Orienteering Queensland Club Relays

Sunday 26th October 2014 00:00 - 00:00 EST

Classification	State event
Discipline	Foot
Classes	This event has no classes
Punching system	SI
Status	legacy
Organiser	Ugly Gully Orienteers
Contact email	brenton@wildfiresports.com.au

This year's club relays are going to be the fastest event on the calendar.

1) New map -- Bush map on Wivenhoe Dam with subtle erosion and rock features.

2) Fast map -- yep, this map can fly. 6min/k for the faster runners and the only thing that is going to slow you down is the beach run.

3) A map where hot weather is good because you can cool down staight after your run with a swim nearby.

4) Turbo charged relay format.

5) And a few other surprises (which if I told you, they wouldnt be surprises).

There is an optional lunch being made available to support Range Runners which you pay for on the day (extra to entry fees but at reasonable prices like the catering at the QLD State champs). There will be a sausage sizzle with coleslaw and onions, (FRESH gluten free bread available), slice/muffin/cake and tea, coffee, flavoured milk and soft drinks. Please indicate number of sausages you intend to buy when you enter.

Straight after the event OQ will be presenting the annual awards including the OY and Zonta awards.

How to enter

Choose the course you wish to run. You will only run this course on the day and be placed in a team accordingly by your club. Note UG, TF, EN and RR are paying your entry fees so no reason not to attend. The event format akin to a traditional bush relay with a twist. Note courses are fast and navigation is fun rather than difficult.

The Moderate course is suitable for beginner adults or kids doing easy or moderate courses already unaccompanied (it is long but flat and safe with the lake beside as a handrail for a lot of the course) (suitable for 11,12,13,14 year olds depending upon experience and new adults). Experienced 13 or 14 year olds already regularly running moderate courses are advised to choose Hard 2.

The Very Easy course is for young juniors and may be shadowed (suitable for those 11 and under or beginners older). They will have their own mass start event before the main relay so cheer them in.

LUNCH -- SUPER DUPER IMPORTANT. TO ASSIST RANGER RUNNERS CATERING WHEN CHOOSING YOUR EVENT FEE PLEASE INDICATE WHETHER YOU INTEND TO BUY LUNCH ON THE DAY FROM RAN RUNNERS. THIS IS HIGHLY RECOMMENDED BUT OPTIONAL. IT IS EXTRA TO YOUR EVENT FEES BUT W ASK YOU CHOOSE ACCORDINGLY TO ASSIST IN PREPARING CATERING. THERE IS LOVELY SWIMMIN RIGHT NEAR THE EVENT AND PLEASE ENJOY A LUNCH WHILST BRIEFLY WAITING FOR PRESENTATIO OF OQ PRIZES AND CLUB RELAY CHAMPION.

TIMINGS -

Timelines

8:45-9:00am Blue Course Registration

8:45-9:10am Registration for all relay participants

9:15am Blue course mass start (parents welcome to shadow).

9:20am Relay briefing

9:30am Final relay team changes to be submitted

9:35am Completion of blue course event (cheer them in!)

9:40am Mass Start Relay