

**NSW MTBO CHAMPIONSHIPS
and
National MTB Orienteering League
Round 1
Including selection trials for Australian
MTBO Team**

Saturday 21st Mar 2015 Long Distance
Sunday 22nd Mar 2015 Sprint & Middle Distance

**Organised by Newcastle
Orienteering Club**



Organiser: Greg Bacon
Controller: Scott Simson

Venues: Holmesville and Pelaw Main (Newcastle area)



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BULLETIN 2

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VENUES

The events are based on the outskirts of Newcastle with the sprint and long distance events in the Holmesville/Killingworth area and the middle distance at Pelew Main (Kurri Kurri) west of Newcastle. Parts of the sprint course and long distance course will overlap with the start and finish for both events at Kevin Evans Oval, Holmesville. We have allowed sufficient time to travel to Pelew Main (20min) on completion of the sprint on Sunday morning.

There is a camping ground located at Freemans waterhole south of the event area.



Mountain Bike Skills Lesson and Introduction to MTBO

As part of the championships, a mountain bike skills course will be conducted on Saturday 21st Mar. The skills course will be run by Bike and Fitness <http://www.bikeandfitness.com.au>. The course is open to all competitors and is free. There will also be an introduction to mountain bike orienteering at the end of the course. In addition if you have not entered in a state or national series of MTBO, there is free entry to the Recreational class at the Long Distance event on Saturday afternoon.

Bookings for the course and entry to the Recreational class can be made by contacting Greg Bacon Ph 0401889688 (SMS name and contact no) or email gbacon1@bigpond.com

Time : 9.00am to 11.30 am

Location: Kevin Evans Oval, Holmesville

Equipment: Mountain bike, helmet and gloves. Food and water. Take Away a short distance down the road.

Technical Information

Australian MTBO competition rules shall apply to this event. <http://is.gd/UwY5kp>

Sportident (SI) will be used for timing and hire units will be available at each event.

It is only permitted to ride on tracks marked on the map or on open areas marked light yellow.

Classes offered:

For the three events:

Men/Women Elite	M/W21
Men/Women Masters	M/W 40, M/W50, M/W60, M/W70 , M/W80
Men/Women Juniors	M/W20, M/W16 & M/W14,M/W12

Recreational Course	Two courses on offer for men and women that do not wish to compete in the Championship events.
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National MTBO League:

The three Championship events comprise the first round of the 2015 National MTBO League. For information on the classes eligible for the League visit the website.

This event will also be the selection trial for the Australian MTBO team at the World MTBO Championships in 2015.

EVENT DETAILS



Saturday 21st March 2015

NSW Long Distance Championships

Event Assembly area: Kevin Evans Oval, Holmesville

Start Times: From **1.30pm**

Terrain: Open forest areas with some sections of thick regrowth and a network of rough open land with tracks along electricity transmission lines. Some sections of the course will be in an urban area. Fire trails are generally moderate with ruts and water holes to negotiate. Numerous motor bike trails and MTB tracks cross the area. The majority of the tracks are in good condition. The land is undulating with most hill climbs easy to moderate. Riding off tracks is only permitted in the rough open land defined by the light yellow symbol. These areas are mainly under the electricity transmission lines and the regrowth may vary in some areas.

Map: A3, 1:15,000 scale and 5m contours.

Course setter: Greg Bacon

Sunday 22nd March 2015

NSW Sprint Distance Championships

Event Assembly area: Kevin Evans Oval, Holmesville

Start Times: From **8.30am**

Terrain: Similar to long distance course. The course will cover some of the area used in the long event however the track options will be greater with some tight and twisting riding in the dense forest areas.

Map: A4, 1:5000 scale and 5 m contours.

Course Setter: Greg Bacon

Sunday 22nd March 2015

NSW Middle Distance Championships

Event Assembly area: Old Pelaw Main Railway Museum

Start Times: From **12.30pm**

Terrain: Open forest areas and some sections of open land around the railway museum. Fire roads generally fast with some ruts to negotiate. Several dense networks of motor bike trails, some rough in places. Area undulating with minimal hills and easy climbs. The area is generally fast with the odd tricky sections to negotiate.

Map: A3, 1:10,000 scale and 5m contours.

