



Harlequins Orienteering Club

Beginners and Families Event at Cannon Hill Park Edgbaston Birmingham B12 9QH

Date: Saturday 11th May 2024

Starts from 1.30pm-2.30pm.

Car parking: On Queens Drive, off Edgbaston Road B12 9QH. Car parking charges apply. Up to 4 hours £3.30, All Day £5. Please bring change.

Registration, Download and Enquiries The bandstand. Please follow the signs and red and white tape.

Courses White, Yellow, Orange, Red, Light Green

Entries £5 Senior £2 Junior (under 21). Please email ian.gamlen@gmail.com stating how many maps and which course you wish to run **by 6/5/24**.

Terrain: Map scale 1:7,500 5m contours. Parkland with wooded areas ponds and a large stream. Extensive path network. Not suitable for wheelchairs.

Equipment: Participants should wear boots or training shoes and bring a change of clothes and shoes. Full leg cover is required. A compass is useful. These can be borrowed or bought. Race timing uses SI cards – these can also be borrowed for the event. Hired dibbers will be pre-allocated and available for collection at Registration. Controls are **not** SIAC enabled.

Facilities – There is a café and toilets in the Midlands Arts Centre (MAC)

Safety: Participants take part at their own risk. Please take care when crossing any roads. Do not enter any wide streams or lakes. Whistles **must** be carried. These can be borrowed if necessary. If any participants have a pre-existing medical condition, please complete a medical form at registration. You **must** report to download after you have finished your course even if you retire.

Organiser: Ian Gamlen 07941730771 Planner: Kin Wai Lee Controller: James Thomas