

Central Coast Orienteering
SUMMER SERIES 2017 – 2018

Are you looking for a healthy and enjoyable outdoor activity for the summer months that:

- maintains/improves fitness,
- offers a mental challenge,
- takes you to scenic and easy-to-get-to Central Coast locations,
- is suitable for all ages and fitness levels,
- can be done solo or in small groups,
- caters for walkers, joggers and serious runners,
- does not require special equipment?

Why not try one of our summer orienteering events? These are Sunday morning events, and you navigate around parks, beaches, nature reserves and streets, using a detailed map. You aim to visit, in any order, as many of the marked locations (controls) as you can in 45 minutes.

Just wear suitable light clothes, such as joggers, shorts and T-shirt. There will be experienced orienteers on hand to get you started in the right direction, and it's free for first-timers. Come in time to start between 9 and 11 am, but we will often be ready earlier if it's hot.

This summer's programme is:

Date	Suburb and Assembly location	Organisers
5-Nov	Avoca Beach (south) Burns St Reserve	Luke Wilmott
12-Nov	Berowra Warrina St Oval	Paul & Julia Prudhoe
26-Nov	Toowoan Bay Swadling Park	Samuel Tsang, Hilary Wood & Nick Dent
3-Dec	East Gosford Hylton Moore Oval, Wattle St	Colin Price & Robyn Pallas
10-Dec	Gorokan <i>Start TBD - consult web-site</i>	Brenton Race
7-Jan	Terrigal West Duffy's Oval	Hilary Wood
14-Jan	Berkeley Vale Kurraba Oval	Martin Spink
21-Jan	The Entrance Picnic Point Reserve	Melissa Robertson
28-Jan	Killcare Beach Drive, Killcare	Kirsten Ambler
4-Feb	Kincumber Mountain Kincumba Mountain Reserve, Island View Dr.	David Bowerman

Further Info:

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