

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



O'SHEA 2 DAY 2020 29 Feb / 1 March



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 29 Feb (Afternoon) - Relay - For teams of two with a longer and a shorter leg.

Saturday 29 Feb (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 1 March (am) - Team score event- all controls must be visited but are split between the team.

There are a few other complications but it is best that you trust the organizers 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 by team members 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 – Gwandalan “Lions Park” **Map: Gwandalan.** Mixture of streets, park and bushland.

Directions-Turn off Pacific Highway and head west on Kanangra Drive. Veer right at large roundabout continuing on Kanangra Drive a short distance. Turn right into Parraweena Road and proceed to the end. Turn right into Gamban Road. Continue for 200 metres to “ Lion Park” on your left.

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

Event 2- Summerland Point Reserve. **Map: Summerland Point** A mix of streets and open park land.

Directions- Turn off Pacific Highway and head west on Kanangra Drive. Turn left into Summerland Road at the large roundabout. Continue to the **second** Cams Boulevard Road and turn left. Proceed just past the shops to Summerland Point Reserve on your right. **Course setter:** Colin Price. First starts from approx. 8:10pm (after dark). Long 4.5km, Medium 3.8km and Short 2.8km (approx.)

Event 3- Gwandalan. **Map: Gwandalan** Mixture of streets, park and bushland.

Directions- Turn off Pacific Highway and head west on Kanangra Drive. Veer right at large roundabout continuing along Kanangra Drive. Turn right into Arana Road and proceed to T junction. Turn right into Noamunga Crescent. Turn left into Koowong Road to Gwandalan “Lioness Park”. **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 26 Feb**.

ENTRY FEE- \$72 per team for the full event of 3 races (ie. \$36 per team member, \$24 for juniors). Individual event entries will be accepted for all events. Enter on Day will be provided (\$15 per map) but we would appreciate knowing that you are coming (for map printing)

Entry queries- Colin Price (0415210339) or colinp53@yahoo.com.au

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 and **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/>