

# **Duo Orienteering Event Killingworth**

## **29 th May 2011**

The event will be conducted by the Newcastle Orienteering Club

The Duo Orienteering Event is a combination of Mountain Bike and Foot orienteering stages held in the Killingworth area south of Newcastle. The format of the race is similar to an adventure race with the addition of more detailed maps being used. Competitors will start with a foot stage ( Scatter course, collecting a specified number of controls) then travel by bike to another map handout area. The MTB stages will travel on a line course ( Collect controls in specified order). On completion of the second foot stage they then travel by bike back to the original start area. Competitors can choose their own start time. The foot stages are held in predominantly open forest, intersected by numerous watercourses and tracks. The bike stages are mainly on open fire trails and single bike trails in the old mountain bike area.

### **Entry:**

Members of Orienteering Clubs \$5.00

Non Club members \$8.00 ( per person )

Enter on the Day \$10.00

Pre entry is desirable to allow planning and printing of maps for the event

Team of two entries are available.

Competitors may elect to compete in either MTB or foot stages only

### **Courses:**

**Long Course** Foot stages approximately 7 to 9 km

MTB stages approximately 18km Expected times 2.5 to 3.5 hours

**Short Course** Foot stages approximately 4 to 5 km

MTB stages approximately 10km Expected times 2 to 3 hours

**Club Event** The Newcastle Orienteering will also run a Club Event on the day. The event will be a scatter course of 45 minute duration whereby competitors visit as many controls as possible in any order.

**Start Times** From: 9.00 am to 11.00 am Courses close at 2.30 pm.

### **Equipment Requirements:**

Mountain bike in working order and helmet

Compass

Map board or map bag for MTB stages

Running shoes

Sufficient water and snacks for expected duration of event

### **Controls: Punch controls**

Foot stages Orienteering flag on stands

MTB stages Orienteering flag hung from trees adjacent to the road

You will be issued with separate control cards for the MTB and foot stages

### **Entries:**

Please contact Greg Bacon Mobile 0412486715

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