



Orienteering in Sutton Coldfield

West Midlands Urban League Event

Sunday 15th July 2018 at Sutton Coldfield College

Venue:	Sutton College, 34 Lichfield Rd., B74 2NW, Sutton Coldfield
Public Transport:	Train – Sutton Coldfield station is 5 mins walk. Buses - Sutton Coldfield town centre is 10 mins walk. Buses - 6, 75A, 78, X3, X5, X12 stop outside college.
Parking:	Free - on hardstanding, at the College
Courses:	Full range of WM Urban League courses. A Maze O may be available.
Terrain:	College & school campus, town centre urban and parkland. Advised shoes with good grip, but no metal-studded O shoes
Control Descriptions	Will be on the map and loose.
Entries:	Entries online at www.fabian4.co.uk (closes on 11/7/18) Seniors £10 (less £2 for current BO members) Juniors (U/18) £3 Entry on the day (subject to map availability) Seniors £11 (less £2 for current BO members) Juniors (U18)/ students £3 The two shortest courses will be entirely within the campus grounds. These courses are suitable for families and beginners, £3 per map, for both juniors and seniors.
Punching:	Electronic Punching using SI (not SIAC enabled). SI dibbers may be hired for £1.00. The controls will NOT be contactless. Those with new SI Air Cards can still use them but they must punch as normal. It will be a punching start for everyone, both pre-entries and EOD. Just go to the start at your preferred start time and wait for the next available slot.
Registration	10.00 to 12.00
Starts:	10.30 to 12.30. Courses close at 14.00. Start and finish adjacent to assembly and registration.
Map:	1:4,000, 2.5m contours, A3 on waterproof paper (2018 Bob Scott) Courses 6 & 7 on A4.
Facilities:	Changing rooms, showers and toilets.
Dogs:	Sorry, no dogs allowed on the campus.
Safety:	Competitors take part at their own risk. Whistles must be carried. Take care of vehicles, cycles and pedestrians when running. Please be aware of runners crossing roads inside campus as you approach the event. Vests & shorts permitted.

For the latest information check and for future events: <http://www.coboc.org.uk>
 COBOC reserves the right to retain all or part of any pre-entry fees in the event of
 cancellation to cover committed costs.

Officials: Organiser: Mick Sadler, mick_sadler@yahoo.co.uk or phone 07999 383194
 Planner: Dave Ellis (COBOC) Controller: Adrian Bailey (HOC)

FINAL DETAILS ADDITIONS:

There are three cricket pitches. Please avoid the playing squares. They are marked oob on the map but not on the ground.

In the vicinity of churches you may encounter guests attending ceremonies or services. Please be respectful.

The FORBIDDEN TO CROSS symbols for walls, fences, railways, streams, buildings, out of bounds and private land areas – MUST BE OBEYED.

Course	Men	Women	Length	Controls
1	Open M18, M21, M35		7.5	30
2	Veteran M40, M45, M50	Open W21, W35	6.5	23
3	Super Veteran M55, M60	Veteran W40, W45, W50	5.5	20
4	Ultra Veteran M65, M70	Super Veteran W55, W60	4.5	17
5	Hyper Veteran M75, M80	Ultra Veteran W65, W70, W75	3.5	15
6	Junior Under M16	Hyper Vet. & Junior W80 & Under W16	3.0	13
7	Young Junior Under M12	Young Junior Under W12	2.0	12

Distances quoted are measured in a straight line through buildings and other out of bounds objects, therefore actual race distances will typically be over 30% longer.

Courses 6 and 7 do not involve any road crossings and are suitable for the published age ranges. All other courses cross main roads.

If you are under 16 on the day of the competition, you may only run courses 6 or 7, **unless you are shadowed by an adult.**

Please take care when crossing roads at all times. All roads will be open to traffic and there are **NO** marshalled road crossings on any course. It is your responsibility to cross roads safely.

There will be no catering or traders at the event, although there are places to eat and drink within walking distance of the car park.

If you have pre-entered and have your own SI card, you can proceed directly to the start, and start on the next available slot on your course.

If you have pre-entered but need to hire an SI card, please collect this from registration and see the download team to update your entry before starting your course.

If the weather remains dry, then road shoes will be suitable.

We have printed plenty of spare maps, so there will be entry on the day.

The nearest Accident & Emergency service is at Good Hope Hospital, Rectory Road, B75 7RR,

0121 424 2001