

Come and have your cake and be able to eat it too.



O'SHEA 2 DAY 2019 March 2-3

Enter this event and you can enjoy orienteering with a difference. Three events over two days, in teams of two. Now that is different but it is not all. The format of this event which was first organized by Central Coast orienteer Frank Anderson back last century when Bob Hawke was the PM (1980's) - remember those days! It is based on a mixture of some of the 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 2nd (pm) - Relay for teams of two with a longer and a shorter leg

Saturday 2nd (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 3rd (am) - Team score event- all controls must be visited by at least one team member.

There are a few other complications but it is best that you trust the organisers to know what these are and apply them fairly. The one that is 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 – Kincumber Mountain Reserve. Map: Kincumber Mountain. Bush tracks and many large rock features on the longer courses. Very friendly courses will be set. **Directions**- Turn off Avoca Drive into Bungoona Rd, then left into Kincumber Street. Follow this to the top of the mountain to the assembly . **Course setters:** Colin Price. First start 2:30pm. Long 4.5km, Medium 3.8km, Short 2.8km (approx.)

Event 2- 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. First starts from approx. 8:10pm. Long 4.5km, 3.8km, Short 2.8km (approx.)

Event 3- Kincumber. A mix of streets and open park land. **Directions**- Turn off Avoca Drive into Killuna Street, take the first right into Frost Reserve carpark. **Course setter:** Nick Dent - Mass start at 9:30am.

ENTRY- enter using Eventor and please read the instructions **on how to enter**. Entries close **Thursday 28th February**.

ENTRY FEE- \$36 per team member, \$24 for juniors. Individual event entries will be accepted for all events. Enter on Day will be provided but we would appreciate knowing that you are coming (for map printing)

Entry queries- David Bowerman ph 4369 3827 email secretary@ccorienteering.org

Seven steps to a CAKE 1. Say **Yes** I want to be part of this wonderful tradition 2. Get a **partner** 3. decide **Long** or **Short** Pairs, **long** 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/>

