

Thursday July 16 2015
St George & Sutherland shire

ST GEORGE & SUTHERLAND SHIRE
Leader



Ready set go: Why not try orienteering?

Picture: Phil Carrick

Orienteering event helps you find your way around

By **Jim Gainsford**

THERE is not much chance of getting lost at Cronulla on Saturday, with the Illawarra Kareela Orienteers club holding an event at Gunnamatta Park.

Orienteering is a navigation running sport where competitors choose the best route between checkpoints printed on a map by using a compass.

Saturday's event starts between 2.30pm and 3.30pm at the large picnic shelter at Gunnamatta Park and covers the south Cronulla peninsula.

Illawarra Kareela Orienteers president Kevin Curby said everyone was welcome. "Bring the children, even if they are in a stroller," he said.

"The terrain isn't rough and you can compete as a family or as an individual."

Members from the local club will be on hand to give instruction and help newcomers.

Entry is \$14 and participants will get to attend the club's next orienteering event for free.

Participants should wear comfortable walking attire or running gear.