



# 56th Sutton Park Gates Run

## Wednesday 29<sup>th</sup> June 2022

**Directions:** Town Gate, Sutton Park. O/S SP115963 sheet 139. B74 2YT. Parking inside Town Gate just beyond the playground.

**Course:** Starting near Town Gate you visit the other six main gates in the Park and return to the start. Distance is about eight miles. Choose your own route. A map will be available. A mix of park road and footpath running.

**Entry:** Only on the day. Due to COVID you must comply with the British Orienteering Participant Code of Conduct. For details go to [British Orienteering](#) and follow the links.

**Starts:** Start times are available in 1 minute intervals from 17.30 to 19.00. Electronic SI timing (dibbers) will be used, these can be hired for £1.

You will be timed and given a certificate showing your time.

**Cost:** £6 adult £3 child or student, £1 for SI card hire.

**Certificates:** Certificates for all finishers, and a special one for under the hour.

Can you beat your age? A few people have completed the distance in fewer minutes than years of age, could you do it?

Individual competition for each gender and age group, and also for fastest father/son, mother/son, father/daughter, mother/daughter.

**Safety:** You take part at your own risk. You must report to the finish even if you do not complete the course. Course closes at 8.30pm.

**Organiser:** Mick Sadler [mick\\_sadler@yahoo.co.uk](mailto:mick_sadler@yahoo.co.uk) 07999 383194

Check on [COBOC HOME PAGE](#) for last-minute changes before travelling and for future local orienteering events