

NSW MTBO CHAMPIONSHIPS

SUNNY CORNER & RYDAL

FINAL BULLETIN

Saturday 14th May 2015 Long Distance
Sunday 15th May 2015 Sprint & Middle Distance



Organised by Bigfoot & Newcastle Orienteering Clubs



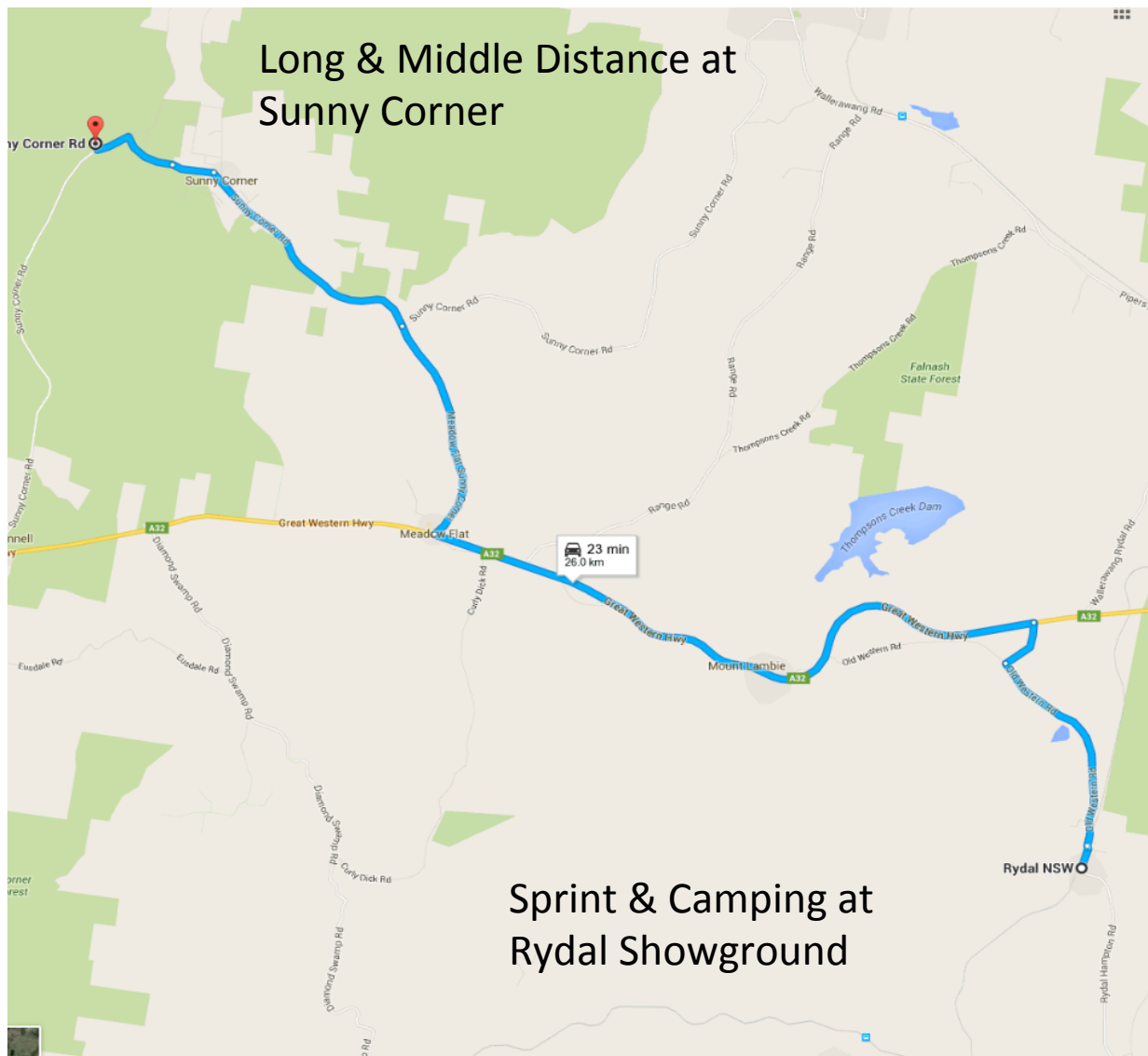
Organiser: Michael Roylance



VENUES

The events are based in the State Forests approximately 20 minutes west of Lithgow
The Long Distance will start in the open area west of Sunny Corner on Saturday afternoon.
There will be camping available at Rydal on the Saturday night. There is also ample accommodation available in Lithgow.

