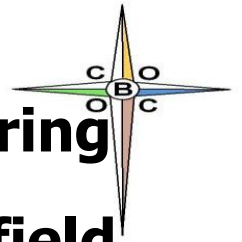


City of Birmingham Orienteering Club

Beginners, Schools and Family Orienteering



Banners Gate, Sutton Park, Sutton Coldfield

Saturday 26th January 2019

Choose your own start times between 1 pm and 2.30 pm

Where? Banners Gate, Sutton Park just off Monmouth Drive Sutton Coldfield B73 6JX

Car Parking Available

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	1.3 km
Yellow	6,7	1.9 km
Orange	8,9	3.0 km
Red	10+	3.9 km

(Children may run shorter or longer routes than suggested above, according to ability.)

Help is available for beginners, including a maze and string course to practise running round!

Children: £2 per map, or £1 for members (COBOC Membership is free for 2019 for new members signing up this 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 per map, or £3 for members. (COBOC Membership is free for 2019 for new members signing up this year.) You can run one of the children's routes or, to make a longer course, you can run a combination of Red + Yellow (=5.8 km).

Accessibility: There are good paths throughout the park, but the grass may be very soggy. White and yellow courses can be completed on the paths.

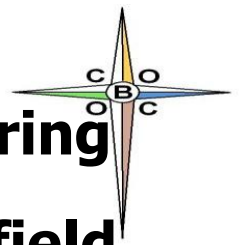
Equipment: Many of the paths are wet or muddy. Participants should wear boots or bring a change of shoes and socks. Suitable clothing must be worn. A compass is useful (especially for the Orange and Red routes that go off the footpaths) but not vital. Race timing uses SI cards – these can be borrowed for the event. Hire charge £1.

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 tel 07973422780
Planner: Mick Sadler

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