

# Event Information – Mt Elphinstone

**May 2021**

Scale: 1:4000 (1cm = 40m) A4-sized map.

**Bush map – tracks, granite rock surfaces, plenty of contours, thick vegetation in a few places.**

Unlike our normal campus/town events the courses at this event are *graded by navigational difficulty*, not by distance. All courses will go cross-country.

**Easy: 1.2km 45m climb (3.7%) 8 controls.** Linear features (e.g. tracks, fences, clearings) may be followed the whole way but short cuts can be taken.

**Moderate: 1.7km 65m climb (3.8%) 12 controls.** Cross-country navigation is required for about 2/3 of the course but all controls are on large unambiguous features and not in thick vegetation.

**Hard: 3.4km 150m climb (4.4%) 20 controls.** Anything goes. Many controls are on the E and the M but require more challenging navigational decisions as to how to approach the leg. Leg protection recommended but not essential.

The start is 300m flat walk on a track from the parking, registration and finish.

Maps will be provided at registration and competitors will self-start by punching the start punch when they are ready. Please bring your plastic resealable map bag if you have one.

Leg protection (i.e. long pants) is recommended but not essential for the long course, and the moderate course if you're going flat-out in a straight line (unlikely).

A compass, whilst not essential, is recommended and may be borrowed from registration. Lost or broken compasses will incur a \$30 replacement fee.

## **Safety notes:**

- (1) Carrying a plastic whistle is mandatory. These will be available at registration for all participants, members may keep theirs for future events. If in significant distress through serious injury or catastrophically lost then 3 long blasts on the whistle, repeated every few minutes is the method of attracting attention. Any runner hearing this distress call must abandon the course and render assistance.
- (2) if the event day is rainy then please be cautious on the large granite slabs that can be slippery if wearing normal sneakers or trail shoes.
- (3) there are a small number of large 5m to 15m cliffs clearly mapped and visible in the terrain. Do not attempt to traverse these dangerous and not-permissible-to-cross features.
- (4) this area is a known snake habitat (as is most of Albany) and whilst we have spent many hours mapping and have course-set multiple times and not seen any snakes, please exercise common sense and know your first aid approach... stop moving, sit calmly, pressure bandage from the far end of your limb towards your torso, await assistance.