

Northwest Orienteering Club
PRESENTS THE

South East Rogaine

Sunday
16th August 2009
Narrowneck Beach
10am to 1pm

Northwest Orienteering Club are organising an urban rogaine in the south eastern edge of their club domain. It will take place around the streets and reserves of Devonport and Takapuna on Sunday 16th August. The event will start from Narrowneck Beach, from where competitors will scatter in all directions to try to collect as many checkpoints as possible in a limited time.

Rogaining is about running or walking using a map pre-marked with a number of control sites. In this case competitors have to write the answer to a simple question about each location on an answer-sheet to prove that they have been there. Checkpoints can be collected in any order so optimum route choice is generally more important than pure speed. This is an opportunity to explore parks, tracks, and areas that many people may not know about around the North Shore.



NORTH WEST
ORIENTEERING CLUB

This is a fun event and there will be spot-prizes and a sausage sizzle at the finish. The checkpoints are easy to find and the event is suitable for everyone, especially family groups, school groups and scout groups etc, with enough to challenge the fittest navigators. Competitors can tackle the challenge individually or compete in teams that must stay together. Many checkpoints are close to the start area allowing walking groups to enjoy some very scenic spots at leisure and still collect reasonable scores.

Event times are from 10am to 1pm for the long course and 11am to 12.30am for the short course. There is a three hour option for those who want to go for the physical challenge or who want to take their time to explore some interesting scenic locations in the area. But there is also a one-and-half hour option for families with kids (in prams or walking) or for those, who want the exercise, but have limited time or fitness. Maps will be available when you register, which opens at 9am, and the control card will be handed out at the start. There will be a race briefing 10 mins before the start of each event. You will need to have with you a pencil to write the answers to each of the checkpoint questions. It would be good know if there are groups larger than 5 coming (especially from schools etc) so we can allow for enough maps to cater.

Entry Fees

| Classes | Non-member | Member (Orienteering Club) |
|-------------------------------|--------------|----------------------------|
| Junior (Under 18) Men & Women | \$10.00 | \$8.00 (Students/unwaged) |
| Men and Women | \$20.00 | \$15.00 |
| Vet (40+) Men and Women | \$20.00 | \$15.00 |
| Classic (55+) Men and Women | \$20.00 | \$15.00 |
| Team Women and Men | \$20.00 each | \$15.00 each |
| Team Mixed | \$20.00 each | \$15.00 each |

If you have a group greater than 10, or have any questions, please contact Di Michels 0212393649 or email dianne@michels.co.nz to reserve maps.

Directions to Event Centre

Take Takapuna (Esmonde Rd) turnoff from the Northern Motorway. Follow Esmonde Rd to Lake Rd (Towards Devonport). Turn right at the lights on to Lake Rd and follow this to the Waitemata Golf Course). Turn left into Seabreeze Rd and head to Narrowneck Beach. Sign posted from Esmonde Rd/ Lake Rd junction. Parking is available in parking area on the right, and surrounding streets.



Sample of the
map for the
South East
Rogaine



Come and try a bit of cunning running!