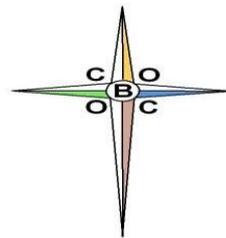


# City of Birmingham Orienteering Club Schools and Family Orienteering Event



## Perry Hall, Birmingham

Saturday 30<sup>th</sup> March 2019

Choose your own start times between 1 pm and 2.30 pm

**Where?** Perry Hall Playing Fields, Perry Avenue Birmingham B42 1RS. Grid ref SP062920

Car Parking Available

Public transport – close to Perry Barr train station, or take number 51 bus from Bull Street to Perry Avenue.

**What?** Four 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
<b>White</b>	<b>3-5</b>	<b>1.2 km</b>
<b>Yellow</b>	<b>6,7</b>	<b>1.8 km</b>
<b>Orange</b>	<b>8,9</b>	<b>2.5 km</b>
<b>Red</b>	<b>10+</b>	<b>3.2 km</b>

(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 2019 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.

You can run one of the children's routes or, to make a longer course, you can run a combination of Red + Yellow (=5 km).

Accessibility: There are good paths throughout the park, mostly flat, but the grass paths may be wet.

Equipment: Participants should wear suitable clothes and trainers and, if wet, bring a change of shoes and socks, or wear boots. A compass is useful (especially for the Orange and Red routes that go off the footpaths) but not vital. Electronic 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](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.

Organiser: Adrian Bailey Tel 07505 381666

Route planner: Dave Ellis