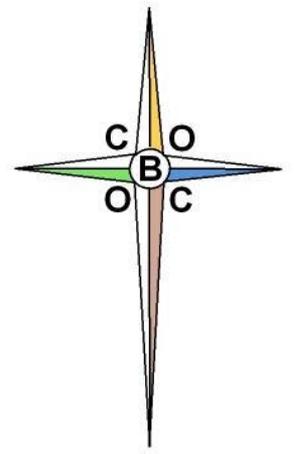


City of Birmingham Orienteering Club **Beginners, Family and Schools Event**



Aston Park Birmingham

When? Saturday 23rd February 2019

Choose your own start times between 1 pm and 2.30 pm

Where? Aston Park Birmingham B6 6DJ. It is 2 miles north of Birmingham City Centre close to Junction 6 of the M6. From J6 take the A38M towards Birmingham City Centre then come off at Aston B4132. Parking will be at King Edward VI Grammar School Frederick Road B6 6DJ.

By Rail Aston Station is a 10 minute walk away. Turn right upon leaving the station and right again onto Grosvenor Rd. Walk straight on for 500m until you get to Witton Lane. Entrance to Aston Hall and Park is off Witton Lane on the left hand side of the road.

What? Four orienteering routes to choose from; orienteering is a fun sport that combines running with navigating – finding your way with a map. It's a great way of exploring your local parks and staying fit. Recommended routes as follows:

Route	School years	Distance
White	3-5	1.0 km
Yellow	6,7	1.6 km
Orange	8,9	2.2 km
Red	10+	3.3 km

(Children may run shorter or longer routes than suggested above, according to ability.)

Help is available for beginners, including a maze to practise running round!

Children/Families: £2 per map, or £1 for members. (COBOC Membership is £2 per year.) Children may go round in pairs if they wish. Adults may also go round with their children, but should try to let the children do the navigating!

Adults: £4, or £3 for members. (COBOC Membership is £5 per year.) You can run one of the children's routes or, to make a longer course, you can run a combination of Red +Yellow(4.9 km)

Equipment: Children who intend to run should wear suitable clothes and shoes. A compass is useful (especially for the Orange and Red routes that go off the footpaths) but not vital. Race timing uses electronic SI cards – these can be borrowed for the event.

Schools League: Children earn points from each race. The league will be updated after each race and current standings posted on our website **www.coboc.org.uk** The prize giving will take place after the last race, in June. Schools do not have to send a team to every race.

Organiser: Ian Gamlen 07941730771 email: ian.gamlen@virgin.net
Planner: Barry Mc Gowan

There is a Whodunnit Family Friendly Mystery Trail at Aston Hall from 11am-4pm. For more details go to : <http://www.birminghammuseums.org.uk/aston/whats-on/whodunnit-a-family-friendly-mystery-trail>