

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

BULLETIN 2

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)



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.

Introduction to MTBO

Time: 11.30am to 12.30 am

Introduction to MTBO by Steven Todkill including a short MTBO course

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, 1:10,000 scale and 5m contours. Rec 1 and Rec 2 A4, 1:10,000

Course setter: Greg Bacon

Additional Course setter notes: **Important, all road rules must be obeyed when travelling in the urban area or on minor roads. There is one crossing under the M1 which is shown on the map. No other crossing or riding on the M1 is allowed.**

The majority of the open land is under the electricity transmission lines. The land is marked as open (Rideable) symbol 401, **100% yellow**. There has been some regrowth in areas and this has been shown as open land with green hatching. There have been some tracks cut through the overgrown areas and are marked on the map. Crossing between tracks that are close together is only allowed where the open land symbol is marked on the map and pink tape on the ground at the crossing point.

There are several mandatory crossing points on the map. Some of these are in an urban area and there are **"Give way"** signs posted which you must obey. There is one mandatory crossing where you will be required to stop and dismount before crossing the road. The crossing is on a blind bend and signs will be posted for your safety.

Depending on route choices to controls, riders may approach controls from different directions. There are no one way route selections. Please move clear from the control after punching.

Logs and large ruts have been marked on the map. Where there are several obstacle symbols on a track take care or dismount if you are uncomfortable on the track. Some of the tracks are fast with ruts and holes, ride to your ability!

There are numerous rubbish/man made objects marked on the map (Grey Circle). Several tracks start near these objects and some will be marked with pink tape. There may be additional rubbish dumps that are not on the map. It changes all the time.

There is a marked route from the last control to the finish which will be taped.

The marked route is around a BMX track. There will be two SI units on a horse stool at the last control.

EVENT DETAILS



Sunday 22nd March 2015

NSW Sprint Distance Championships

Event Assembly area: Kevin Evans Oval, Holmesville

Start Times: From **8.30am**

Terrain: Open forest areas with some sections of thick regrowth. Fire trails are generally moderate with ruts and water holes to negotiate. Numerous motor bike trails and MTB tracks cross the area. A number of tracks are tight and twisty. Indistinct entry to these tracks will be marked with pink tape. The majority of the MTB tracks are in good condition however, the motorbike trials are a little rough. The land is undulating with only a short amount of climbing over the course. Riding off tracks is only permitted in the rough open land defined by the light yellow symbol.

Map: A4, 1:7,500 scale and 5m contours.

Course setter: Greg Bacon

Additional Course setter notes

Indistinct tracks will be marked with pink ribbon approximately 5 to 10 m along the track from the track start.

Depending on route choices to controls, riders may approach controls from different directions. There are no one way route selections. Please move clear from the control after punching.

Crossing between tracks is only allowed where the open land symbol is marked on the map and there will be pink ribbon on the crossing point.

Logs and large ruts have been marked on the map. Where there are several obstacle symbols on a track take care or dismount if you are uncomfortable on the track.

There are numerous rubbish/man made objects marked on the map (Grey Circle). Several tracks start near these objects and some will be marked with pink tape. There may be additional rubbish dumps that are not on the map. It changes all the time.

There is a marked route from the last control to the finish which will be taped.

The marked route is around a BMX track. The last control before the taped section will be on a horse stool with two SI units attached on either end.

When you have completed your sprint course, please pack up as soon as possible and proceed to the Middle Distance venue at Pelaw Main.

EVENT DETAILS



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

Additional Course setter notes

The majority of the controls will be on corflute however, some will be on standard control stands.

On some parts of the map, bushfires have made the forest very open and tracks hard to distinguish. You are only allowed to cross the forest if the track is obvious or is marked with pink ribbon. The pink ribbon will normally be placed approximately 5 to 10 m down the track and lets you know that you are on the track shown on the map.

You are only permitted to cross from one track to another if there is an "Open Land symbol" on the map and pink ribbon on the ground at the crossing point.

The southern end of the map is bounded by a sealed road. This road is out of bounds. There is a cycle way running next to the road which is permissible to ride.

There is a railway line running through the map. This is a working tourism line but should not be in use on the day. You are permitted to ride along the line, next to it or cross it during the event. Take care when using the line.

There are numerous railway museum machinery items near the start area. Competitors are requested to keep clear of the equipment and not to climb on the machinery.

