# TOUKLEY 2 DAY 2023 – 4th / 5th March

 Central Coast Orienteers invite you along to celebrate the 41st running of the Toukley 2 day (aka O’Shea 2 Day).

 Enter this event and you can enjoy orienteering with a difference. Three events over two days, in teams of two.

 So find a running partner and Enter!

The format of this event was first organized by Central Coast orienteer Frank Anderson and based on popular Scandinavian formats. **Relays and night** orienteering are very popular in Sweden, Norway and Finland- in some cases even more popular than traditional individual competitions.

**Saturday 4th March (Mass starts at 1pm) - Relay -** For teams of two with a longer and a shorter leg.

**Saturday 4th March (night) Individual night course** for each team member, with the fastest time of the team counting towards overall time. So both team members do not have to compete at night if you’re scared of the dark.

**Sunday 5th March (Mass start 10am) - Team score event-** all controls must be visited but are split between the team. Both teams to punch last control and run to the finish together.

Come and celebrate the 41st consecutive running of this event, all very close to Terrigal and Avoca Beaches. You could win one of our famous cakes, meet some past winners and possibly win some of the other prizes we will have this year- uphill leg, technical leg, longest leg and fastest finish shute.

**Essentially an event for pairs but you can enter the Saturday events and the Sunday event as an individual**.

**Event 1, Relay**- Map: Kincumba Mountain Map Scale:1:7500

Terrain: Bush and mountain bike tracks with rock detail and some cross country navigation.

**Mass Start: Long Pairs 1:00pm, Short Pairs 1:15pm**

Course Setter: Julia Prudhoe & Controller: Paul Prudhoe

Courses: Long 4.5km, Medium 3.7km, Short 2.5km (approx. distances only)

**Event 2, Night Line Course** –Map: Terrigal West. Map Scale:1:7500

 Terrain: mixture of urban streets, parks and bush with good track detail.

 **First start: approx. 8:00pm (after dark).**

 Starts at 1 minute intervals, slowest team first.

 Course Setter: Melissa Robertson & Controller: Nick Dent

 Courses: Long 4.0km, Medium 3.3km, Short 2.2km (approx. distances only)

**Event 3, Team Score**- Map: Kincumba Mountain Map Scale: 1:7500

 Terrain: same as Event 1

**Mass start: 10:00am**

 Course Setter: Julia Prudhoe & Controller: Paul Prudhoe

 Courses: Long pairs 20 controls, Short Pairs 15 controls

**Entry**

Enter is only via Eventor and please read the instructions on “How to Enter”

Entries close midnight Wednesday 1st March.

Entry Fee $60 per team for the three events i.e: $30 per team member (Junior $24)

Individual entry $12 per event.

**Directions**

**Saturday Relay (1pm) and Sunday Score events (10am).**

**Kincumba Mountain Reserve**

**(** -33.4583758, 151.3920331)

From the North and South – Follow signs to Gosford. Follow Central Coast Highway to Avoca Drive, Turn right into Avoca Drive and proceed to Kincumber shops turn left at the MacDonalds roundabout (Bungoona Road) and left at the high school (Kincumber St) and continue up(Island View Drive) to the picnic area at the top of KIncumba mountain.

**Saturday night line course. (after the sunset(7:28pm) approx. 8:pm)**

**Duffys Oval Terrigal Drive, Terrigal.**

(-33.4409712, 151.4253594)

From North and South – Follow signs to Gosford. Continue to follow Central Coast Highway to Erina. Turn right into Terrigal Drive signposted Terrigal. Continue along this road to Duffys Road. Turn right and then left and park behind the basketball stadium.

**Entry queries**- Hilary Wood hilary.f.wood@gmail.com

## Central Coast Orienteers <http://www.ccorienteering.org/>