

CITY OF BIRMINGHAM ORIENTEERING CLUB
In association with other West Midlands Orienteering Clubs

Presents

the

**25th PETER PALMER
JUNIOR
TEAM
RELAY**

in

**Sutton Park
September 9th/10th
2017**

Final Details as of 27/8/17 (please check
www.coboc.org.uk on 7/9/17 for any late changes)

EVENT OFFICIALS

Organiser	Dave Ellis COBOC
Assistant Organiser/Registration	Ian Gamlen COBOC
Planner	Andy Hemsted HOC
Controller	Barry Elkington OD
Start and Changeover	Mick Sadler COBOC
Finish and Results	Mike Farrington HOC
Accommodation	Adrian Bailey HOC
First Aid	Ruth Lockley COBOC

ACKNOWLEDGEMENTS

Birmingham City Council - for help in many ways

City of Birmingham Department of Recreation and Community Services -
for the use of Sutton Park

Wyndley Leisure Centre and Clifton Road Youth Centre Sutton Coldfield-
for the use of their facilities

Sutton Park Rangers - for their guidance and cooperation

BOF - for their advice and support

Members of the West Midlands Orienteering Clubs - for all their help

Team Leaders and Coaches - for bringing their teams

O Nosh - for providing catering

TRAVEL DIRECTIONS:

BY ROAD

From the West and North-West: Leave the M6 at Junction 6 (Spaghetti Junction) and take the A5127 to Sutton Coldfield. Alternatively, the M6 Toll road (Fee payable) may be used to the junction with the A38, and then south along that road to the A453 to Sutton Coldfield.

From the North-east: Either A38 and then A453 to Sutton Coldfield, or M1, A42, M42 to Junction 9 then A446 and A453 to Sutton Coldfield.

From the South East: M40 then M42 to Junction 9 then A446 and A453 to Sutton Coldfield.

From the South-West : Take the M42 to Junction 9 then A446 and A453 to Sutton Coldfield.

