

# 2014 NSW LONG DISTANCE ORIENTEERING CHAMPIONSHIPS



STATE LEAGUE 4 &  
NATIONAL ORIENTEERING  
LEAGUE 11



**SATURDAY 26 APRIL 2014**

## LOCATION



Gardens of Stone National Park, east of the Castlereagh Highway at Ben Bullen within the Greater Blue Mountains World Heritage Area

**Keep the National Park pristine.** At the moment there are no weeds in this National Park! **So please ensure:** all shoes and clothing are cleaned of dirt, mud and attached seeds prior to entering the National Park in order to prevent potential transfer of unwanted 'nasties'. In addition, no smoking, no pets are allowed, only authorized cars in the Arena area.

## DIRECTIONS

**IMPORTANT:** As indicated below, the turn off from the Castlereagh Highway is just south of the Ben Bullen road/rail crossing. Please note that this crossing is well sign-posted and designated as a Black Spot! Take great care with the turn and indicate early. The turn is to the north east onto Hutchinson Rd which is a gravel fire trail (see red asterisk on map over page).

**From the north (Rylstone/Mudgee)** – After passing through Capertee township, drive 9.8 km to Ben Bullen and cross the railway line. The turn off into the event is a sharp left turn immediately after you cross the railway – proceed with caution. 150m along this fire trail you will be directed to parking.

**From the south (Lithgow)** – From the traffic lights at McDonalds at Lithgow it is 34km or 25 minutes to the event centre. Travel west from Lithgow on the Great Western Highway. After 6.5km take the exit to the left to Mudgee and proceed north along the Castlereagh Highway through the village of Cullen Bullen. After crossing Jews Creek slow down and prepare to turn right after a further 1.9km (just prior to the rail crossing). 150m along this fire trail you will be directed to parking.

Parking will be *only on the eastern side of the rail line* close to the Castlereagh Highway. Please follow the directions of the parking officials who will be in orange hi-vis shirts. Overflow parking will be a further 150m along Hutchinson Rd. Note 'Special Conditions' on p.5 regarding the restrictions on movements from the car park.

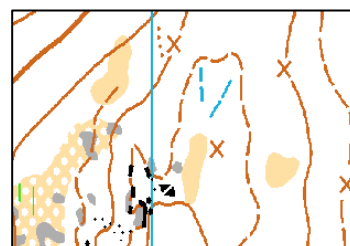
## MAP & MAPPER

"Gardens of Stone", Alex Tarr, April 2013:

1:15,000, 5m contours for Hard 1, 2 and 3 courses;

1:7,500, 5m contours for Easy and Very Easy courses; and

1:10,000, 5m contours for all other courses.



## TERRAIN AND COURSE PLANNER NOTES

Garingal Orienteers is pleased to present a new map for the 2014 NSW Long Distance Championships. It is a picturesque area that offers fast running through open spur/gully terrain with some steep areas but also flatter and fairly vague sections sprinkled with termite mounds and rock outcrops. We think you will enjoy the terrain immensely.



## EVENT ASSEMBLY

The assembly is in the forest not far from parking. It is a grassy open area within the forest which should make for a pleasant day.

**Parking to assembly:** 200m level walk.

**Assembly to start:** A 400m taped walk with 55m vertical climb. Easily done in 15 minutes. The start will be north-east of the assembly. Please follow signs and pink streamers.

