

Join in the Madness

FUN FOR THE WHOLE FAMILY

Lisa Herbertson

READING a map and using a compass to navigate are skills NSW orienteering champion Tracy Marsh takes in her stride.

The Lane Cove resident should be right at home at the Minigaine Madness event on March 18 where, along with an expected 300 entrants meeting at Lindfield Public School, she will have three hours to discover Lane Cove National Park and the surrounds.

"The event will be great for people to get involved in because they'll really get to know the local area and also it's possible to compete in pairs too," Marsh said. "Three hours is longer than an orienteering event but shorter than rogaining."

ALL MAPPED OUT

WHAT: SSS-Minigaine Madness

WHEN: March 18

ESSENTIALS: Jogging shoes and appropriate clothing (shorts, T-shirt and hat).

COST: \$20, \$14 (concession), free for children under 14 for registrations before March 11 at nswrogaining.org or nswrogaining.org

START: Between 1pm and 3pm, finishing 3 hours later.

The race is a combined event of the Orienteering Association of NSW and the Rogaining Association of NSW, and is an event in the Sydney Summer Series of orienteering.

With competitors ranging



NSW orienteering champion Tracy Marsh

Picture: DANIELLE BUTTERS

from six years to 80, Marsh, aged 37 and a mother of three, said the event should be fun for the whole family.

"I heard about orienteering when I was about 10 years old and at Little Athletics," Marsh said. "My

parents and brother are still involved and now my daughter is just old enough to do it too and it's addictive once you do one."

Entries will all be taken from first-timers, teams and individuals.