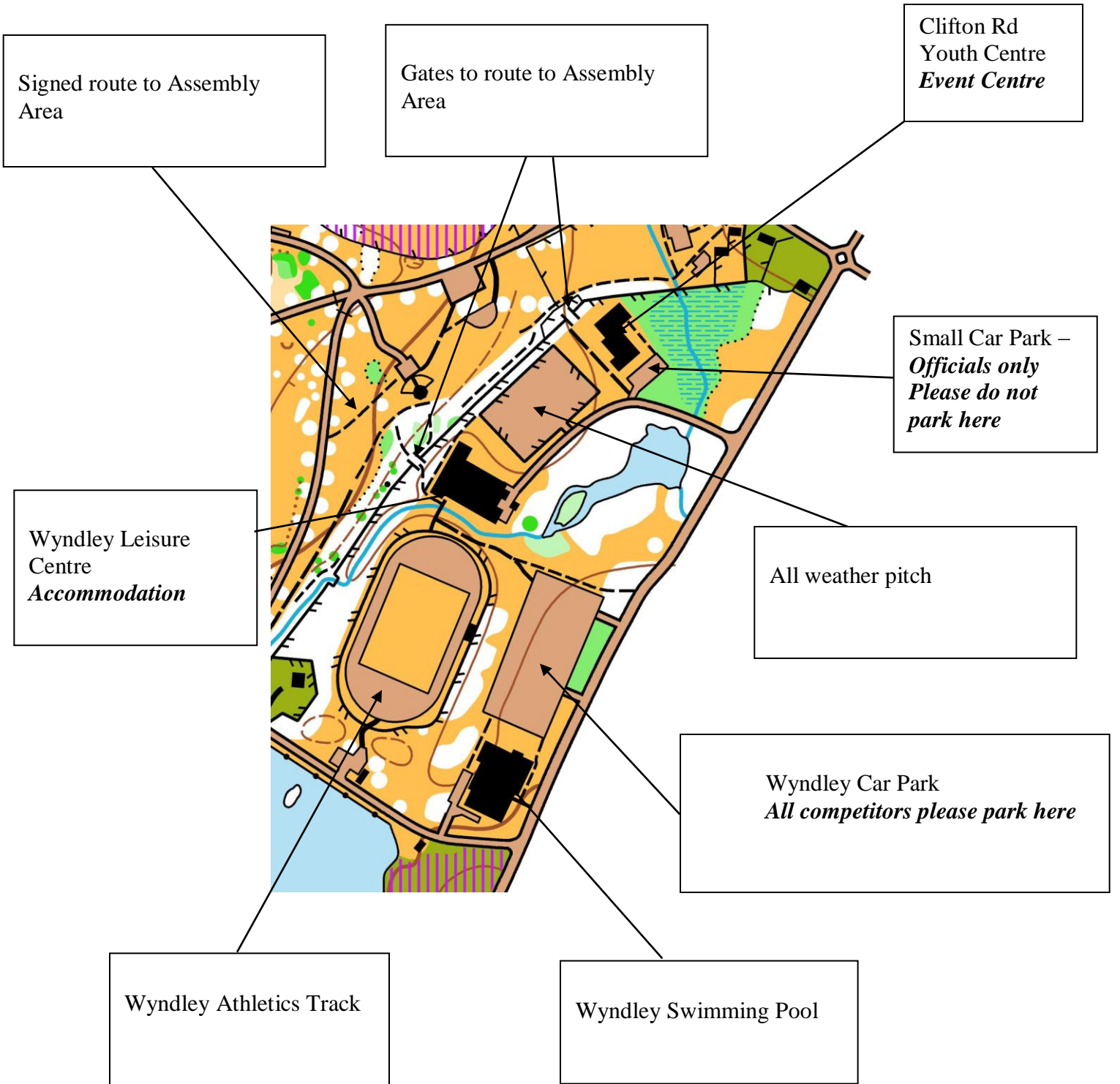
We would advise downloading a map from google maps or equivalent for the final leg within Sutton Coldfield. The Landranger grid reference of Clifton Road Youth Centre which we are using as the Event Centre on Saturday evening is SP114962 on sheet 139.

Parking will be in the Wyndley Leisure Centre, Clifton Road Sutton Coldfield B73 6EB. The barriers are normally raised at weekends. If the barriers are in place please take your ticket to the Leisure Centre reception and staff will redeem your ticket.

BY RAIL

There are frequent trains between Birmingham New Street and Sutton Coldfield. The event centre and accommodation is a 5-10 minute walk from Sutton Coldfield Railway Station.

Event Centre and Accommodation Layout



WELCOME TO SUTTON PARK

We are pleased to welcome all the Junior Orienteers and their coaches, leaders and helpers once again to the Peter Palmer Junior Team Relay in Sutton Park. It is five years since the event was last held here. This means that for many of you it may be the first time that you have run in the Park. Whichever leg that you are running, I hope that you enjoy your course and the experience of the Junior Team Relay.

COBOC organised the first Junior Team Relay in 1993, the intention being to provide a more exciting, fun event for Juniors. This certainly proved the case for the first four years that it was held in Birmingham. It has continued to prove to be a popular event in the Junior Orienteering Calendar.

Everyone helping this weekend will be trying their best to put on a good event. We hope that you all enjoy yourselves and that you will encourage others to come along to next year's Peter Palmer Junior Team Relay.

Dave Ellis, Organiser PPJTR 2017

EVENT CENTRE

The Event Centre will be at Clifton Road Youth Centre, Clifton Road, Sutton Coldfield B73 6EB. There is a small car park here but this will be for Officials only. Please can all competitors park in the Wyndley Leisure Centre nearby.

