



City of Birmingham Orienteering (now part of HOC)  
**Beginners Families and Schools Orienteering Event**  
**At Ley Hill Park Birmingham B31 1TR**

Date Saturday 25<sup>th</sup> November 2023

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

**Where?** Ley Hill Park Holloway Birmingham B31 1TR

**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	Approx Distance	Technical Difficulty
<b>White</b>	<b>3-5</b>	<b>0.7 km</b>	<b>Easy – path based</b>
<b>Yellow</b>	<b>6,7</b>	<b>1.4 km</b>	<b>Slightly harder – path based</b>
<b>Orange</b>	<b>8 -9</b>	<b>2.5 km</b>	<b>Harder – off path</b>
<b>Red</b>	<b>10+</b>	<b>2.9 km</b>	<b>Harder – off path</b>

(Children may run shorter or longer routes than suggested above, according to ability)  
Help is available for beginners. Adults wanting a longer course can do Red + Yellow courses

**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.

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 Aid 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 not vital, These can be borrowed.

Race timing uses SI cards – these can also be borrowed for the event.

Facilities: Toilets are available in Holloway Hall from 10am -3pm.

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 Planner: Dave Ellis. Event flyer updated 21/11/23