



HAWKEMOUNT (AWABA) ROUND 1

ENTRIES ARE NOW OPEN

**RUN / RIDE / NAVIGATE
TEAM or INDIVIDUAL ENTRY**

Sponsored by

SUNDAY 4TH NOVEMBER

Timings : Start any time between 9.00am and 10.30am
Course closes at 2.30pm

Take Palmers Rd exit to Toronto from F3
Head to Toronto, turn right into Mulbring St, Awaba
Start opposite Primary School.
<http://goo.gl/maps/rN5J1>



ONLINE ENTRIES TO EACH EVENT HAVE A
CHANCE OF WINNING THE TREK COBIA 29 ER

COURSE FORMAT

Foot Stage Leg 1, a short 20 min warm up session.

Bike Stage Leg 2, will be a line course with some controls placed a short distance off the tracks in prominent features. Some interesting route choices!
Collect controls in order to the foot stage transition area.

Foot stage Leg 3, will be a line course. Pick up the foot map then collect controls in order and return to the transition area.

Bike stage Leg 4, line course with some controls placed a short distance from the tracks. Return to the start/finish area.

The full breakdown of distances for each leg will be sent out to all online entrants prior to the event.

Expect a few Hills

SPORT IDENT (Electronic timing) will be used on all controls.

SAUSAGE SIZZLE AT THE END OF YOUR COURSE

ENTRY

To enter, visit the **Orienteering NSW website** and register online. [DuO Adventure](http://www.onsw.asn.au) Entries close the Wed before the event.
Limited entry available on the day.

TEAM ENTRY

Enter as an individual on the website.
On arrival at registration your team details will be taken.
If you have entered the Bitte (Short course) you may accompany competitors on the Taster course before completing the Bitte course.

MTBO ONLY ENTER ON THE DAY

COURSES

Enter as an individual or a team of two

Taster	(Novice course)	30 min to 1 hour
Bitte	(Short course)	1 to 3 hours duration
Twisted	(Long course)	1.5 to 4 hours duration
MTBO	Enter on the Day	

Go hard or take your time!

What skills do I need !

Basic mountain biking skills for dirt roads and single tracks.
Basic map and compass reading skills.

What equipment do I need !

Off road bike in good working order
Standards approved cycle helmet
Compass
Running shoes and food/water for duration

COST PER EVENT

Orienteering Club members

Adult	\$ 25
Under 21	\$ 17
Under 13	\$ 12

Non - Club members

Adult	\$ 28
Under 21	\$ 20
Under 13	\$ 15
Easy Course (Novice)	
Member	\$ 15
Non member	\$ 18

Contact : Greg Bacon Ph 0401889688 Email gbacon1@bigpond.com

Orienteering NSW website : www.onsw.asn.au