Entries

All entries for this event should be via Fabian4 using the following link:
<http://www.fabian4.co.uk/default.aspx?EventID=1807>

Fees –£110 per team (6-8 competitors + 1 male and 1 female supervisor) which includes breakfast (cereals, bread etc), accommodation and entry fees. Any additional supervisors will be charged £10 per person. If a supervisor is supervising more than 1 team they will receive a £10 rebate at the event for each additional team they are supervising.

Closing Date for team entries is 3/9/17. Team Declarations close at Midnight on 6/9/17.

The team declaration facility is now open. Please follow the instructions below.

Use the Fabian4 Amend Entry function to obtain access to your entry:
<http://www.fabian4.co.uk/competitor/viewentry.aspx>

After gaining access click "Declare" and follow the instructions.

If you are not filling all 3 Lap 5 Yellow slots with team members then declare the 2nd and/or 3rd runners using BOF number 999999.

If your team is eligible for any 1 or more of the trophies then declare your team as competitive (ignoring the wording on the declaration page which is designed for BOCs and JKs)..

Please declare all your teams ASAP, but before 23:59 on Wednesday 6th September at the very latest. You are able to amend your declaration up until this time also. Last minute changes can be made at registration on Saturday evening.

If you have a problem then contact support@fabian4.co.uk.

ARRANGEMENTS FOR SATURDAY 9th SEPTEMBER 2017

REGISTRATION

Registration will be at Clifton Road Youth Centre Clifton Road Sutton Coldfield between 5.00 pm and 7.00 pm on Saturday 9th September 2017.

All Team leaders will be required to report to registration to confirm their teams, state which Trophy or Trophies the team is eligible for and notify the registration team of any last minute changes to the team made after Midnight on 6/9/17.

If any team members need to hire SI cards dibbers, these will be available at registration.

If your team won a trophy last year please hand this in at Registration

ENTRY FEES AND REFUNDS: All entry fees should have been paid for via Fabian 4. If there are any additional team managers that have not already been paid for via Fabian4 please pay at Registration. Additional team managers will be charged £10 per person for their accommodation and breakfast. If you are a team manager and you are managing more than one team you will be entitled to a £10 refund for each additional team you are managing.

REMINDER: To be competitive, all team members must be either members of British Orienteering or attend a school, college or university which has a formal association with a club. Juniors who are members of British Orienteering, must meet the club representation eligibility requirements in the British Orienteering Rules of Orienteering. 2.1.5. Juniors who are not members of British Orienteering are permitted to compete in this competition provided that this is the only "Open" club that they compete for in any competition during the year.

Teams of six (up to eight if running multi-runners on the Yellow leg) must have at least two legs run by boys and two legs run by girls. For leg 5 to count as a girls (boys) leg all three runners must be girls (boys).

No person will be allowed to run twice.

Full details of the Competition Rules for the Peter Palmer Relays can be found on the BOF website at <http://www.britishorienteering.org.uk/page/rules> If you have any queries please email the entries organiser ian.gamlen@virgin.net before the event takes place.

At registration, you will be issued with colour coded Bibs with your team and leg numbers, pins, and SI dibbers (if hired). Bibs must be worn on the competitors torso.

IMPORTANT SAFETY ISSUE. Team managers please ensure your team members to write in capitals their name, their club, their team manager's name and team managers mobile tel no, any medical condition and any medication on the back of their bib.

Each team will be allocated an indoor sleeping area in Wyndley Leisure Centre.

FACILITIES

Wyndley Leisure Centre includes a swimming pool, sports hall, athletics track, and an all weather pitch. The swimming pool will be open until 5:30pm on Saturday.

A 5 -a-side football competition will be arranged for Saturday night between 7.00 and 9.00 pm on the outside all-weather pitch. Training shoes are required for this activity. If you wish to take part in this please sign up for this at registration.

O Nosh will be selling hot food, including Wilf's chilli, jacket potatoes, burgers (incl veggie), bacon and/or egg in a bap, snacks and drinks on Saturday evening outside Clifton Road Youth Centre from 6pm-9pm and Sunday morning from 7am-9.30am in the Arena. Please support them.

