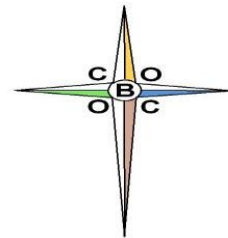


City of Birmingham Orienteering Club **Beginners Families and Schools Event**



At Rectory Park Sutton Coldfield

On Saturday 25th September 2021

Choose your own start times between 1 pm and 2.30 pm

Where? Rectory Park, Broomie Close (off Coleshill Road) Sutton Coldfield B75 7BD

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	1.0 km
Yellow	6,7	1.5 km
Orange	8, 9	2.5 km
Red	10+	3.5 km

Children may run shorter or longer routes than suggested above, according to ability. Help is available for beginners. A wheelchair accessible course will be available.

If you would like to take part please email coboc1@gmail.com with your name, contact telephone number and which course you would like to enter by 24/9/21. Limited entry on the day subject to map availability.

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

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 (=5.0 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, These can be borrowed. Race timing uses SI cards – these can also be borrowed for the event. Hire charge £1.

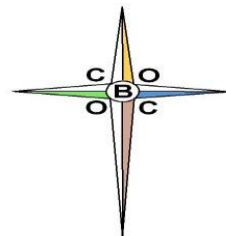
Schools League: Children earn points from each race. The league will be updated after each race and current standings posted on our website. www.coboc.org.uk The prize giving will take place after the last race, in June. Schools do not have to send a team to every race.

Organiser: Ian Gamlen 07941730771 Planner: Barry McGowan

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