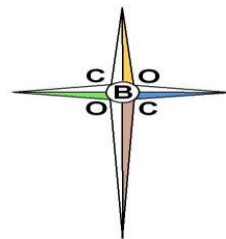


City of Birmingham Orienteering Club Schools and Family Orienteering Event



Handsworth Park, Birmingham

Saturday 24th March 2018

Choose your own start times between 1 pm and 2.30 pm

Where? Handsworth Leisure Centre, Holly Rd, B20 2BY There is free car parking in the grounds and also on Holly Road and Grove Lane. Buses 16 and 101 run to stops within a few minutes walk and the No 11 stops within 10 minutes walk.

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	1.2 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 free for 2018 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 2018 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 Yellow+Red (=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.

Toilets and amenities: Public toilets in the Leisure Centre, also snacks and drinks machine. Numerous small grocery shops nearby. Swimming pool at Leisure Centre.

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: Mick Sadler 07999383194

Planner: Ruth Lockley