Course Setter: Malcolm Roberts

COURSE DETAILS

Winning time estimated only. Distance and climb approximate

Long Distance Saturday 21st Mar 2015

	Distance	Winning time	Controls	Climb	Classes
Course 1	26.5k	90 to 100min	27	270	M21
Course 2	25k	85 to 95 min	24	240	M20,W21,M40
Course 3	22k	85 to 95 min	21	240	W40,M50,W20,M16
Course 4	21k	80 to 90 min	21	220	W50,M60,W16
Course 5	19k	80 to 90 min	19	200	W60,M70,W14.M14
Course 6	12k	65 to 75min	14	160	W70,W80,M80,M/W12
Recreational 1	11k	40 to 50 min	12	150	M&W All ages
Recreational 2	6k	30 to 40 min	7	60	M&W All ages

Sprint Distance Sunday 22nd March 2015

	Distance	Winning time	Controls	Climb	Classes
Course 1	7.5k	25 to 30min	17	75	M21
Course 2	7k	25 to 30min	15	65	M20,W21,M40
Course 3	6.5k	20 to 25min	15	65	W40,M50,W20,M16
Course 4	6k	20 to 25min	13	55	W50,M60,W16
Course 5	5.5k	20 to 25min	11	35	W60,M70,W14.M14
Course 6	4.5k	20 to 25min	8	35	W70,W80,M80,M/W12
Recreational 1	5.5k	20 to 25min	11	35	M&W All ages
Recreational 2	4.5k	20 to 25min	8	30	M&W All ages

Middle Distance Sunday 22nd March 2015

	Distance	Winning time	Controls	Climb	Classes
Course 1	17k	50 to 55 min	20		M21
Course 2	15.5k	50 to 55 min	16		M20,W21,M40
Course 3	14k	50 to 55 min	15		W40,M50,W20,M16
Course 4	13k	45 to 50 min	15		W50,M60,W16
Course 5	11.5k	45 to 50 min	15		W60,M70,W14.M14
Course 6	8.5k	45 to 50 min	13		W70,W80,M80,M/W12
Recreational 1	8k	40 to 45 min	9		M&W All ages

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 Wed 11th March 2015. 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	\$30 senior and \$20 junior
	Late entry	\$35 senior and \$25 junior
	Recreational	\$15 all ages



Member Discount: Members of an IOF recognised orienteering association or club may claim a Discount of \$5.00 per event under the **Additional Services menu** on Eventor.

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

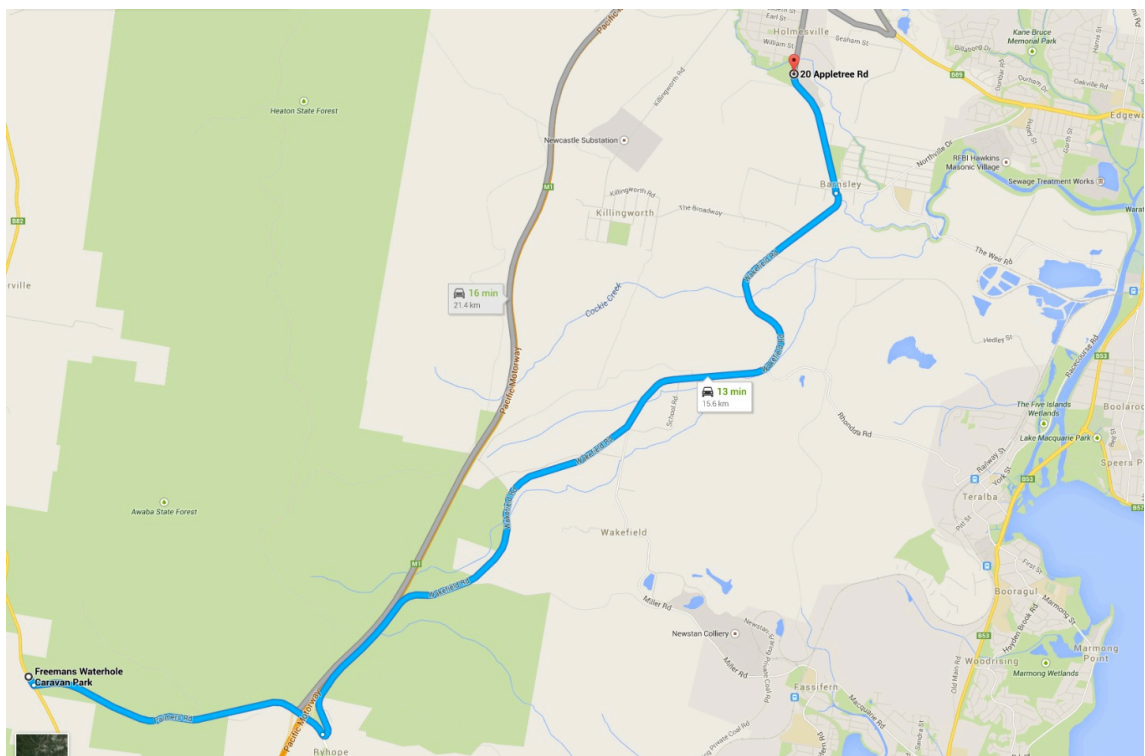
There is no accommodation available close to the Holmesville event site. There are several motels and hotels in the Wallsend, Newcastle and Lake Macquarie area that are within 20 minutes drive of the event site. Camping is available at the Freemans Waterhole Caravan Park which is approx 15min south of the event arena. **See attached map for directions from Freemans Waterhole.**