There is a Costa Coffee Shop in the Wyndley Leisure Centre which will be open until 10pm on Saturday and from 6:30am selling hot and cold drinks and snacks. Alternatively you may bring your own food or visit the nearby town centre of Sutton Coldfield where there is a wide variety of restaurants and take-away food shops. A link to google maps which list some of these and a map of Sutton Coldfield will be uploaded shortly.

TOILETS: These will be available at the Wyndley Leisure Centre (Saturday and Sunday) and the Event Centre (Saturday evening only). There will be no toilets in the Arena/Start/Finish areas.

SHOWERS: These will be available at the Wyndley Leisure Centre

The whole of Sutton Park is **OUT OF BOUNDS** with the exception of the Arena and the direct route to it from the Event Centre and Wyndley Sports Hall.

The Arena which includes the Start and Finish, is only 500 metres from the Event Centre and Wyndley Sports Hall. The route will be taped but not lit during the night. Teams should take the opportunity to familiarise themselves with the way during Saturday evening whilst it is still light.

SLEEPING ARRANGEMENTS

Each team will be allocated floor space in Badminton Courts in the Wyndley Leisure Centre. Please use this area only and keep it tidy and litter free. Sleeping areas will be available from about 6.00 pm. Each person will need a lilo or sleeping mat, sleeping bag, pillow and alarm clock. Other people may be using the Leisure Centre on Saturday evening and some areas of the Leisure Centre may be taped as "Out of Bounds". Please respect this as our ability to use Wyndley again for future events may be compromised by inappropriate behaviour. Please pay attention to instructions given by Event Officials and/or Centre Staff.

Wyndley Leisure Centre has a fire alarm system. In the event of a fire the assembly point is on the Wyndley Race track outside the Main Entrance of the building.

The sleeping area must be vacated by 9.30 am on Sunday. All kit etc must be removed by **9.00am at the latest**, to allow our team time to return the Centre to its proper condition. Any Lost Property will be taken to Clifton Road Youth Centre.

NOTE.

Each team must have a male and female adult leader sleeping with their team and the leaders should ensure that all team members are in bed and quiet by **LIGHTS OUT** at 10.30pm. Please ensure that all team members show consideration for others. Some people may wish to go to bed early as they will be getting up whilst others are still asleep. Please be quiet in sleeping areas.

A separate room will be set aside for DRIVERS at the Wyndley Sports Hall. This will be designated as a quiet area between 10.30 pm Saturday and 07.00 am Sunday. Any drivers wishing to see the earlier stages of the relay should use the team sleeping areas and should not use the quiet room.

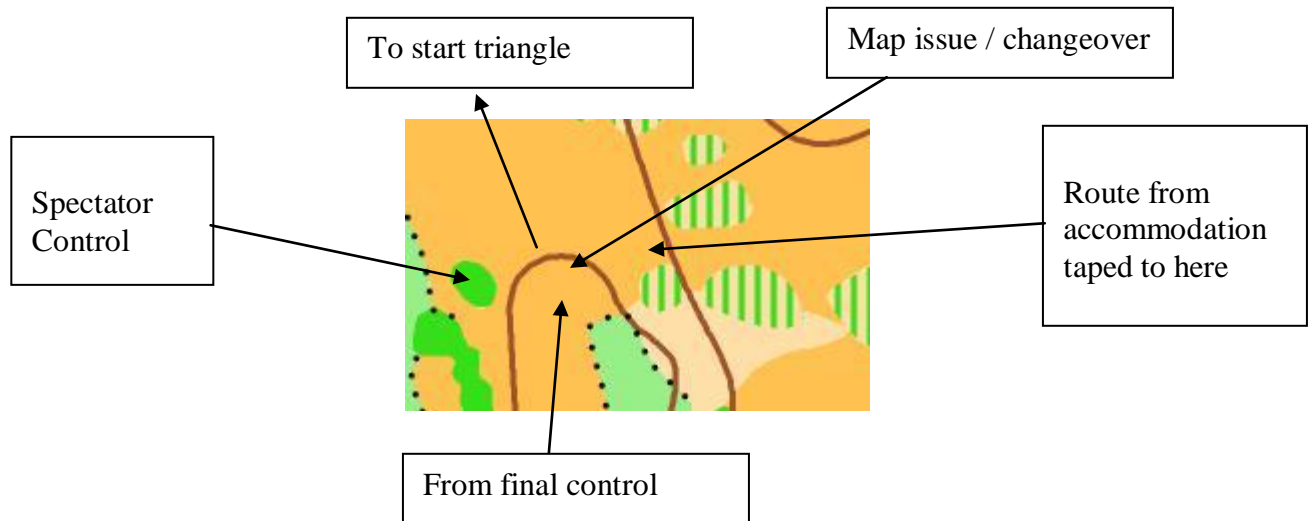
TEAMS ARE NOT ALLOWED TO CAMP IN THE PARK