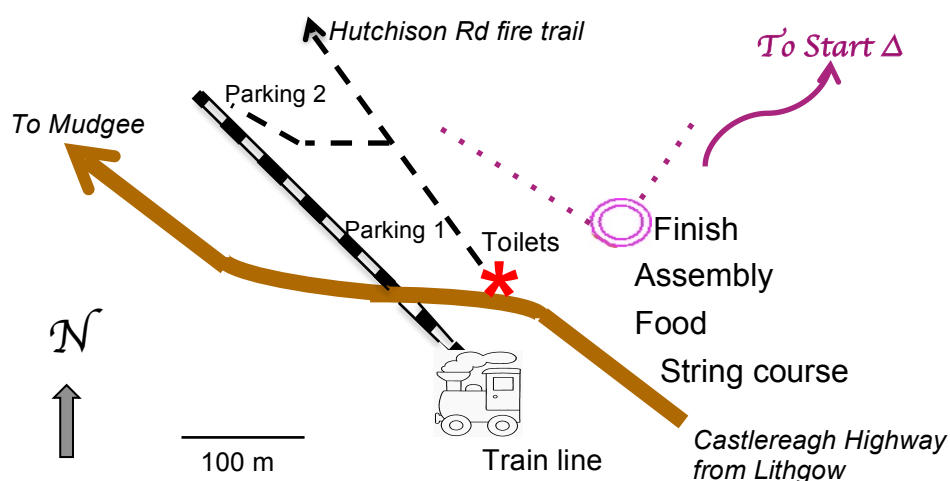
**Finish:** The finish is adjacent to the assembly area.

**Catering:** Coffee Cart + NSW Junior Squad will provide soup with a roll, spicy beans with roll, corn on cob, cakes, biscuits, cold drinks, tea and coffee.



**First aid:** St Johns Ambulance will provide first aid.

**Toilets:** Portaloos will be adjacent to the fire trail between the car parking and assembly area.



## THE START

Starts from 9.30am as per Start List. M/W10N can start anytime between 10.00 and 11.15am.

There will be a 6 minute start process. Report to the starter at 6 minutes before your allocated start time.

Starts will be every 2 minutes and a start punch will be used. Maps are printed on waterproof paper.

A time penalty will apply to late starters. Late competitors should report immediately to the Late Start Official to be allocated a start time which will be *after all competitors doing their course have started*. A sign indicating the last start for each course will be posted at the Start and at the Information Tent.

No water will be available at the start.

There will be no clothing return unless weather is particularly inclement.

## COURSE INFORMATION

	Course	Men	Women	Climb (m)	Controls	Approx. Length
1	Hard 1	M21E		315	27	12.0km
2	Hard 2	M17-20E, M35A	W21E	265	24	10.1km
3	Hard 3	M40A	W17-20E	220	20	8.1km
4	Hard 4	M45A		205	17	6.6km
5	Hard 5	M50A, M21AS	W35A, W40A	140	16	6.1km
6	Hard 6	M-16A, M55A	W45A	105	13	5.2km
7	Hard 7	M60A, M65A, M35AS	W50A	105	13	4.7km
8	Hard 8	M70A, M45AS	W-16A, W55A, W60A, W21AS	60	15	4.1km
9	Hard 9	M75A, M80A, M55AS	W65A, W70A, W75A, W80A, W35AS, W45AS, W55AS	40	11	3.2km
10	Moderate	M-14A, M open B, M15-20B	W-14A, W open B, W15-20B	50	12	3.3km
11	Easy	M-12A, Open easy	W-12A, Open easy	40	13	2.6km
12	Very Easy	M-10A, M/W-10N	W-10A, M/W-10N	20	10	2.2km

**Very Easy and Easy Course:** Some sections of these courses will be streamered with red and white streamers.

**Safety Bearing:** West to the Castlereagh Highway then north to the assembly, or, west to Hutchinson Road (fire trail) then south to the assembly.

**Fence crossings:** On courses Hard 1, 2 and 3 there will be a need to cross farm fences. These fences are well constructed and are taut with either barbed wire or mesh. Whilst competitors are free to cross the fence anywhere it may be difficult. In some places it may be easier to roll under the fence than climb it. There are optional crossing points marked on the map where either carpet has been placed over the barbed wire or there is a stile in place to make crossing easier.

**String course:** There will be a string course adjacent to the assembly for younger orienteers.

**Electronic Punching:** The SPORTident electronic punching system will be used. It is the competitor's responsibility to clear and check their SI card before starting. The clear and check units will be at the start. If an SI unit fails, record your passage through the control by punching in the reserve boxes on the map using the back-up punch on the control stand.

