

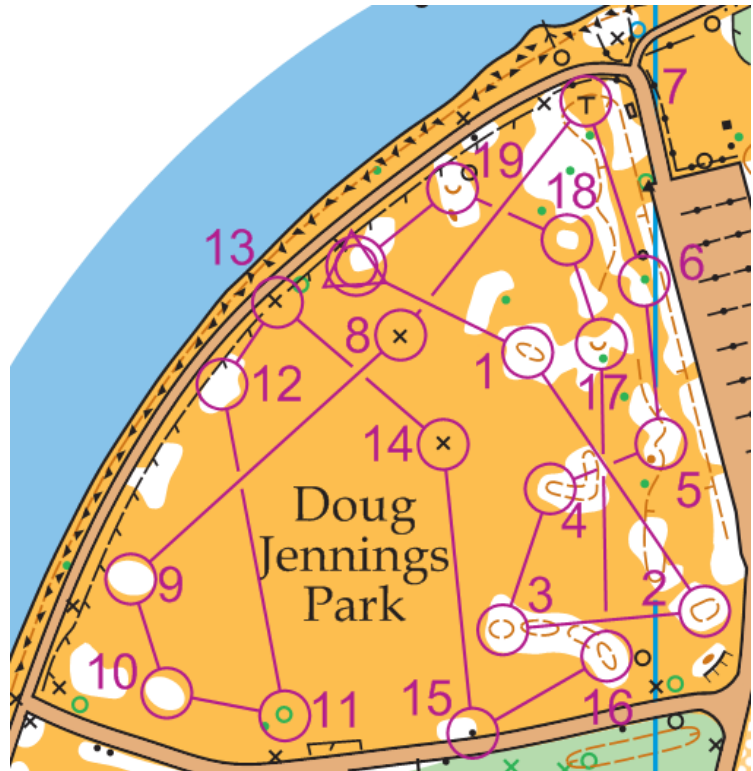
## Southport Spit - PLQ Park O and Bush O

Sunday 02nd November 2014 00:00 - 00:00 EST

**Classification** Local event  
**Discipline** Foot  
**Classes** This event has no classes  
**Punching system** manual  
**Status** legacy  
**Organiser** Paradise Lost Orienteers  
**Contact phone** 0404 50 99 24  
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Today's event uses a brand new map of Southport Spit, a lovely place with varied bush and open terrain, sand dunes for extra confusion, and Doug Jennings Park next to the cafe and toilets for the shorter / easier courses.

The park isn't suitable for an Extremely Easy course but we have a 1.1km Very Easy course following handrails and a 2.3km Easy course entirely within the park; here is the draft of the Easy:



The longer courses tour the bush trails of Southport Spit.

Remember to bring sun protection and water.

Here is the PDF to download, print and share:

<http://www.markroberts.id.au/ParadiseLostSouthportSpit20141102.pdf>