



City of Birmingham Orienteering (now part of HOC) **Beginners Families and Schools Orienteering Event** **At Cofton Park Birmingham B31 2BQ**

Date Saturday 25th January 2025

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

Where? Cofton Park Lowhill Lane Birmingham B31 2BQ. Parking available by Cofton Park Pavilion

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
White	3-5	1.2 km	Easy – path based
Yellow	6,7	1.6 km	Slightly harder – path based
Orange	8 -9	2.5 km	Harder – off path
Red	10+	4.0 km	Harder – off path

Children may run shorter or longer routes than suggested above, according to ability
Help is available for beginners.

Entries : Entry on the day but please email the organiser by 9pm on 24/1/25 to reserve a map. Please advise how many maps are required and for which courses.

Children: £3 per child. Adults may also go round with their children but should try to let the children do the navigating!

Adults: £6 per person You can do any of the above courses. To make a longer course you can complete the red course followed by the yellow course.

Accessibility: There are good paths throughout the park, but some are muddy. 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 Red courses that go off the footpaths but is not vital. A compass can be borrowed. Race timing uses SI cards – these can also be borrowed for the event.

Facilities: We are hoping to gain access to the Cofton Park Pavilion which we assume has toilets. Otherwise, there are toilets in the M+S Longbridge multistorey car park 1.2km from the Lowhill Lane Car Park.

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: Ian Gamlen 07941730771 ian.gamlen@gmail.com **Planner:** Rew Francis.
Event flyer updated 5/01/25