



The **2023 Xmas 5 days** returns to the Central Coast where it all started in 1985. We have a variety of terrains and formats for you over the five days. Sprint, Long, Middle, and Mass start orienteering formats. Also take the time to enjoy the beaches and the bush around the Central Coast.

### Program

	Date	First Start	Format/Winning Time	Location/Map
1	Wed 27 <sup>th</sup> Dec	4:00pm	Sprint <b>15-20 minutes</b>	Avondale University, Cooranbong
2	Thurs 28 <sup>th</sup> Dec	8:00am	Long <b>40-45 minutes</b>	West Olney State Forest, Dooralong
3	Fri 29 <sup>th</sup> Dec	8:00am	Middle <b>30-35 minutes</b>	East Olney State Forest, Dooralong
4	Sat 30 <sup>th</sup> Dec	8:00am	Mass Start <b>35-40 minutes</b>	Rumbalara Reserve, Gosford
5	Sun 31 <sup>st</sup> Dec	8:00am	Sprint <b>15-20 minutes</b>	Terrigal Haven, Terrigal

### Courses/Classes

Course	Men	Women	Suggested Age Guides**	
Hard 1	Men A		M18-21	
Hard 2	Men B	Women A	M35-40	W18-21
Hard 3	Men C	Women B	M16, M45-55	W35-40
Hard 4	Men D	Women C	M55-65	W16, W45-55
Hard 5	Men E	Women D	M65+	W55+
Moderate	Men F	Women E	M14, M Open	W14 W Open
Easy	Men G	Women F	M12	W12
Very Easy	M/W Novice		M10	W10

\*\* These classes are only a guide. You can enter whatever class you want. The distance each day will be determined by the expected winning time for the expected quality of runners in each course.

## Approximate Course Lengths

Course	Day 1	Day 2	Day 3	Day 4	Day 5
Hard 1	4.0km	6.2km	4.8km	5.0km	4.0km
Hard 2	3.4km	5.0km	3.6km	4.0km	3.4km
Hard 3	3.0km	4.0km	3.1km	3.0km	3.0km
Hard 4	2.6km	3.2km	2.7km	2.6km	2.6km
Hard 5	2.2km	2.8km	2.3km	2.3km	2.2km
Moderate	2.6km	3.0km	2.5km	3.0km	2.5km
Easy	2.2km	2.0km	2.0km	2.2km	2.0km
Very Easy	2.0km	1.8km	1.8km	2.0km	1.8km

Exact course lengths, climb and number of controls will be published by 18<sup>th</sup> Dec.

## Course setters/Controllers

Day 1- Nick Dent, Hilary Wood

Day 2- Steve Craig, Rob Vincent

Day 3- Hilary Wood, Colin Price

Day 4- Julian Dent, Gordon Wilson

Day 5- Julian Dent, Nick Dent

## Entry Fees

Senior \$25 each event

Junior \$17 each event

Sub Junior \$12:50

## Entries Close 17<sup>th</sup> December

[Eventor Australia - Event information: XMAS 5 DAYS \(orienteering.asn.au\)](http://Eventor Australia - Event information: XMAS 5 DAYS (orienteering.asn.au))

## Travel Times from Terrigal

Cooranbong 50 minute

Dooralong 50 minutes

Rumbalara 15 minutes

**Daily Prizes-** winner of each class each day and special prize for the fastest leg in each class each day.

Day 1- Long leg

Day 2 - Uphill leg

Day 3 - Technical leg

Day 4 - Route choice leg

Day 5- Mystery leg

## **Camping Option**

**Location:** 34 Mahers Rd; Martinsville 2265. Property is 40 acres, with 15 acres cleared.

### **Driving times:**

- Cooranbong -5 mins
- Olney State Forest – 18 mins
- Rumbalara Reserve – 55 mins
- Terrigal – 50 mins
- Morisset (Supermarkets / Restaurants / Freeway) – 10 mins

### **Facilities:**

- Unlimited unpowered camping with access to tank water. Suitable for tents and caravans.
- Access to toilets (and showers) in our house (small uphill walk) if numbers are small
- If numbers are large, we will bring in portaloos and set up an outdoor cold shower (no dump point for caravans)
- Access to power at house to recharge batteries only (no power at camp sites)
- Access to organic pool at the house (<https://www.youtube.com/watch?v=5sdxpLC97ak>)
- The property is mapped and is nice for training as well, if there is interest.
- Plenty of firewood for campfires

Register with Justin (by email to [stafford007@gmail.com](mailto:stafford007@gmail.com)) so he can coordinate portaloos etc if required.

A big thank you to Justin Stafford for making this great offer to orienteers attending Xmas 5 Days.

**Enquiries: Nick Dent 0428251786 [nickdent7@gmail.com](mailto:nickdent7@gmail.com)**