

## 2007 NATIONAL ORIENTEERING WEEK/DAY

### General Notice Outline – TO BE MODIFIED TO LOCAL CIRCUMSTANCES

All that they have to do is to concoct something like “Leading elite orienteer Julian Dent will be at Gosford Park to assist newcomers to give orienteering a go on Sunday 6 May, which is National Orienteering Day/during National Orienteering week. The event ----- Dent who grew up on the Central Coast has represented Australia with distinction at the World Junior Championships and World Championships -----”. And that is the basis of turning an ordinary event into something newsworthy.

The purpose of a National Orienteering Week is to focus on providing opportunities for people to ‘Give Orienteering a Go’ at an ideal time of the year. Early May is the ideal time in most parts of the world to go Orienteering and in most of Australia it is especially good as the weather is cool, yet not cold and there are usually plenty of follow up events during the rest of May and in June.

Orienteering is a sport, which combines outdoor adventure with map reading and navigational skills. Competitors find their way around a set course with the aid of specially prepared maps. The aim being to locate checkpoints (controls) on various natural and man-made features along the way, such as a boulder, track junction, bench seat or street lamp.

The competitive, challenge themselves to complete the course in the fastest time possible. Many competitors prefer to take it much easier and enjoy the scenery as well as mental and physical challenge at their own pace. Orienteering is also one of the few sports that offers the opportunity for families to participate as a group or as individuals, at the same time and place. There are many examples throughout Australia of three generations of the same family participating in Orienteering events. There are over 7,000 registered orienteers in Australia and each year more than double that number participates in events throughout the country.

The venue for Day’s event is the eastern slopes of Mt Ainslie, with the assembly area (start/finish) at the northern end of the Campbell Park Offices carpark; follow signs from Fairbairn Ave/Northcott Dr roundabout. People may start anytime between 10.00 am and 12.30 pm. A variety of courses are on offer, including a Score event for which a watch is necessary.

For more information go to [www.orienteering.asn.au](http://www.orienteering.asn.au) or call [local state/club contact details].