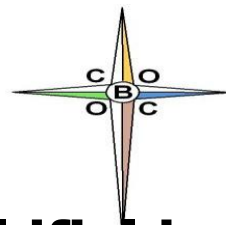


City of Birmingham Orienteering Club Schools and Family Orienteering Event



Newhall Valley Country Park, Sutton Coldfield

Saturday 23rd June 2018

Choose your own start times between 1 pm and 2.30 pm

Where? Newhall Valley Country Park, Wylde Green Road, Sutton Coldfield B76 1QT

Car Parking Available

Public transport 10 -15 min walk from Wylde Green Station or 5-10 min walk from bus stop near junction of Birmingham Road and Wylde Green Road X3, X4, X5 National Express West Midlands buses from Birmingham City Centre or Sutton Coldfield

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	1.8 km
Yellow	6,7	2.1 km
Orange	8,9	2.8 km
Red	10+	3.3 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: £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 Red + Yellow (=5.4 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. Toilets available

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: Dave Ellis tel 07714094427