

**We've made a Ton!**

**100+ entries for the first event in the inaugural Sprint the South West!**



**Like other illustrious West Australians, Langer, Gilchrist and Marsh, however, we don't intend to rest on our laurels!**



**The third umpire has allowed entries to remain open for a further two weeks - until midnight 14 September!**

For those who've already entered, 'Congratulations!' You will have fun!

Please spread the word that the deadline for entries has been extended AND share this document with everyone you know!

For Bunburians who feel a bit apprehensive about Sprint Orienteering, an opportunity has been 'specially created for you - at 1pm Australind Senior High School, 14 September. You will be so enthused that you will rush to your internet connection and be able to enter before midnight!



This inaugural Series is the initiative of Tony Simpkins and is modelled on Sprint the Bay held in New Zealand.

Organisers      South West Orienteering Trekkers  
Mapper:        Tony Simpkins



## **Event 1            3 Campus**

Course Director: Michelle Whitfield

This map includes SW Institute of Technology (flat, bottom of hill), Manea Secondary College (side of the hill) and Edith Cowan University (top of the hill). The layout of 3 Campus includes complex buildings, passageways and raised footpaths, gardens, and extensive native bush sections with mostly good runnability, providing challenging route choice options to mess with your heads right from the get go of

## **Event 2            Bunbury Cathedral Grammar School**

Course Director: Jill Elderfield

Another complex campus, also comprising complex buildings and passageways, set on a hillside amongst native bush with varying runnability. All courses will finish via a path network through attractive native forest, before arriving at the main oval where a state-of-the-art sports pavilion will serve as the event centre. Parts of this forested area will be out of bounds due to the presence of many of South West WA's finest rare native orchids, but this only adds to your many route choice problems.



## **Event 3            Cowaramup**

Course Director: Don Mason

Cowaramup is in the heart of Margaret River wine country, but also famous for its dairy farms and in recent years the town has built on the link with its name to celebrate the udderly legend-dairy culture of the Friesian cow. There are 42 life-size cow sculptures scattered around the town, and featuring on our map, as well as parks, a school, and a forest block. This race will be a chance to unscramble your brains a little after the first day's full-on technical challenges, but don't relax too much or the cows may bite you on the bum. Afterwards, enjoy the many attractions of the town and surrounding district or head to the coast if it's a warm day. Hint - as you leave town towards 'Margarets', take the short side trip to Miller's Ice Creamery to fuel up for the afternoon!

## **Event 4            A Maze'n Margaret River**

Course Director: Peter O'Loughlin

This maze will truly amaze you, and quite possibly defeat you, even with the advantage of a map. There are 1.5km of paths within the 2.5m high hedged maze, and you may have to cover every centimetre to find the controls! Then there are the gardens, which are almost as complex as the maze itself, and to top it off, a forested area with many man-made landform features. This race will see some upsets, so don't give up on winning a famous Friesian running singlet, complete with flies, until the final pass through the maze!



## Event Programme

### Saturday 4 October

9 - 11 am Event Centre Open at Warranine Brook (collect your Show Bag)

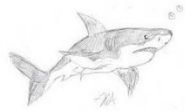
### Tuesday 7 October

#### **Event 1 3Campus**

8am Event Centre Open for remaining Show Bag collections  
9am First Starts  
10.30 Presentations  
Brunch at ECU Cafe (optional)

#### **Event 2 Bunbury Cathedral Grammar School, Gelorup**

3pm Jake's Coffee Van arrives  
3.30pm Centre Open  
4pm First Starts  
Presentations



## Competition Rules

Yet to be specified in small print!

What can be stated is:

After each event, there will be rapid-fire Presentation that will commence approximately 45 min after the last starter

### At each of the four events:

- a Female and a Male winner will be declared for that course and a Certificate awarded.
- a Female and a Male with the least Cumulative time (over the previous events) will be awarded a Friesian Singlet - and expected to wear it to the next event!
- SWOTSPOT Prizes will be drawn at random

Mispunching or being disqualified in any of the events will mean that the competitor is no longer able to win the overall competition and be awarded the smelliest Friesian singlet. The Friesian singlet wearer will always be the last starter on the Course.

### Wednesday 8 October

#### **Event 3 Cowaramup**

8am Event Centre Open  
8.30am First Starts  
10am Presentations  
Brunch at a local venue of your choice!

#### **Event 4 A Maze'n Margaret River**

3.30pm Centre Open  
4pm First Starts  
5.30pm Overall Prizes  
The Finish is at a Barbecue area and children's playground, adjacent to the Maze Cafe. Enjoy the gardens at a more leisurely pace, try the Maze again, or use the Mini Golf course.



## Embargoed Areas

To keep the competition fair, all competition areas are embargoed for any orienteering or running activities. Travel through embargoed areas on paved roads is permitted. These will be specified in the Final Bulletin (in your Show Bag)

## Safety Hazards

Safety is a major concern for us. Competitors are responsible for their own safety, but we would much prefer it if there were no harmful accidents or incidents during Sprint the South West. These will be specified in the Final Bulletin but, in the meantime, pack sunscreen, ankle braces and antihistamines.

**Children:** If you are bringing any young children to the event, please don't leave them unattended.

## Accommodation

See the 'Accommodation' section under 'Information' on the Sprint the SW website - if you have not already done so.

## Restaurants

Not all Bunbury restaurants are open on Monday night.

Check [www.urbanspoon.net.com.au](http://www.urbanspoon.net.com.au) for more information about the following, which

ARE open for dinner on a Monday night.

- Silos Restaurant
- Simply Thai
- Kokoro
- Joe's Pizza
- China City
- Nicola's
- Al Indian
- Lighthouse Beach Resort
- Cafe Bean
- Vittoria's
- Vat2
- Alexander's



## ECU Cafe

Debbie at the ECU Co-op Cafe would be pleased to welcome you. 08 9791 9859.

[dstott@coop.com.au](mailto:dstott@coop.com.au)

- Coffee \$3.50 - 4
- Fresh Wraps, Sandwiches, Rolls, Salads
- Muffins and Slice
- Toasted sandwiches \$4-6

## Jake's Coffee Van Menu (at BCGS)

All cups are \$5.00 and drinks include:

Cappuccino	Latte	Flat White	Hot Chocolate
White Hot Chocolate		Chai Latte	Decafe Options
Flavoured lattes		Mocha	

Cakes, Muffins, Slices and Biscuits are also available

**Bunbury Farmers' Market** has generously donated locally ripened fruit. This will be available on a one piece/person at the end of Event 1. Any leftover fruit will be available at Event 2.