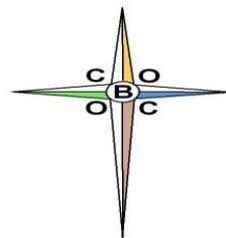


City of Birmingham Orienteering Club Schools and Family Orienteering Event



Banners Gate, Sutton Park

When? Saturday 17th February 2018

Choose your own start times between 1 pm and 2.30 pm

Where? Banners Gate Sutton Park Monmouth Drive Sutton Coldfield B73 6RT. There is a free car park in Sutton Park

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	Approx Distance
White	3-5	1.2 km
Yellow	6,7	2.1 km
Orange	8,9	2.8 km
Red	10+	3.5 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 Yellow+Red (=5.7 km).

Accessibility: There are two good paths but most of the tracks are rough or muddy. Wheelchair users should contact the organiser before the day.

Toilets: No public toilets nearby

Equipment: Many of the paths are wet or muddy. Participants should wear boots or bring a change of shoes and socks. Suitable clothing must be worn. A compass is useful (especially for the Orange and Red routes that go off the footpaths) but not vital. Race timing uses 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: Jenny Hunter 07973422780 or email jennyhunter3@virginmedia.com
Planner: Adrian Bailey