



## **Beginners, Schools Family Orienteering and Xplorer Event**

# **Woodgate Valley Country Park Birmingham**

Saturday 28<sup>th</sup> September 2019

**When ?** Choose your own start times between 11 am and 3pm

**Where?** Woodgate Valley Country Park Clapgate Lane, Birmingham B32 3DS

**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	Technical Difficulty
<b>White</b>	<b>3-5</b>	<b>1.8 km</b>	<b>Beginner</b>
<b>Yellow</b>	<b>6,7</b>	<b>2.1 km</b>	<b>Easy</b>
<b>Orange</b>	<b>8,9</b>	<b>2.8 km</b>	<b>Medium</b>
<b>Red</b>	<b>10+</b>	<b>3.3 km</b>	<b>Expert</b>

Help is available for beginners, including a Maze O to practise running round !

**Xplorer is a family friendly fun navigation challenge that is gives children a sense of adventure as they explore the park to find the markers. At each marker, children need to identify what is pictured and enjoy learning a fun fact to tell their friends.**

At this event we are raising money for the Wildlife Trust for Birmingham and the Black Country. So we can print the right number of maps please pre-book by clicking on the following link and provide your details as requested. <https://www.bbcwildlife.org.uk/events/2019-09-28-wild-about-woodgate-orienteering>

Children: £4 per map, (£5 on the day) Children may go round in pairs if they wish.

Adults: £8 per map (£10 on the day), 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).

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. Returnable deposit £1.

Schools League: Children earn points from each race. The league will be updated after each race and current standings posted on [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.

Facilities: Registration and Download will take place in the Visitor Centre which has a cafe and toilets

Organiser: Ian Gamlen tel 07941730771 Planner Adrian Bailey