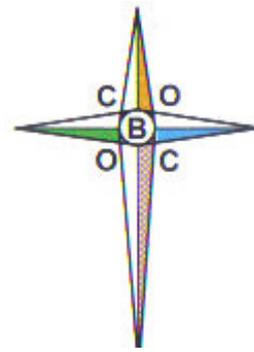


City of Birmingham Orienteering Club Schools and Family Event

PERRY PARK B42 2LW

When? Saturday 28th October 2017

Start times for children and families: 1 pm – 2.30 pm



Where? Starting close to the car park by the children's playground just off Church Rd. If coming from the Walsall Rd junction with Church Rd, turn left off Church Rd as if going to the Alexander stadium. Nearest postcode is B42 2LW

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:

<u>Route</u>	<u>School years</u>	<u>Distance</u>
White	3-5	1.4 km
Yellow	6,7	2.0 km
Orange	8,9	2.9 km
Red	10+	3.4 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. (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. (Membership is £5 per year.) We request that, if possible, adult orienteers start early (before 1 pm). You can run one of the children's routes or, to make a longer course, you can run a combination of Yellow+Red (=5 km).

Accessibility: the White and Yellow routes are suitable for those with reduced mobility, but involve some grass tracks which may be wet/muddy and are unsuitable for wheelchairs.

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 SI cards – these can be borrowed for the race.

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

Organisers: Barry McGowan barry.mcgowan@hotmail.com 01922633792
Adrian Bailey Ruth Lockley 48fc@blueyonder.co.uk 07470291702