The sprint will start at the Rydal Showground (camping area) on the Sunday morning.
The Middle Distance will return to Sunny Corner in the afternoon.
There will be ample time to pack up and move between events on the Sunday.



EVENT DETAILS

Saturday 14th May 2016

NSW Long Distance Championships

Event Assembly area: Open area, Sunny Corner Rd, Sunny Corner

Start Times: From 12.30pm

Terrain : Sunny Corner State Forest is predominantly Pine plantation forest. There are some areas of eucalypt forest and overgrown areas along the creeks. Most of the tracks are moderate to fast with the odd wash out. The climbs are gradual as they mostly contour around the hills. The down hills are very fast. There is the odd single track and some areas have been cleared which are marked on the map. The tracks along the ridge line and main creek are generally flat and fast. The layout of the forest roads allows plenty of route choices.

Map: A3, 1:15,000 scale and 10m contours. A4 for Courses 4 & 5

Course setter: Greg Bacon



Sunday 15th May 2016

NSW Sprint Distance Championships

Event Assembly area: Rydal Showground, Rydal

Start Times: From 8.30am

Terrain: The event starts at the Showground and uses sections of the local mountain bike tracks along the ridge adjacent to the main road.

This area has been used for major MTB races in the past.

Not too much climbing on the course and there will be some tricky sections to navigate on the tracks and around the Showground.

There is a small section of public road on the course. If you use this route you must obey the road rules.

Map: A4. 1:7500 scale and 5 m contours.

Course Setter: Hamish Mackie

Sunday 15th May 2016

NSW Middle Distance Championships

Event Assembly area: Open area, Sunny Corner Rd, Sunny Corner

Start Times: From 12.30pm

Terrain: The area will be similar to the Long distance however the climbs can be a little steeper depending on route choice. The main forest tracks are moderate to fast with some wash outs. There is a large amount of single motor bike tracks in this area. Some have been marked with an X

As they may be too steep or rutted to use.

Map: A4, 1:12,500 scale and 10m contours.

Course Setter: Hamish Mackie

COURSE DETAILS

Distances and climb approximate only

Long Distance Saturday 14th May 2016

	Distance	Winning time	Controls	Climb	Classes
Course 1	25k	90 to 100min	17	490 m	M21, M40
Course 2	23k	85 to 95 min	12	410m	W21, M20, M50
Course 3	21k	85 to 95 min	12	350m	W20 ,W40, W50, M16, M60
Course 4/Rec1	16k	80 to 90 min	10	240m	W16, W60, M70
Course 5	10k	80 to 90 min	6	190m	W14, M14 All other ages

Sprint Distance Sunday 15th May 2016

	Distance	Winning time	Controls	Climb	Classes
Course 1	7.7k	25 to 30min	14	120m	M21, M40
Course 2	7.3k	25 to 30min	13	95m	W21, M20, M50
Course 3	6.3k	20 to 25min	12	75m	W20, W40, W50, M16, M60
Course 4/Rec1	6.1k	20 to 25min	11	60m	W16, W60, M70
Course 5	5.4k	20 to 25min	11	60m	W14, M14, All other ages

Middle Distance Sunday 15th May 2016

	Distance	Winning time	Controls	Climb	Classes
Course 1	15k	50 to 55 min	13	350m	M21, M40
Course 2	14k	50 to 55 min	12	320m	W21, M20, M50
Course 3	10k	50 to 55 min	10	270m	W20, W40, W50, M16, M60
Course 4/Rec 1	8.5k	45 to 50 min	10	250m	W16, W60, M70
Course 5	7k	45 to 50 min	4	150m	W14.M14, All other ages

Courses/Classes: We have changed some of the classes due to the small number of competitors in the class and the course lengths are reasonably close distance wise. The middle distance although being a little shorter than normal has some decent climbing over a short distance.

Australian MTBO competition rules shall apply to this event.