COURSE DETAILS

Winning time estimated only. Distance and climb approximate

Long Distance Saturday 21st Mar 2015

	Distance	Winning time	Controls	Climb	Classes
Course 1	26k	90 to 100min	26	270	M21
Course 2	25k	85 to 95 min	26	240	M20,W21,M40
Course 3	22k	85 to 95 min	23	240	W40,M50,W20,M16
Course 4	21k	80 to 90 min	23	220	W50,M60
Course 5	19k	80 to 90 min	21	200	W60,M70,
Course 6	12k	65 to 75min	14	160	W70,W80,M80,W16,
Recreational 1	12k	65 to 75 min	14	150	M&W All ages,
Recreational 2	6k	35 to 45 min	8	60	M&W All ages M/W12, M/W14

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
Course 5	5.5k	20 to 25min	11	35	W60,M70
Course 6	4.5k	20 to 25min	8	35	W70,W80,M80, W16,
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, M/W12,M/W14

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
Course 5	11.5k	45 to 50 min	15		W60,M70
Course 6	8.5k	45 to 50 min	13		W70,W80,M80, W16,
Recreational 1	8k	40 to 45 min	9		M&W All ages, M/W12,M/W14

Note the change to courses for W16,M/W 14 and M/W 12

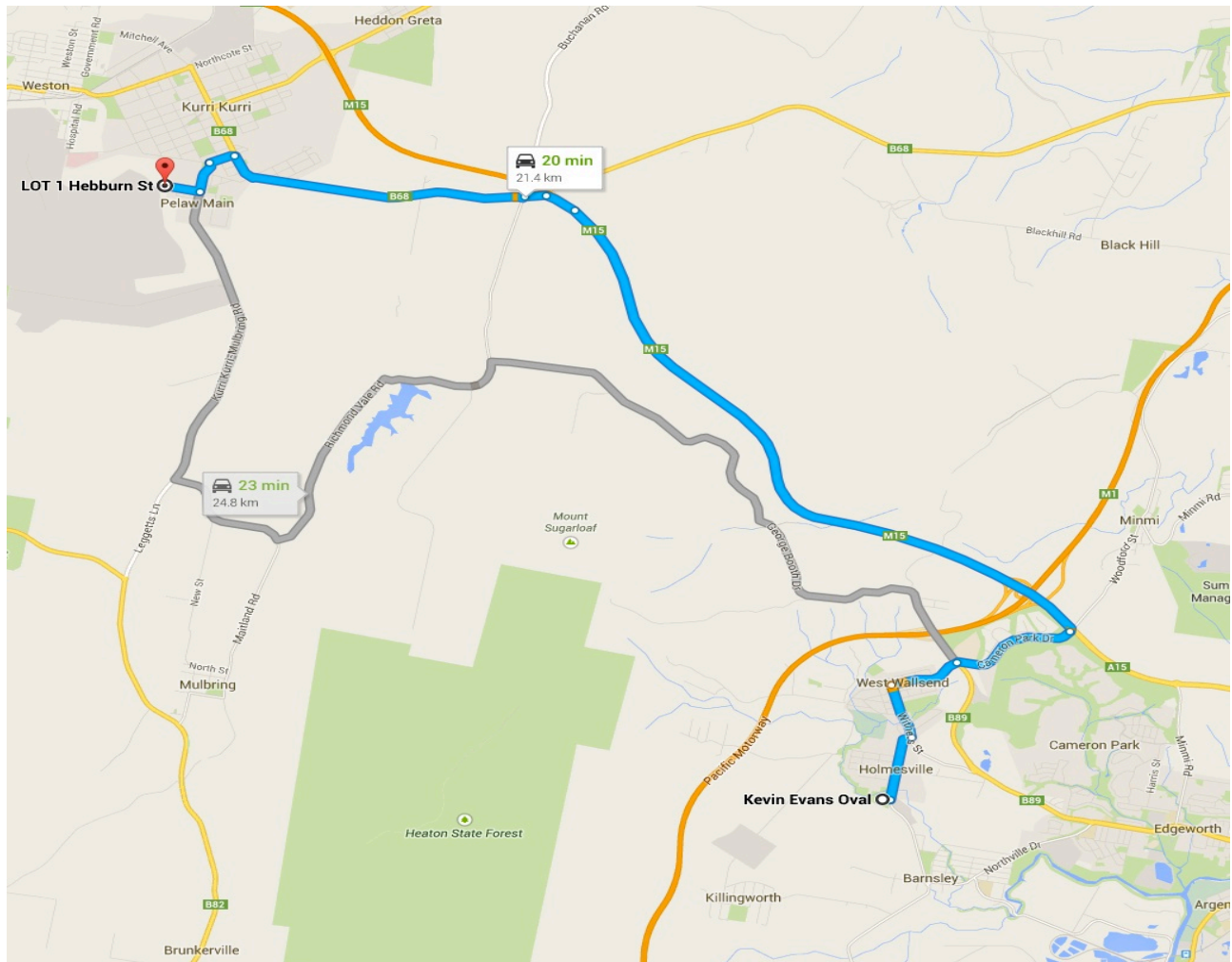
EVENT ENTRY

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 March 2015. Late entries close on 15th March with an additional late entry fee.

