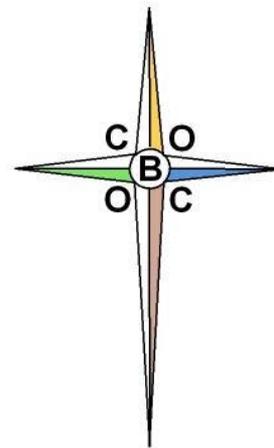


City of Birmingham Orienteering Club Schools and Family Orienteering Event



Aston Hall, Aston Park Birmingham

When? Saturday 27th January 2018

Choose your own start times between 1 pm and 2.30 pm

Where? Aston Hall Birmingham B6 6JD. It is 3 miles north of Birmingham City Centre close to Junction 6 of the M6. Entrance to Aston Hall and Park is accessible off Witton Lane near the Holte End of Villa Park. There is a free car park at Aston Hall

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 | 1.2 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: All courses - routes are not suitable for wheelchairs as they involve steps.

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 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.

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