

State Series #2 Middle Distance
@ Bunjil 'Little Forest'

Organising Club: Melbourne Forest Racers

Organiser: Reuben Smith

M: 0405 844 771 E: rxosmith@gmail.com

Controller: Ruth Goddard

Course Setter: Kerrin Rattray

Date: Sunday 22nd March 2015

Courses open: 10 am - 12 pm



Directions from Mount Egerton:

- From intersection of Main rd and Ballan-Egerton rd travel south west 800m
- Turn left (south) onto Egerton Ballark rd, travel 1.7km
- Turn left (east) onto Ergton-bungeeltap rd, travel 3.5km
- Turn right (south) onto Little Forest rd, travel 6km
- Turn right (south) into gate and event arena

Parking & Assembly Area: Please follow directions once arrived at the event.

Start: The start for all courses is a 400m easy walk east from the assembly area.

The starter will call for runners to assemble at the start line 2 minutes prior to their start time. Start intervals will be 2 minutes. Control descriptions will be distributed during the pre-start time. Late runners missing their start time should see the starter where they will be started at the next available opportunity.

Entry Fees: Don't forget to add the OV Member discounts to reduce the cost to \$22 for seniors and \$16 for juniors

Map and Terrain: "Bunjil", scale 1:10,000, contour 5m

The area is typical central Victorian gently undulating to moderately steep spur gully terrain with small areas of goldmining features and small rock outcrops. The vegetation is generally open with fast running.

The map will be printed on Pretex paper, which is generally waterproof and tear resistant. The maps will not be bagged.

Courses: This event has been designated a Middle Distance event:

Course	Classes	Difficulty	Distance	Suggested age groups
1/2	1M, 1W 2M, 2W	Hard	6.7km	M21 M20 M35-44 W21 W20 W35-44 M16 M45-54 M55
3	3M, 3W	Hard	5.0km	W16 W45-54 W55 M60 M65
4	4M, 4W	Hard navigation but moderate physically	3.2km	W60 W65 M70
5	5M, 5W	Hard navigation but easy physically	2.5km	W70 W75 W80 M75 M80 M85
6	6M, 6W	Moderate	3.6km	Open B W14 M14
7	7M, 7W	Easy	2.4km	W12 M12
8	8M, 8W	Very Easy	2.1km	Novice W10 M10

Please Note: There are dangerous vertical mine shafts in the area from historical gold mining activities. The mine shafts are indicated on the map by a black 'V'. Some mine shafts are present in the area of the courses.

Course Closure: Course closing time will be 2:00pm. Competitors who finish after this time will not record a finishing time. All competitors still out on their course at this time should abandon their course and make their way back to the finish.

Facilities: Pit toilets will be available at the assembly area.

We wish to thank the land owner and Parks Victoria for permission to use the area.

Have a great run!