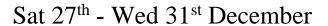


2025 XMAS 5 DAYS





Newcastle Orienteering Cub invites you to join in their 50th Year Anniversary celebrations with the 2025 Xmas 5 Days Orienteering Carnival to be held in the Lake Macquarie and Cessnock areas. A mix of events, map terrains and course lengths offers an event for everyone. So burn off those Christmas celebratory calories and get navigating!

Get your vintage O Gear out for the Retr-O Dress up day.

Group dinner, colouring competitions and more!

Plenty of time in the afternoons to head to the lake for cool down or enjoy the lakeside parks and bushland. After Days 3 and 4 stay in the Cessnock area and enjoy what the local vineyards have to offer.

Accommodation options in the Toronto, west Lake Macquarie and Cessnock areas include Hotel, Motel and Airbnb's.

Low cost Camping will be available at Martinsville near Cooranbong. (Thanks to the Stafford family for offering this.)

Program

Day	Date	Start Window	Format / Winning Time	Map / Location *	Travel time from Toronto
1	Sat 27th Dec	4.00pm - 5.30pm	Middle 30-35 mins	Palmers Creek Ryhope	7 mins
2	Sun 28th Dec	8.00am - 9.30am	Middle 30-35 mins	Honeyeater Hideout Richmond Vale	21 mins
3	Mon 29th Dec	8.00am - 9.30am	Long 40-45 mins	Belford National Park Belford	40 mins
4	Tues 30th Dec	8.00am - 9.30am	Long 40-45 mins	The Poppethead Kitchener	30 mins
5	Wed 31st Dec	8.00am - 9.30am	Sprint 15-20 mins	Avondale University Cooranbong	20 mins

^{*} Location subject to change if permissions not granted.

Courses/Classes

Course	Approximate Length (km) **	Men's Classes	Women's Classes	Suggested Age (Class Guide**
HARD 1	6 - 7	Men A		M18-21	
HARD 2	5 - 6	Men B	Women A	M35-40	W18-21
HARD 3	4 - 5	Men C	Women B	M16, M45-55	W35-40
HARD 4	3 - 4	Men D	Women C	M55-65	W16, W45-55
HARD 5	2.5 - 3	Men E	Women D	M65+	W55+
MODERATE	2.5 - 3.5	Men F	Women E	M14, M Open	W14, W Open
EASY	2.5	Men G	Women F	M12	W12
VERY EASY	2.0	M/W Novice	M/W Novice	M10	W10

^{**} The distance each day will be determined by the expected winning time.

Suggested age classes are only a guide. You can enter whatever class you want.

Courses may be split if entries warrant. eg 3A/3B, 4A/4B.

Sprint length approximately 50% of suggested length.

Entry Fees

	Per Day	
Senior	\$25.00	
Junior: 13 - 20 yrs	\$17.00	
Sub-junior: <13 yrs	\$12.00	
Family Maximum^	\$67.00	
SI Stick rental	\$2.00	

Non-member surcharge = \$4.

Carnival Organiser: Margaret Peel 0432 942 341 <u>leepback1@gmail.com</u>

Carnival Controller: Glenn Burgess

ENTRIES CLOSE: 16th December 2025 (note early entry close due to Christmas).

[^] Family maximum (two seniors and one junior) - If you enter all family members at the same time Eventor will automatically apply a discount.