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

Directions from Holmesville to Pelaw main

Allow 25 minutes travel time



Start Lists:

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

NSW MTBO CHAMPIONSHIPS 2015 & NOL ROUND 1

START PROCEDURE

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

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

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

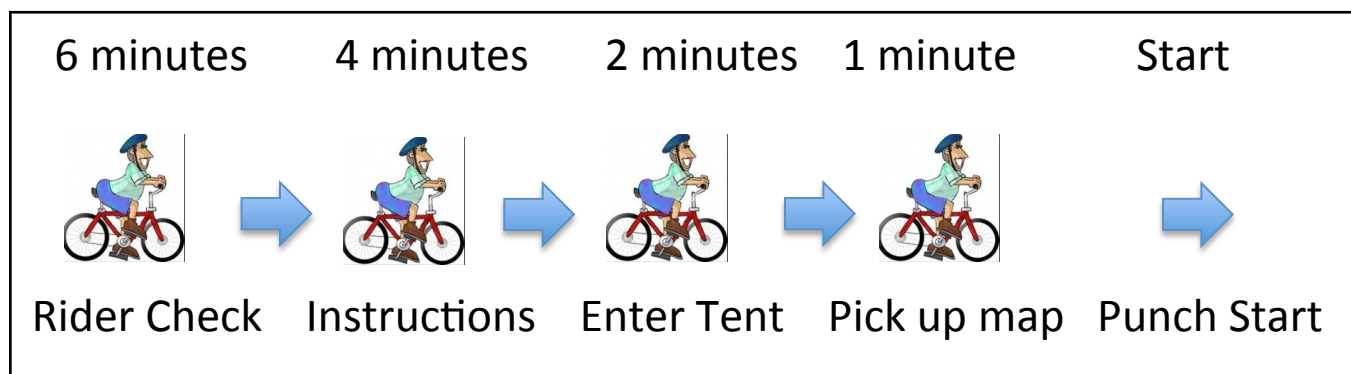
At 6 minutes your name will be called.

At 4 minutes course specific instructions issued.

At 2 minutes (Previous start Clock beep) enter the start tent and line up beside your course map tray.

At 1 minute, pick up your map, fix to map board, move forward to start 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 1 minute 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.

TECHNICAL INFORMATION

Australian MTBO Competition Rules will apply to all events and can be viewed at:
<http://is.gd/UwY5kp>

General Riders Rules

1. It is only permitted to ride on tracks, which are marked on the map. If you come across a track that is not marked on the map, back track to your entry point.
2. Riding on open areas shown on the map with the symbol (401) Open land, yellow or open land yellow, with green hatching is allowed. There may be the open land symbol where you are allowed to cross between tracks that are close to each other.
3. It is forbidden to cross any fences unless a legal crossing point is identified or where the map clearly shows the track crossing the fence.
4. You must give way at each mandatory crossing point.
5. After crossing the finish line and punching the finish control, competitors must proceed to the download tent. You are not permitted to re enter the course after finishing.
6. A cycle computer may be used as long as it does not use a satellite based navigation system to aid navigation.
7. All competitors must stop and give assistance to any injured rider.
8. Competitors must stay with their cycles during the race, whether they ride, carry or push their bikes.
9. Riders must visit all controls in order ie; 1-180, 2-201 etc.
10. Riders may enter the control location from opposite directions depending on route choice or the course layout.

Rider Etiquette

1. Riders must give way to slower riders travelling uphill.
2. Riders descending a hill must give way to riders travelling up hill.
3. Riders must keep left when passing a rider travelling in the opposite direction.
4. Overtake slower riders by calling "Track" to alert them. The slower rider then should pick a safe spot to slow or move over to allow passing. The slower rider should call "Now" or "My Left" etc, to inform the overtaking rider.
5. After punching the control, move away from the control to allow riders to enter the control location. Do not block the track.

Equipment

Recommended equipment includes:

1. Helmet, gloves, drinks bottle and basic tools. Energy bar recommended for Long distance event.
2. Map board or means of holding/reading the map.
3. Your cycles should be in good working order and road worthy.