<http://is.gd/UwY5kp>

EVENT ENTRY

Online entry for all events with secure payment is via Eventor, the Orienteering Australia online entry system. Normal entry will be up to Sunday 8th May. Late entries after this date are at the discretion of the organiser and may incur a late entry fee.

To Enter visit Eventor <http://eventor.orienteering.asn.au/Events>

Entry Fees:

Long Distance:	Normal entry	\$30 senior and \$20 junior
	Late entry	\$35 senior and \$25 junior
	Recreational	\$15 all ages
Middle Distance:	Normal entry	\$30 senior and \$20 junior
	Late entry	\$35 senior and \$25 junior
	Recreational	\$15 all ages
Sprint Distance	Normal entry	\$25 senior and \$15 junior
	Late entry	\$30 senior and \$20 junior
	Recreational	\$15 all ages

Sport Ident Hire: All competitors will require their own Sportident stick. They are available for hire under the **Additional Services menu** for \$3.00 per event. The hire SI sticks will be available at registration.

Map Board: There are a limited number of map boards for hire at each event. Map board hire \$3.00 per event. Boards available at registration.

Tips for using Eventor

[Create a User ID and Log In.](#)

On the Event Calendar tick the event or events you wish to compete in. If you wish to compete in the three events tick each event as this will produce a single invoice for payment.

Check out the Additional Services menu.

Travel & Accommodation

Sunny corner is approximately 120k from Penrith and around 2 hours drive. There is ample accommodation in Lithgow (30 min from events) or there is accommodation in Rydal.

Camping has been organised at the Rydal Showground for the Saturday night.

Camping fee of \$15 per car which will be collected around 6.00pm. There are hot showers and toilets in the camping area.

Toilets

Toilets at Rydal showground or at the oval in Sunny Corner village (approx 3k from event)

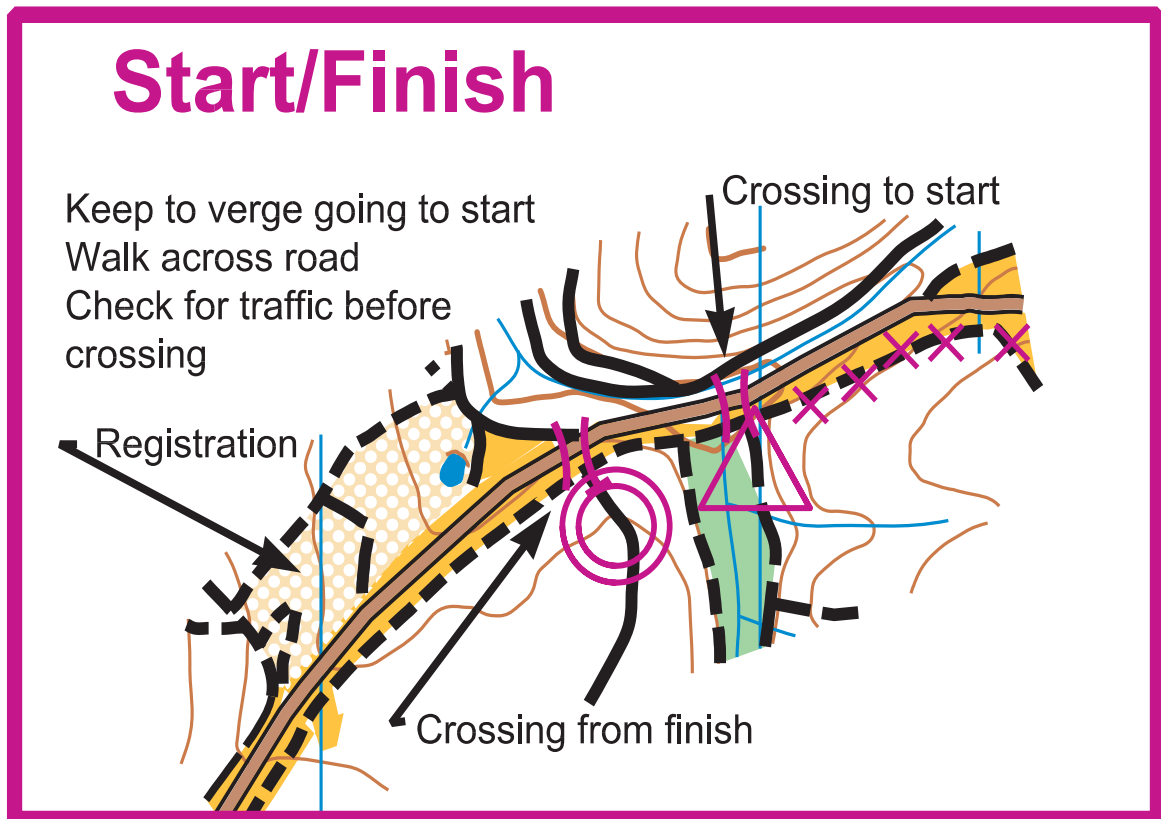
There are no toilets at the Sunny Corner event site.

