

NSW DUO CHAMPIONSHIPS

Castle Hill 12th April 2015

RUN RIDE NAVIGATE

ENJOY THE CHALLENGE

Individual or a team of two

Plan your course

Hard 1:

Run 1 (score) 12cp out of 12 cp (15 min);

Bike 1 (line) 7.5k 13cp (30min) ;

Run 2 (line) 3.5k 7cp (25 min);

Bike 2 (line) 6.5k 9cp (20min)

Total expected winning time: 1h 30 min

Hard 2:

Run 1 (score) 10cp out of 12 cp (15 min);

Bike 1 (line) 4k 7cp (20min) ;

Run 2 (line) 2.8k 6cp (25 min);

Bike 2 (line) 5k 6cp (30min)

Total expected winning time: 1h 30 min

Hard 3:

Run 1 (score) 8cp out of 12 cp (15 min);

Bike 1 (line) 7k 12cp (45min);

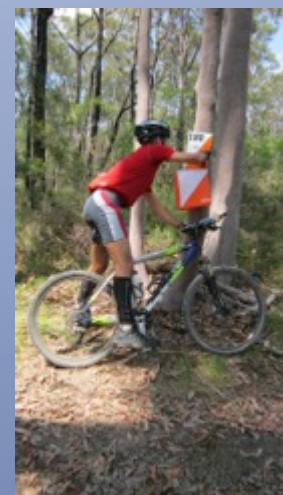
Total expected winning time: 1h

Novice:

Run 1 (score) 5cp out of 12 cp (15 min);

Bike 1 (line) 5k 7cp (30min);

Total expected winning time: 45 min



All you need
is a bike,
helmet and
running gear!

Each course has
a mass start
Hard 1 Start 9.00am



Start with a Park run,
bike leg on bush tracks
and urban parks & roads,
some interesting trail
running and the odd
bush areas

**When you
are finished
join us for a
sausage
sizzle and a
drink.**



**Event and Entry details on the
DuO Homepage**

<http://onsw.asn.au/events/duo-adventure>

Click on the Entry tab of the DuO Homepage
Or go to Eventor

<http://eventor.orienteering.asn.au/Events>

You need to register first, it's simple!

email: gbacon1@bigpond.com