



PRESS RELEASE 2.11.2012

The adventure sport of orienteering is coming to Lismore and Ballina this month - and it's free !

The six free taster events will be conducted in streets, parks and reserves. They require only basic navigation and are suitable for people of all ages and fitness levels. If you can walk to the corner shop you can do it.

Orienteering appeals to anyone who enjoys exercise and being outdoors, and is a great way to discover new places. Bushwalkers, trail runners, adventure racers, athletes, families – come along and give it a g-O ! Children will love the electronic timing and scoring. (There is a \$10 fully refundable deposit for timing stick hire.)

The weekend programs are:

Fri Nov 16: Riverbank, Lismore. Visitor Information Centre car park, Molesworth St. Start any time from 4.30-6pm. This event is designed for ages 8-14, but all ages are welcome to try it.

Sat Nov 17: Goonellabah. Kadina Park, Kadina St. Start any time from 4.30-6pm. All ages.

Sun Nov 18: Alstonville. Aquatic Centre, Freeborn Place. Start any time from 9.30-11am. All ages.

The contact over the weekend is Paul Prudhoe (0418 287 694).

Fri Nov 23: Shaws Bay. Pop Denison Park, off Compton Dr. Start any time from 4.30-6pm. All ages.

Sat Nov 24: Lennox Head. Old Mining Road, at Pacific Pde (opp SLSC). Start any time from 4.30-6pm. All ages.

Sun Nov 25: Lake Ainsworth Sport & Rec camp. Start any time from 9.30-11am. This event is designed for ages 8-14, but all ages are welcome to try it.

The contact over the weekend is Terry Bluett (0425 847 306).

Using the specially prepared map, participants will have 45 minutes to visit as many checkpoints (called controls) as they can. The controls can be worth different amounts, so good planning will maximise your score. Take the family, or go on your own. You choose where you go and how fast or how slow you go.

The free weekends are part of Orienteering NSW's aim to expand its club network into the northern rivers region and have been made possible thanks to funding from the Australian Sports Commission.

Each event will also be a good opportunity for participants to chat with the organisers about orienteering and express interest in joining / running a new club. Any prospective new club would receive mentoring from ONSW including administrative support, equipment, mapping and set-up costs.

For more information, please contact ONSW president Paul Prudhoe on 0418 287 694 or prudhoe@ozemail.com.au