Smoking and the consumption of alcohol is not permitted at the Event as it

is being run under British Orienteering rules.

COMPETITION DETAILS

SUNDAY 10th SEPTEMBER 2017 - THE START WILL BE AT 5.00 am , 90 minutes before sunrise.



First Leg runners must be ready to start by **04.50 a.m.** at the latest. The first 2 leg runners will be running in the dark for at least part of their runs.

A small marquee will be available at the change-over area for the deposit of clothing. Club tents can also be put up in the adjoining assembly area and can be left out overnight at your own risk.

Team numbers must be worn pinned to the chest of "O" tops.

Maps will be clearly labelled with the team number and the leg number on the outside of the map and these will be clearly visible. (e.g. 15-3 indicates team 15 leg 3). Runners should pay attention and check that their map number matches their bib. All competitors **MUST** go through the map issue tent to clear and check their dibbers.

Maps for the first leg runners will be handed to each runner on the start line.

Second and subsequent leg runners will collect their map as they go through the map issue tent.

From the Mass Start/changeover, all runners will follow tapes across open ground and across a park road for about 100m to the Start-kite, which will be situated at the SE end of a path. All courses will start

northwards along this path. On the map, the triangle indicates the position of the Start-kite, and NOT the changeover.

LEG 5 ONLY: There will be one map with the team and leg number. For teams with more than one runner on leg 5, additional maps should be picked up by the second and third runners as they go through the map issue tent.

From the last control runners must cross the finish line and then touch their next team runner **before** punching at the finish box. Please download your dibber and then you must place your map in the team bags which will be provided. These can then be collected by one member of a team once all the last leg runners have started their runs.

Overall team positions at the end of the Final leg will be taken when runners cross the finish line.

There will be no demonstration of the change-over sequence.

There will be MINI MASS STARTS at the Controller's discretion.

CONTROLS: SI controls and dibbers will be used. Some controls may be manned for protection. There will be a spectator control on all courses except Leg 5 (Yellow). The competition area will be patrolled for security and to guard against vandalism. All competitors take part at their own risk.

Please check the control codes and “dib” in carefully - incorrect dibbing will result in the whole team being disqualified. Competitors with SIAC contactless dibbers must dib the SI controls in the conventional way.

Teams that have had runners disqualified WILL be allowed to continue.

In the event of an SI box not working at any control runners should punch their map with the conventional pin punch attached to the flag.

RESULTS: We are hoping to be able to bring you live results on electronic screens in the Results Tent. Watch as the leading teams vie for 1st place !. The results of earlier legs will be displayed on a board in the assembly area as soon as possible after runners have finished.

PRIZE GIVING

The presentation of trophies and prizes to the first three teams in each Competition will take place in the Assembly Arena at 9.30am. In addition to prizes for the winning teams there will also be spot prizes for individual competitors. Please come along to the prize giving ceremony with your race

number. Even if your team didn't win – you may still get a prize – but only if you come to the prize giving with your race number !