When coming from the north along the M1 take the Newcastle Exit onto the Link road and turn right at the lights onto Cameron Park Rd. Go straight ahead at the next round about into West Wallsend. Turn left onto Withers St and near the top of the hill turn right onto Appletree Rd.

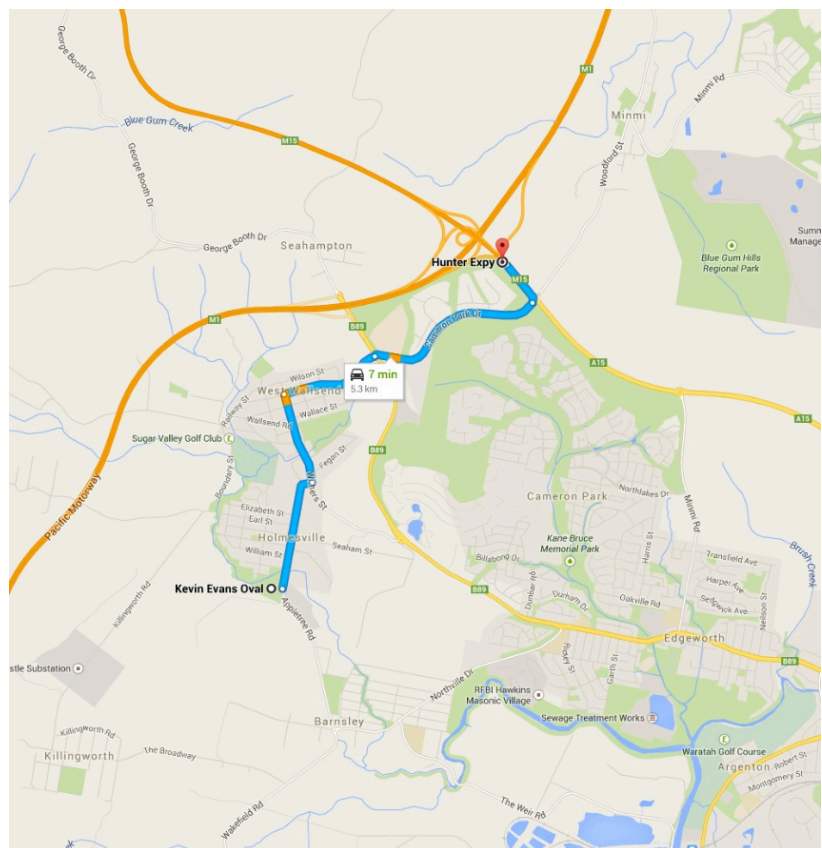
See attached directions.

When coming from the south on the M1 take the Toronto exit (Palmers Rd) then next left onto Wakefield Rd. At the round about at Barnsley, go straight ahead onto Appletree Rd to the event arena.

