

Navigators set to give Coffs a go

ORIENTEERING

PREPARE for a bushwalk with a difference.

If navigating and compass reading is your passion, then orienteering is the thing for you.

Bushwalkers, trail runners, adventure racers, athletes and families are all welcome to participate in the event that will be located at a range of great locations.

After great success in the Lismore area, Orienteering NSW will be taking its new brand of sport to Coffs Harbour. Orienteering NSW president Paul Prudhoe was excited about the prospect of having the popular race in Coffs Harbour. "We are extremely excited to be bringing it to Coffs Harbour this year. We've held it in Lismore and a few places up there and have decided to bring it to Coffs," Paul said.

"The beauty of orienteering is that it is a navigation-based sport and not only relies on physical fitness, but also brings about brain stimulation," he said.

While not a competitive sport, it does require a level of wit if you are to successfully get over the finish line. "It's not a competitive sport; you can do it in your own pace. It is something a little different and we are hoping people can get on board," Prudhoe said.



THE NAVIGATOR: An orienteering participant bolts away from a nearby checkpoint. Orienteering NSW will be in Coffs from October 18-27 at various locations.

UPCOMING EVENTS

Six free taster events will take place at the following locations:

- Friday, October 18 – Botanic Gardens 3-6pm
- Saturday, October 19 – Coffs Harbour Foreshores, Jordan Esplanade 3-5pm
- Sunday, October 20 – Woolgoolga lakeside reserve 9.30-11.30am
- Friday, October 25 – Sportz Central, Bray Street
- Saturday, October 26 – Coffs Education Campus 3-5pm
- Sunday, October 27 – Wonga Park, Sawtell 9.30-11.30am

"It is massive in Europe ... some events over there can get up to over 20,000 people. It started in Scandinavia in the 40s and then the Swedish Army used it for circuit navigation."

➤ For more information, contact Paul on 0418287694 or prudheop@ozemial.com.au