

Newcastle Orienteer of the Year Course Structure

Course	Target Winning Time	Suggested Length
Very Easy	18 mins	1.8 km
Easy	25 mins	2.2 km
Moderate	45 mins	2.2 - 2.7 km
Hard 4	35 mins	2.0 - 2.5 km
Hard 3	45 mins	3.0 - 4.0 km
Hard 2	50 mins	4.5 - 5.5km
Hard 1	55 mins	6.0 - 7.0 km

Lengths are a guide and will depend on climb and general runnability of the map. Course lengths may be outside suggested range on maps with very slow or very fast km rates.

Also see [Setting Courses at the Correct Standard](#) .

18 Jan 2026