Freemans Caravan Park to Holmesville

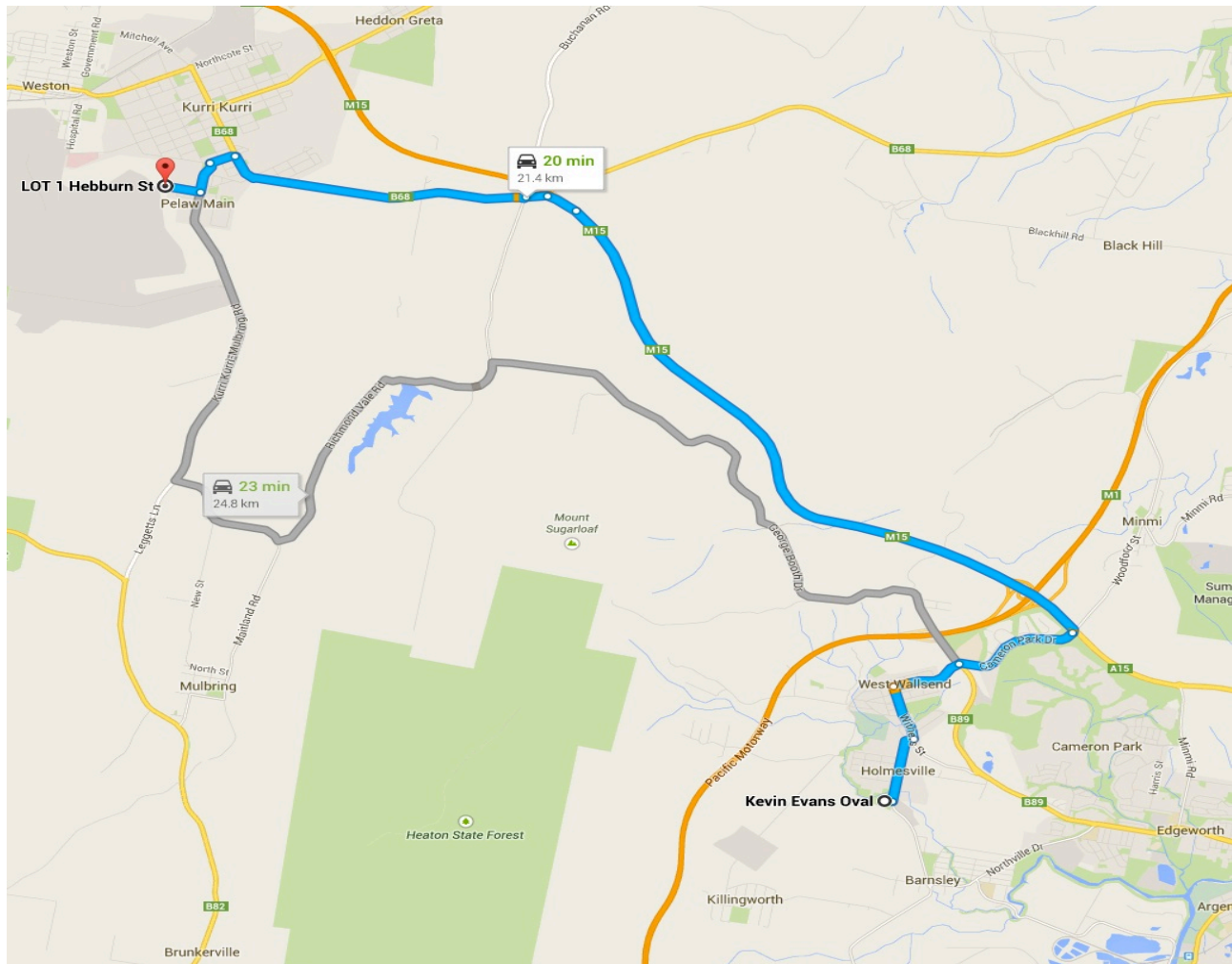


Directions M1 North



Directions from Holmesville to Pelaw main

Allow 25 minutes travel time



BBQ/Dinner

At the end of the Long Distance event on Saturday there will be a sausage sizzle and presentation for class place getters. There are no plans for a dinner on the Saturday night due to a lack of suitable clubs near the event and the diverse location of accommodation.