**Please note:** following OA and IOF Rules for Foot Orienteering, GPS devices with a display may not be carried by competitors during any NOL events including the NSW Champs. Competitors may carry a GPS data logger that does not have a display.

**Protests:** Complaints should be made to Ron Junghans by 1:00pm. Protests against the organiser's decision about a complaint should be lodged in writing at the Finish tent and clearly marked "Protest" as soon as possible after the organiser's decision about a complaint is known.

## THE FINISH

Maps will be collected up until the last start time at 11.50am.

Immediately after punching the Finish Control, competitors should proceed to the Finish Tent to download their SI sticks. There you will also collect your result sticker to put on a slat and hang the slat on the Result Board.

Competitor's results will be available using O-lynx displayed on monitors in the Assembly area.

## COURSE CLOSURE

Course closure is 2.30pm. All competitors must complete or abandon their course to arrive at the Finish by 2.30pm.

## NATIONAL ORIENTEERING LEAGUE

We wish the best of luck to our elite orienteers. Watch them pass through their spectator control near the Finish area.

NOL competitors please note: you should remember to wear your state uniform and collect your Bib from the Information Tent.

## PRESENTATIONS

Presentations for the NSW Long Distance Championships will take place as soon as possible after 1pm.

## ENTRY ON THE DAY

Very Easy, Easy, Moderate and a Hard 6 course will be offered.

Entry prices will be: Seniors \$25, Juniors \$15, Sub Juniors \$10 (plus SI hire \$4 if required).

Sign up and pay the entry fee **by 10am** at the Information tent and you will be allocated a start time.

## USEFUL INFORMATION

**GPS:** -33.2195499, 150.023272

**Phone reception:** Phone reception across the map is extremely intermittent but generally better at higher points on the map.

**Weather:** The mean maximum for the area at this time of year is around 18 degrees and the minimum 6 degrees. Higher sections of the map are at 1000m.

## SPECIAL CONDITIONS

1. **Please note that under no circumstances is anyone to park on the western side of the rail line or to cross the rail line on foot.** There will be a temporary safety fence in place to restrict access and a Country Regional Network rail official will be on site. Please follow his instructions as compliance is for your own safety and non-compliance may impact our future access to the area.
2. A condition of the use of this National Park is that only 5 cars are allowed to be driven into the Assembly area. Under no circumstances can a car be driven into the Assembly Area without the prior approval of Ron or Barb Junghans.

## SPECIAL ACKNOWLEDGEMENTS

Thank you to NSW National Parks and Wildlife, Office of the Environment and Heritage, for access to the Gardens of Stone National Park for this event within the Greater Blue Mountains World Heritage Area.



Thanks also to private landholders Graham and Barbara Jessop as well as Allen Dickson whose property you may cross.

Garingal would also like extend a huge thank you to John Holland Rail as the Managing Agent for the Country Regional Network, for access to the rail corridor for parking as well as the provision of a Protection Officer during the event.



Thanks also to Endura for the supply of post-race rehydration refreshment!



## KEY EVENT PERSONNEL

Organisers: Ron and Barb Junghans Mobile: 0438 290 850 Email: b.junghans@unsw.edu.au

Planner: Barbara Hill Mobile: 0418 270 476 Email: hillab@tpg.com.au

Controller: Terry Bluett

**Start co-ordination** – Ross Barr, **Finish and Results** – Colin Burnett, Carol Jacobson, Ross Duker with support from Ron Pallas, **Arena setup** – Ron Junghans, **Parking** – Rod Eckels, **Signs** – Graeme Galbraith, **Equipment** – Ron Junghans, **Eventor** – Ron Pallas (on behalf of ONSW), **Presentations** – Larry Weiss. **Food** – NSW Junior Squad, **Coffee Cart** – Barbara Bretherton, **Portaloos** – Mudgee Loo Hire.