

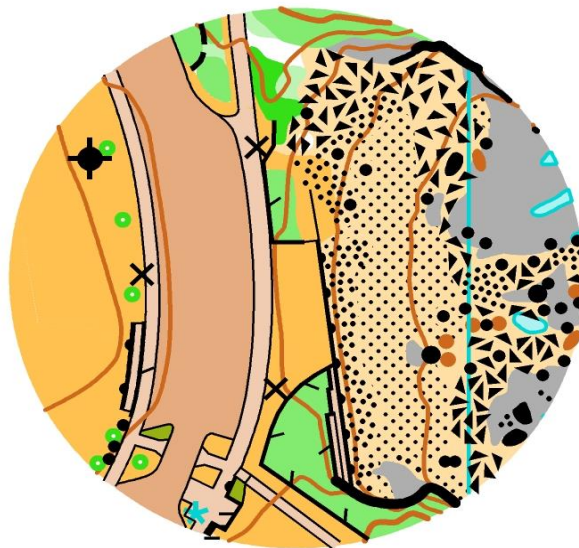


News Update

If you have not entered yet, then it is not too late. We have a special treat instore for those who have entered Day 5. A new 1:4000 map of **Terrigal Beach** drawn to Sprint standard by the young sprint mapper Duncan Currie.

Here is a sample of Duncan's mapping. This combined with courses set by Julian Dent means that the final event of the Xmas 5 Days promises to be something special, not to be missed!

After your course you can take on the **Run/Swim/Run O challenge**.



We will be offering **Enter On Day** at each event for courses **Hard 3, Moderate and Very Easy**. There will be limited maps for each of these courses. This will be **CASH** only. The organisers would prefer if you could pre enter as this makes our job much easier.

ENTRIES CLOSE Sunday 17th Dec