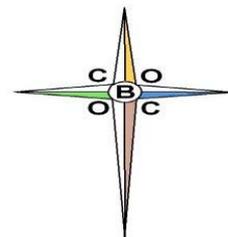


# City of Birmingham Orienteering Club

## **Beginners Families and Schools Event**

### **At Banners Gate, Sutton Park**



Date Saturday 22<sup>nd</sup> January 2022

Choose your own start times between 1 pm and 2.30 pm

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

**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
<b>White</b>	<b>3-5</b>	<b>1.3 km</b>
<b>Yellow</b>	<b>6,7</b>	<b>1.8 km</b>
<b>Orange</b>	<b>8, 9</b>	<b>3.0 km</b>
<b>Red</b>	<b>10+</b>	<b>4.0 km</b>

(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!

**All participants must follow the British Orienteering Guidelines regarding COVID. For details click on the following link:**

[https://www.britishorienteering.org.uk/COVID19\\_participant\\_code\\_of\\_conduct](https://www.britishorienteering.org.uk/COVID19_participant_code_of_conduct)

Children: £3 per map (£2 for BOF members). 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: £6 per map (£5 for BOF members). You can run one of the children's routes or, to make a longer course, you can run a combination of Red + Yellow (=5.6 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. Not suitable for wheelchairs.

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, These can be borrowed. Race timing uses SI cards – these can also 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](http://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.

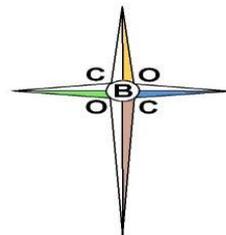
Organiser: Adrian Bailey Enquiries Ian Gamlen 07941730771

Planner: Mick Sadler

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