Next Bulletin

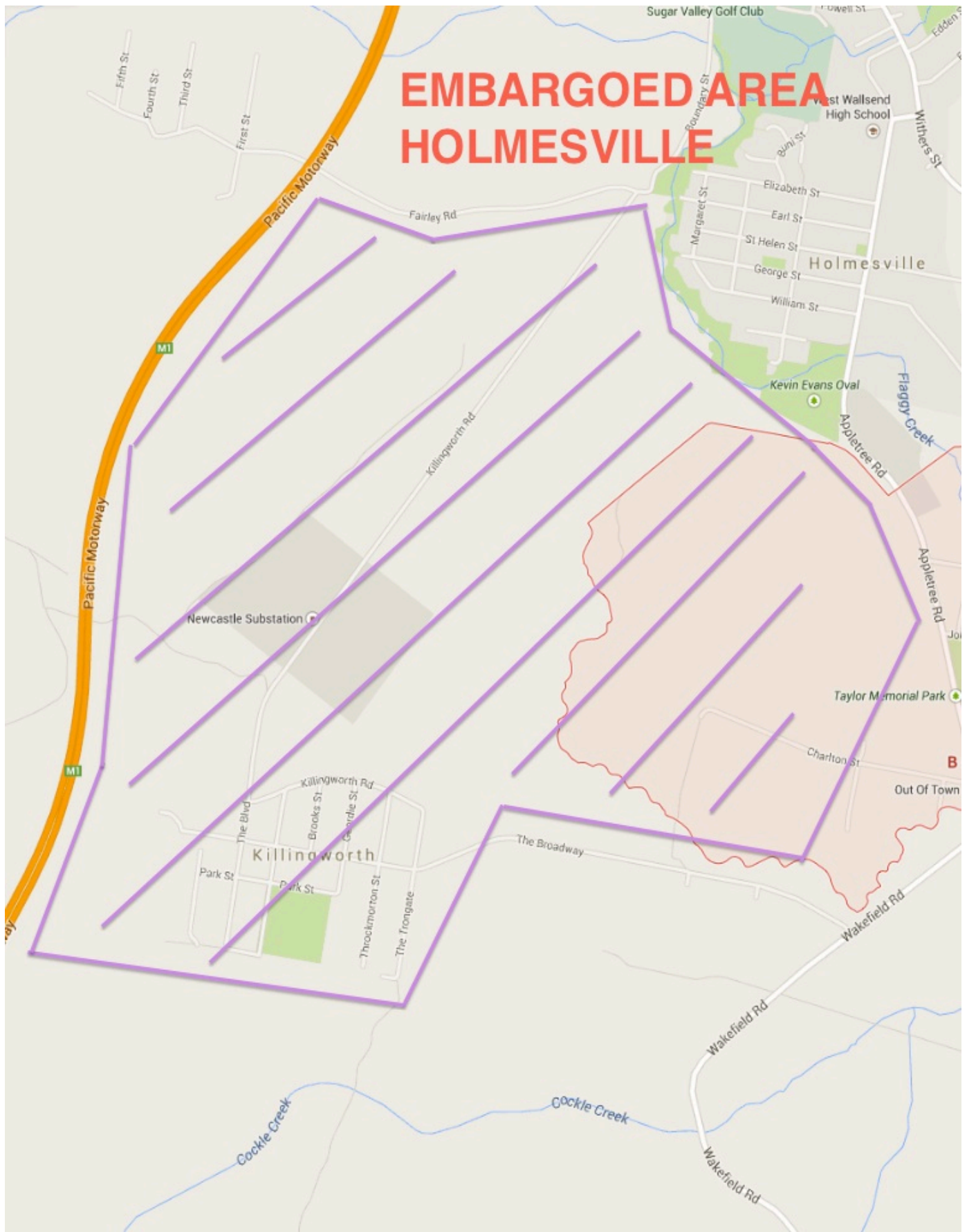
Details will be listed on courses and terrain, safety, start and finish procedures and parking arrangements at each venue.

Bulletin 2 issued after normal entry closing deadline.

Start Lists:

Start lists will be posted on Eventor on completion of late entry after 15th March.

EMBARGOED AREA HOLMESVILLE



EMBARGOED AREA PELAW MAIN