Controls



The majority of the controls will be corflute background with the SI unit and control flag fixed to the corflute. The control is tied to a nearby tree as close as possible to the control location marked on the map.

Finish

On punching the finish unit, proceed to the Download tent to have your course recorded. If you did not finish the course you are still required to attend the Download tent to ensure that you have been accounted for. Failure to attend the Download tent may result in a search party looking for you.

First Aid

The event organisers phone number is on the course map.
Basic First Aid will be available at the event centre.
Emergency Services numbers are available at the event centre,

Complaints/Protests

All complaints or protests must be submitted to the Event Organiser within 30 minutes of the last competitor finishing in that class.

Complaints will be heard by the Jury comprising Andrew Power (NSW)
Craig Steffans (QLD) Ricky Thackery (WA) Scott Simson (Controller)

National MTBO League

The NSW Long Distance, Middle Distance and Sprint Distance comprise Round 1 of the 2015 National MTBO League.

Travel to Middle Distance event

There is sufficient time for all competitors to travel from the Sprint event at Holmesville to the Middle distance event at Pelaw Main. The travelling time is approximately 20 minutes.

Water on Course

All competitors are required to carry sufficient water with them on each course. There will be no water drops. Competitors are reminded that they may be on the Long Course for up to two hours.

BBQ/Refreshments

There will be a sausage sizzle after the Long Distance event at Holmesville. There will be a Gold coin donation to cover the cost of the BBQ. There will also be a BBQ at the end of the Middle Distance event at Pelaw Main. Soft drinks and water will be available at the event centre.

Toilets

Toilet facilities are located approximately 500m south of the event centre on Appletree Dve , Holmesville. The facilities are on the oval near the end of the cycleway. There is one toilet located at the event centre. Toilets are available at the Pelaw Main event centre.

Parking

Parking at Holmesville is on the west side of Appletree Drive and around the event centre. There will be parking assistance on the day. Competitors are requested to take care when entering and leaving the area as it can be a busy road. There is adequate parking at the Pelaw Main event centre.

Warm Up area

At Holmesville there is a cycleway on the east side of Appletree Drive, which is available for a warm up. Competitors are required to walk their bikes across the road from the parking area to the cycle way. At Pelaw Main, check the notice board for details of the warm up area.

Crossing Points/Give Way

The Long Distance event will be using sections of urban roads and there are a number of mandatory crossing points indicated on the course maps. There will be signs placed on the roads warning the public. All competitors must use the mandatory crossing points and take note of the road sections with an **X** indicating riding not permitted.

There will be several Give Way signs, which you must obey. Riders must obey traffic rules and keep to the left side of the road.

There is one crossing point that you will be required to dismount and walk your bike across the road. The crossing is on an S bend where you will need to look both ways before crossing. There will be a sign stating “Dismount to Cross” at this crossing point. All other crossings are rideable.

Presentations

There will be a presentation for the Long Distance event at the BBQ on completion of the event.

The Sprint Presentation will be held at Pelaw Main on completion of the Middle Distance.

There are no Presentation Dinner arrangements for the Saturday night.

Accommodation

There is no accommodation available near the event sites. The Caravan Park at Freemans Waterhole is not a viable option as they have limited spaces.

There are Caravan sites at Maitland, Hexham/Heatherbrae and Lake Macquarie.

MAP LEGEND FOR LONG & SPRINT EVENTS

Map Legend for Long and Sprint Courses

MTB-O Symbols

Track	Path	Legend
> 1.5	< 1.5	Fast
		Medium
		Slow
		Difficult
		Forbidden Route
		Obstruction
		Sealed road
		Marked Route
		Out of Bounds
		Open land (rideable)
		Open/overgrown (rideable)
		Watercourse
		Contour line
		Tower, Powerpoles
		Fence
		Rockfaces
		Crossing

- Forest slow
- Thick undergrowth
- Open forest

Crossing allowed



Obstruction may be a tree across the track or large ruts or drop offs on track

The majority of the open areas (Rideable) are under the electricity transmission lines, bare areas have numerous tracks. Most are marked on the map. Open area with green hatching shows overgrown areas under the transmission lines. This area is rideable. Tracks have been made in some areas to assist crossing.

Crossing points shown on maps. You must navigate to these crossings.

Green and white areas, are not to be ridden on!

Where single tracks or paths are close together and marked with open land, riding/crossing is allowed. Pink tape will be in the centre of the crossing area

Sample
Give Way at
Crossing



Sample
Allowed to Cross

