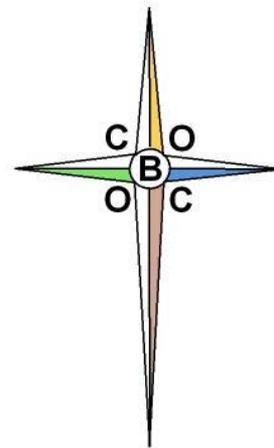


City of Birmingham Orienteering Club Schools and Family Orienteering Event

Sutton Park, Wyndley area



When? Saturday 25th November 2017

Choose your own start times between 1 pm and 2.30 pm

Where? Starting close to the Sutton Park Visitor Centre, with car parking via Town Gate entrance of Sutton Park. Nearest postcode is B74 2YT. This is about 10 minutes walk from Sutton Coldfield Rail Station and 10-15 from the bus stop for the X5, 907 and 66, which are the main buses from Birmingham City Centre.

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	Distance
White	3-5	1.8 km
Yellow	6,7	2.3 km
Orange	8,9	2.9 km
Red	10+	3.6 km

(Children may run shorter or longer routes than suggested above, according to ability.)
Help is available for beginners, including a maze O and string course to practise running round!

Children/Families: £2 per map, or £1 for members. (COBOC Membership is £2 per 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, or £3 for members. (COBOC Membership is £5 per year.) You can run one of the children's routes or, to make a longer course, you can run a combination of Yellow+Red (=5.7 km).

Accessibility: the White and Yellow routes are suitable for those with reduced mobility, but involve some stony tracks which may be wet/muddy. There will be a course suitable for wheelchairs.

Equipment: Children who intend to run should wear suitable clothes and shoes. 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.

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 prizegiving will take place after the last race, in June. Schools do not have to send a team to every race.

The BBC may be filming a family taking part for the regional programme Inside/Out.

Organisers: Dave Ellis 07714094427 dave@birminghamadventure.co.uk
Jenny Hunter 07973422780 jennyhunter3@virginmedia.com