



## City of Birmingham Orienteering (now part of HOC) **Beginners Families and Schools Orienteering Event** **At Lickey Hills Country Park Birmingham B45 8ER**

Date Saturday 24<sup>th</sup> February 2024

**When ?** Choose your own start times between 1pm and 2.30pm. Courses close at 3.30pm.

**Where?** Lickey Hills Country Park Warren Lane Rednal Birmingham B45 8ER. There are 2 small car parks near the Visitor Centre. If these are full, parking on nearby Twatling Road may be necessary.

**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 courses as follows subject to final planning:

Course	School years	Approx Distance	Technical Difficulty
<b>White</b>	<b>3-5</b>	<b>1.2 km</b>	<b>Easy – path based</b>
<b>Yellow</b>	<b>6,7</b>	<b>1.8 km</b>	<b>Slightly harder – path based</b>
<b>Orange</b>	<b>8 -9</b>	<b>2.7 km</b>	<b>Harder – off path</b>
<b>Green</b>	<b>10+</b>	<b>4.3 km</b>	<b>Harder – off path</b>

**60-minute Linear Score – 6.0km. Punch controls in order, although you can miss some out. 10 points per control but you lose 1 point for every 6 seconds you are late.**

(Children may run shorter or longer routes than suggested above, according to ability)

Help is available for beginners.

### **Entries : Entry on the day**

Children: £2 per child. Adults may also go round with their children but should try to let the children do the navigating!

Adults: £5 per person You can do any of the above courses. Please email the planner [jrthomas30788@hotmail.co.uk](mailto:jrthomas30788@hotmail.co.uk) by 22/2/24 stating which course you wish to run to reserve a map.

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. Not suitable for wheelchairs.

Safety: You are responsible for your own safety. It is recommended that you have a whistle. You can borrow a compass and whistle if necessary. A First Aider with kit will be available.

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 Green courses that go off the footpaths) but not vital, These can be borrowed. Race timing uses SI cards – these can also be borrowed for the event.

Facilities: There is a Visitor Centre that serves food and drinks. Toilets are available. Registration and Download will take place in the classroom next to the Visitor Centre.

Schools League: Children earn points from each race. The league will be updated after each race and current standings posted on our website. [City of Birmingham Orienteering – Harlequins Orienteering Club](#) The prize giving will take place after the last race, in June. Schools do not have to send a team to every race.

Organiser: Mick Sadler 07999383194 Planner: James Thomas. Event flyer updated 21/02/24