PLANNER'S NOTES:

THE MAP: The area has been re-mapped and maps are at a scale of 1:10000. Contour interval is 5 metres. Courses will be overprinted and control descriptions will be on the front of the map. All maps will be printed on waterproof paper.

TERRAIN : The park has a good mix of coniferous and deciduous woodland with some thicker areas of holly, birch or rhododendron. There are large areas of fast open heathland, some with intricate gorse bushes. All areas are well interspersed with paths and tracks. Note that there is a lake in the event area and care should be taken on the early legs. Do not try to run across it !

There has recently been considerable bracken-growth in the open areas of the park, and it has been impossible to accurately map the runnability of every part. Where the bracken is high, path routes will be quicker.

COURSE LENGTHS AND DIFFICULTY:

	<u>Length</u>	<u>Distance after spectator control</u>	
Leg 1	5.5k	1.3k	Red Standard
Leg 2	5.5k	1.3k	Red Standard
Leg 3	4.5k	1.3k	Light Green Standard
Leg 4	3.0k	0.4k	Orange Standard
Leg 5	2.2k	-----	Yellow Standard
Leg 6	6.5k	1.3k	Green Standard

Warning: Legs 1 and 2 are similar in distance and difficulty, but individual competitors will not be running the same courses. Some controls are common, some are not. Similarly, parts of legs 3 and 6 are also gaffled. Remember that this is a relay race and disqualification wrecks the entire team's chances. Check the control codes carefully.

OUT OF BOUNDS AREAS: There are a number of areas that are marked as out of bounds on the map but will not be marked by tapes or any other means on the ground. Courses have generally been designed to avoid them.

SAFETY : Team Leaders please make your teams aware of the following:

- 1. Vehicles:** Some of the roads in the park are accessible by cars, bikes etc. Please take care when crossing roads and respect other park users.
- 2. Animals.** Be aware that you may come across various animals in Sutton Park such as dogs, squirrels, rabbits and even cows ! Take

- care if they are nearby.
3. **General public:** As it is a public park there may be people in the park who are not involved in the orienteering event. During the event Marshalls (who will be wearing fluorescent jackets and have identification with them) will be present particularly near the lake which some of the longer courses pass nearby.
 4. In the event of becoming lost head south-east. All competitors **MUST** report to the finish (near Wyndley Gate) even if they are unable to complete the course.

GENERAL INFORMATION

IMPORTANT SAFETY NOTICE – Wild animals roam freely in Sutton Park. Please ensure that everyone washes their hands using the soap and water provided before entering the breakfast tent.

BREAKFASTS: We will be serving a continental style breakfast of cereals, bread and jam from 7am -9.30am in the Arena to each team member including team leaders. The cost for this has been included in the team entries.

O Nosh will also be available selling hot food and drinks from 7am-9.30am on Sunday morning for those who wish to buy hot drinks or a cooked breakfast.

FIRST AID: A First Aid Kit and First Aider will be available. The nearest Accident and Emergency Department is at Good Hope Hospital Rectory Road Sutton Coldfield B75 7RR. This will be shown on the local map that will be available at Registration.

SPECIAL REQUEST: Wyndley Leisure Centre and Clifton Road Youth Centre and Sutton Park are widely used by the public and by other organised groups. Please respect all other users. Please leave no litter and keep noise to a minimum.

HELPERS : If any coaches or helpers are able to assist in the smooth running of the event without compromising the safety of their team please contact the event organisers Dave Ellis on 0771404427 or Ian Gamlen on 07941730771

PHOTOGRAPHY : Rob Lines has kindly agreed to come to the event and will be taking photographs of competitors and helpers taking part. These may be used in future events for publicity purposes. If anyone does not want their photograph to be used please inform the registration team.

Advice: Check the COBOC website at www.coboc.org.uk before departure for any last minute news.