



# Harlequins Orienteering Club

## **Beginners Families and Schools Orienteering Event**

### **At Banners Gate, Sutton Park**

Date Saturday 26<sup>th</sup> October 2024

Choose your own start times between 1pm and 2.30pm.

**Where?** Banners Gate, Sutton Park off Monmouth Drive Sutton Coldfield B73 6JX

**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>1.3 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>3.0 km</b>	<b>Harder – off path</b>
<b>Red</b>	<b>10+</b>	<b>3.5 km</b>	<b>Harder - off path</b>
<b>Green Experienced Orienteers</b>		<b>4.0 km</b>	<b>Hard – off path</b>

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

Help is available for beginners, including a maze to practise running round!

Children: £4 per child (£3 if BOF member). Adults may also go round with their children but should try to let the children do the navigating!

Adults: £8 per person (£6 if BOF member)

We advise that beginners try white or yellow courses first before trying a longer or harder course such as orange or red. There is a Green course suitable for experienced orienteers.

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.

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, Red 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.

Schools League: Children earn points from each race. The league will be updated after each race and current standings posted on our website <https://harlequins.org.uk/wp/> 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: Mick Sadler