



Come and have your cake and eat it too!

O'SHEA 2 DAY 2018 March 10-11



Enter this event and you can enjoy orienteering with a difference. Three events over two days, in teams of two. This event was first organised by Central Coast orienteer Frank Anderson back last century when Sir Joh was premier of Queensland (1980's) - remember those days! It's based on a mixture of popular Scandinavian orienteering formats. **Relays and night** orienteering are very popular in Sweden, Norway and Finland- in some cases even more popular than traditional individual competitions.

Saturday 10th (pm) - Relay for teams of two with either long and medium ("long" pairs) or medium and short ("short" pairs) legs
Saturday 10th (night) Individual night course for each team member, with the fastest time of the team counting towards overall time.
(So both team members don't have to compete at night if you're scared of the dark.)

Sunday 11th (am) - Team score event- all controls must be visited by the team – split them any way you like.

There are a few other complications but it is best that you trust the organisers to know what these are and to apply them fairly. What's worth knowing is that there are **fantastic fruit cakes adorned with mint leaves and icing** to be won over all three events. **So you can truly have your cake and eat it too!** So get yourself a partner **or we can get you one**, enter the event and be part of an orienteering tradition much longer in years than most of you have been orienteering!

Event 1- Relay – "Rumbalara"- updated Jan 2018. Bush tracks and many large rock features on the longer courses. Very friendly courses will be set. **Directions**-Wells St, Springfield Road, turn left into Dolly Avenue, follow O signs to parking.

Course setter: Paul Prudhoe. **First start** 2:30pm. Long 4.5km, Medium 3.8km, Short 2.8km (approx.)

Event 2- Night - Mt Penang Parklands - new map. A mix of streets and open park land. **Directions**- turn at Kariong fire station into The Avenue follow signs. **Course setter:** Hilary Wood. **First start** from approx. 8:10pm. Long 4.5km, 3.8km, Short 2.8km (approx.)

Event 3- Score - Mt Penang Parklands. A mix of streets and open park land. **Directions**- turn at Kariong fire station into The Avenue follow signs. **Course setter:** Colin Price - **Mass start** at 9:30am.

ENTRY - enter using [Eventor](#) and please read the instructions [on how to enter](#). Entries close **Wednesday 7th March**.

ENTRY FEE - Fees are \$14 per race for adults, \$8 juniors – (\$42 per team member, \$24 for juniors for the full event).

NOTE: "Individuals without a partner" can enter their choice of long, medium or short course. Leading up to the event, organisers will look at the list of individuals and make pairs for the event. Enter on Day will be provided but we would appreciate knowing that you are coming (for map printing)

Entry queries- David Bowerman ph 43693827 email david2013b@gmail.com

Seven Steps to a CAKE

1. Say **Yes** I want to be part of this wonderful tradition
2. So get yourself a partner (**or we can get one for you**). Enter the event and be part of an orienteering tradition much longer in years than most of you have been orienteering! Enter on the Day is also available as stated (But not for the night event – sorry).
3. Decide **Long** or **Short** Pairs, **longer** or **shorter leg** (I warned you it was complicated)
4. **Enter**
5. **Compete**
6. **Enjoy it**
7. **WIN a cake- EAT IT!!**

HOW EASY IS THAT!!

Central Coast Orienteers

<http://www.ccorienteering.org/>