Saturday Evening Meal

We have booked the local hotel for approximately 30 people. The roast dinner will start a 7.00pm. Hopefully we can get together for a few drinks around the campfire as well.

LONG DISTANCE START/FINISH

The long distance start and finish is located on the east of Sunny Corner Road and around 200m north of the parking/rego area.
Please keep to the verge when travelling to the start and dismount to cross the road.
There will be signs posted to warn traffic.



Class Awards/Certificates.

Awards will be handed out to the overall place getters for the aggregate scores over three events. The presentation will be held after the Middle Distance event.

Points will be allocated as per the National League Series:

1st 30, 2nd 27, 3rd 24, 4th 22, 5th 21, 6th 20, 7th 19 etc. for each event.

Course setters/helpers at individual events will also be included in the points system. If they compete in any of the events they will be awarded their average (mean) points on the event they organized/set. They must compete in at least two events.

NSW MTBO CHAMPIONSHIPS 2015 & NOL ROUND 1

START PROCEDURE

The start procedure will be the same at all three events.

Arrive at the start at least 10 minutes before your start time.

Clear and Check your SI unit prior to entering the start.

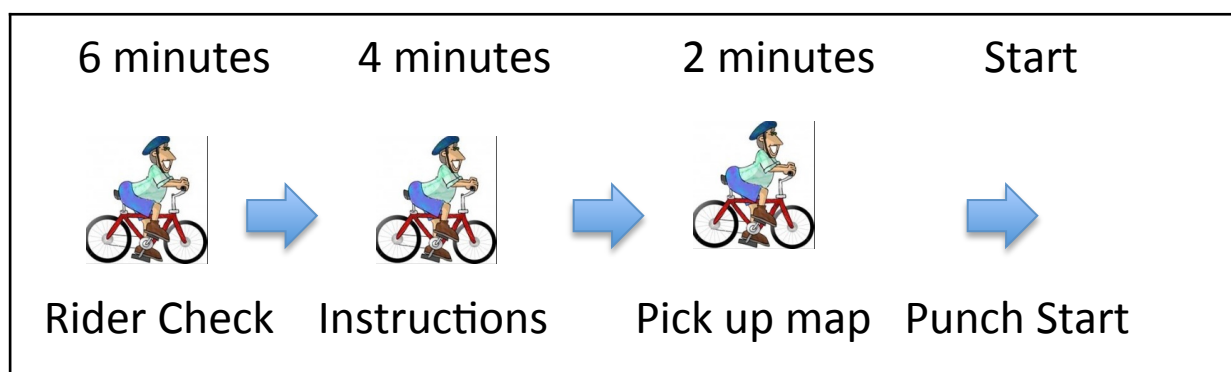
At 6 minutes your name will be called.

At 4 minutes course specific instructions issued.

At 2 minutes enter the start tent/enclosure and line up beside your course map tray.

Pick up your map, fix to map board and prepare to start.

Start time, punch start unit and move away from start area.



Each course map will be upside down in a tray with the course number on the back.

Ensure that you line up next to the correct map tray.

When you pick up your map at 2 minutes to go, check that you have the correct map.

Sport Ident

Sport Ident will be used for timing.

Hire units are available at registration.

You can attach the unit to your bike or hand/body.

Make sure you have a safety line on the unit to prevent loss. If you lose your hire unit you will be liable for the replacement cost.

You must punch the start unit to ensure that your course is timed.

Hire units must be returned at the end of the event. Check with organiser at Download

On completion of the course, proceed to the Download location to record your time.

Take your course/time block to the results board.

When you punch the SI control, ensure that the unit lights up or beeps.