



Beginners Families and Schools Event at Boldmere Gate Sutton Park Sutton Coldfield

Date 29th March 2025

Where? Registration will take place in the Sea Scout HQ Boldmere Gate Sutton Park Stonehouse Road Sutton Coldfield B73 6LH **Please take care crossing the road from the car park to the Sea Scout Hut.**

What? Four orienteering routes to choose from; orienteering is a fun sport that combines running with navigating – finding your way with a map.

When

Choose your own start time between 1pm-2.30pm.

Recommended routes as follows:

Route	School Years	Approx Distance	Technical Difficulty
White	3-5	1.9 km	Easy
Yellow	6-7	2.3 km	Easy
Orange	8-9	2.6 km	Harder
Red	10	3.5 km	Harder
Green	11+	4.4 km	Experienced orienteers

(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). **If you are hoping to take part, please email the Organiser by 23:59 hrs on 22/3/25 stating which course and how many maps you would like so that we can order enough maps.**

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.

Coaching Session 12noon-1.30pm

In addition to the courses above a coaching session run by Adrian Bailey will take place. This will cover areas such as pace counting; compass work/orientating the map; traffic lights; catching features and "star" activities run in pairs. If you wish to take part, please email the organiser.

Organiser: Ian Gamlen 07941730771 ian.gamlen@gmail.com

Planner: Dave Ellis