your steps out of the carpark and walk south along Brundon Lane. The road is narrow and runners should walk on the verge on the left hand side. Juniors should be supervised. When you reach the public footpath sign turn left and after 50 yards go through the kissing gate. It is a 5 minute walk and about 300 yards. The finish is near the start. The route will be taped. **All courses close at 14.30.**

Facilities: There is ample parking at the event centre. Toilets are in the football club at the north end of the car park in the building marked **RECEPTION**. Please leave muddy shoes outside the building. The football club bar will be open and drinks and snacks can be purchased. We are extremely grateful to the Football Club and The Bridge for the use of these facilities.

Dogs are not permitted at the Event Centre or on the courses.

IMPORTANT COURSE & SAFETY NOTES:

- **All courses cross the water meadows. There are cows on the meadows and although they are accustomed to members of the public they should be treated with caution. Marshalls will be present on the meadows to monitor the cows.**
- **All courses cross the River Stour and other water features. Courses 6 and 7 are completely situated on the meadows and do not cross any roads.**
- **All controls will be gripped to street furniture, trees or bridges. They will consist of a kite, SI numbered control and a pin punch. Pin punch to be used if SI Unit not functioning. Boxes are available for punching on the map.**
- **The senior courses pass through the town centre and cross roads. The busier roads are marked on the map in a deeper shade. Please be careful when crossing the roads. The town is likely to be busy as it is market day.**
- **Please be aware of, and respect, other members of the public especially in the High Street and the Market square. The market area is out of bounds and this is marked on the map.**
- **All competitors MUST report to the blue Download tent 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.**
- **Please wash your hands after your run to guard against infection from grazing animals**
- **Shorts may be worn. After the recent rainfall the meadows are muddy and off road shoes may be appropriate but dogs should not be worn.**

Keys may be deposited in a box, & confidential [medical details](#) (in sealed envelopes, for use in case of emergency) may be left with the event team at Registration. All items will later be transferred to the Download tent for collection.

First Aid: A First Aid box is available in the Download tent. Nearest A & E is West Suffolk Hospital, Hardwick Lane, Bury St Edmunds IP33 2QZ. Should you need A & E please let an official know before you leave the event. Results will be posted on the Club's website www.suffoc.co.uk.

Event Officials:

Controller – **Michael Chopping** (NOR); Planner – **Clive Wilkinson**; Organiser – **John Clarke**

The next SUFFOC event is at Chantry Park Ipswich on 10th June 2023 - see our [website](#) for further details of this & other forthcoming events.

Data Privacy: Entry information and the results of this event will be stored and published, as explained on our [website](#). Any event photographs will be treated as outlined [here](#).

Insurance: Competitors who are NOT members of British Orienteering will only be covered by the organisation's public liability insurance for a maximum of three orienteering events: after that they will need to become members for the insurance cover to continue.

PLEASE NOTE: Orienteering is an adventure sport and all competitors take part in this event at their own risk