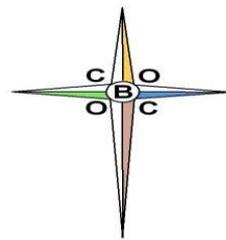


City of Birmingham Orienteering Club **Schools and Family Orienteering Event**



Rectory Park, Sutton Coldfield B75 7BD

Saturday 29th September 2018

Choose your own start times between 1 pm and 2.30 pm

Where? Rectory Park, Broomie Close, off Coleshill Road, Sutton Coldfield B75 7BD
(turn in by the Chambers Ford Garage). 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	1.2 km
Yellow	6,7	1.9 km
Orange	8,9	2.5 km
Red	10+	3.2 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 (=5.1 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. No 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: Adrian Bailey tel 07444002954