

## **Sydney , Australia.**

### **World Masters Orienteering Championships, 2009**

In October 2009 the World Masters Orienteering Championships will be held in Sydney, Australia as part of the World Masters Games. [www.2009worldmasters.com](http://www.2009worldmasters.com)

**Sprint events** will be held in Sydney on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> October and you will be able to run past some of Sydney's great landmarks. While in Sydney take the time to visit our lovely harbour and its foreshores, maybe take a cruise under the Harbour Bridge and past the Opera House.

The Orienteering will then move two hours from Sydney, to Lithgow over the Blue Mountains where you will compete in three **Long Distance events**. These orienteering areas have sandstone outcrops and complex spur gully areas. On your days off or after your events you will be able to visit some of our World Heritage areas like "The Three Sisters" or Jenolan Caves near Katoomba or take a walk into the magnificent valleys in the area. If you just want to rest then visit one of the many small towns and enjoy the café atmosphere. There are many things to see and do in the area as well as the orienteering functions that we have planned in the event city, Lithgow.

Australia is a big and diverse country, offering you many choices for sightseeing before, during and after the "Games". In an effort to keep you fit in the lead up to the games we have arranged the "**Australian East Coast O Tour**" which offers you a range of major events that you may like to attend.

You can attend the Queensland Championship on the 19<sup>th</sup> and 20<sup>th</sup> September or go to the Victorian Championships for a week long carnival starting on 26<sup>th</sup> September and ending with the Australian Champs on 4<sup>th</sup> October. From there you can travel towards Sydney with two days of orienteering to be held in the Australian Capital, Canberra on the 6<sup>th</sup> and 7<sup>th</sup> October.

More information about these events and where they are to be held is available on the WMOC website [www.wmoc2009.orienteering.asn.au](http://www.wmoc2009.orienteering.asn.au) under "Australian East Coast O Tour".

As accommodation is limited in Lithgow we suggest you book early. However, there is plenty of accommodation in the Blue Mountains which is within 25 minutes of the event centre. If you have decided to travel in a campervan or are camping then facilities will be available to those who book and reserve a site.

After the event you may consider a tour of New Zealand. There will be a 3 Day event held at Dunedin from the 24<sup>th</sup>-26<sup>th</sup> October. This is a lovely area and a great way to end your trip.

We look forward to seeing you at the World Masters Orienteering Championships in 2009 and expect that you will now be getting on the web to check out the areas in more detail so that you can start planning this great adventure.

Colin Price, Marketing and Promotion WMOC2009