Harlequins Orienteering Club
# Beginners Families and Schools Event
# At Witton Lakes Erdington Birmingham

## Date 23rd November 2024

Choose your own start times between 1 pm and 2.30 pm

**Where?** Witton Lakes, Perry Common Road, Birmingham B23 7AB Parking next to St Margaret Mary Catholic School. Please take care crossing the road to enter the park.

**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 |
|---|---|---|
| **White** | **3-5** | **1.1 km** |
| **Yellow** | **6,7** | **1.7 km** |
| **Orange** | **8, 9** | **3.0 km** |
| **Red** | **10+** | **3.9 km** |

(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 map (£3 for BOF members). Children may go round in pairs if they wish. Adults may also go round with their children but should try to let the children do the navigating!

Adults: £8 per map (£6 for BOF members). You can run one of the children's routes or to make a longer course, you can run a combination of Red + Yellow (=5.6 km)

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.

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 routes that go off the footpaths) but not vital. Race timing uses SI cards – these can 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:  James Thomas