



QLD Middle Distance Champs



Format:

Saturday:

Sunday:

Bush Sprint – Winning time 20-25min

Chasing Start – Winning time 30-35min

Parking:

Assembly Location

Maps

Terrain

Date

Starts

Course Close

End of Plant Lane, Applethorpe

At least **1km walk from parking – Allow 25min**

Saturday: Red Deer Park 1:4000

Sunday: Extension of “The land of the rock trolls” 1:10000

Refer below for detail.

4-5 August 2021

Saturday: Queueing starts from 2pm (1 minute intervals)

Sunday: Chasing starts from 10am

Saturday: 4pm

Sunday: 12:30pm

DAY 1	SPRINT		
COURSE	LENGTH	COTNROLS	CLASS
Hard Long	2.8km	27	M21A, W21A, M20A, M35A, W20A, M16, W35A, M45A
Hard Med	2.2km	18	W16, W45A, M55A, W55A, M65A
Hard Short	1.5km	14	W65A, M75A, Open Hard, W75A, M85A, W85A
Moderate	1.9km	15	W14A, M14A, Open Moderate
Easy	1.0km	12	W12A, M12A, Open Easy
Very Easy	0.9km	11	W10A, M10A, M/W10-N, Open Very Easy
DAY 2	MIDDLE		
COURSE	LENGTH	CONTROLS	CLASS
Hard 1	5.3km	15	M21A
Hard 2	4.5km	13	W21A, M20A, M35A
Hard 3	4.0km	11	W20A, M16, W35A, M45A
Hard 4	3.7km	10	W16, W45A, M55A
Hard 5	3.4km	10	W55A, M65A
Hard 6	2.2km	9	W65A, M75A, Open Hard
Hard 7	1.7km	8	W75A, M85A, W85A
Moderate 1	2.9km	9	M14A, Open Moderate
Moderate 2	2.4km	8	W14A
Easy	1.2km	15	W12A, M12A, Open Easy
Very Easy	1.1km	13	W10A, M10A, M/W10-N, Open Very Easy



**You MUST PRE ENTER and PAY by midnight Wednesday 1 SEPTEMBER.
THERE IS NO ENTER ON THE DAY.**

COVID:

Safety Guidelines must still be maintained at events for competitors, family members, organisers and volunteers

- If you are feeling unwell, stay home
- Do not come to an event if you have any Covid-19 symptoms or have been in recent contact with someone who has Covid-19 or you are awaiting a COVID-19 test result.
- Wash your hands thoroughly before leaving home and as soon as you return
- Practise safe respiratory hygiene (coughing and sneezing into elbow etc) and no spitting
- Avoid touching your eyes, nose and mouth
- Avoid contact with others. Social distancing (1.5m between people)

Course Planners
Controller
Contact person
Contact email

Geoff Peck & Bronte Gannon
Tony Bryant
Tony Bryant 0410428003
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Cost Type (member/non-member) (per day)
Adult (\$12.00/\$18.00)
Junior (\$8.00/\$12.00)
Family (\$32.00/\$44.00)

SPORTident: SPORTident Air+ will be used (normal punching still works),

Start The starts are within 100m of the assembly area.
There will be a punch start for both days.
Saturday – Queuing starts. 1min intervals.
Sunday – Chasing starts (based on Saturday times) for first 20min then 2min interval.
- Time zero may vary for each course (classes combined for starts of each course)

Out of Bounds All of “The land of the rock trolls” map and the North Western areas beyond this map of Broadwater State Forest.

Facilities A portaloos will be available at the parking area. (or possibly near the assembly area if we can get it up a rough track)

Water: There will be no water on course or at the finish. BYO Water.

Directions and Parking:

From Stanthorpe, travel west along Texas Road. Turn right (north) into Amiens Road. Travel approximately 4km, turn right (north) into Plant Lane. Travel approximately 3km to the parking area.

Results & Presentations: There will be no results display and no live links due to poor reception. Results will be published asap via Eventor. First across the line on Sunday wins! Sunday starting times will be published on Eventor Saturday evening.

Terrain and map notes for state middle champs

SARURDAY: The sprint qualification race is on a newly mapped area, generally faster running than the middle distance event. At the scale of 1:4000, there is much more space to depict rock detail (a small boulder symbol only takes up 2.4m at 1:4000, compared with 6m at 1:10000) so competitors will even be able to navigate through small gaps between rocks.

The out of bounds symbol is used to show areas of rare, endangered plants. Please take care to avoid them where possible. Courses have been set to limit route choice of these areas

Early starters may encounter wild boar, king parrots and even the local "sallow" deer. No goats have been seen as the area is also inhabited by a tribe of trolls. Competitors should take care not to disturb their usual siesta time during the early afternoons. The 1:4000 map has an area called "the troll's maze" which anyone with energy left after both events should visit on the way back to their car; it's truly spectacular

SUNDAY: Competitors at this event will enjoy some of the best terrain used in last year's long distance championships, with amazing variety; spectacular granite formations, complex contour features and mostly runnable forest.

The map has been drawn to the new ISOM (2018) standard. Large root mounds (fallen timber) are mapped using the green "x" symbol. Some of the huge boulders are the size of houses, and many of the larger boulders are thin, very tall and close together. The large boulder symbol takes up a lot of space (over 10m) so it has been impossible to include all the rocks at the 1:10000 scale. In places only the largest rocks are drawn, and boulder field symbols have been used to indicate other rocks. The fastest running is often on the larger areas of bare rock, which can be slippery when wet.

Vegetation varies from fast "open" forest to scratchy low bushes with poor visibility. Eye protection is recommended. The steeper slopes are generally rocky and slow. Unmapped areas are depicted using grey contours and suitable lettering such as "steep slope, not mapped".

