

ACT Middle Distance Championships.

2022 ACT League #10

2022 NSW State League #12

Bulletin 2

Updated course information. Now includes indicative climb.

Course	Classes	Distance (km)	Climb (m)	Difficulty
1	M21A, M20A, M35A, M40A	5.9	140	Hard
2	M45A, W21A, M16A	4.9	115	Hard
3	M50A, M55A, W20A, W35A, W40A, M20AS, M21AS	4.3	100	Hard
4	M60A, M65A, W16A, W45A, W50A, M35AS, W21AS	4.0	90	Hard
5	M70A, W55A, W60A, M45AS, W35AS	3.4	85	Hard
6	M75A, W65A, W70A, M55AS, M65AS, W20AS, W45AS, W55AS	2.8	85	Hard
7	M80A, M85A, M90A, M95A, W75A, W80A, W85A, W65AS	1.8	45	Hard
8	M14A, M Junior B, M Open B	3.5	60	Moderate
9	W14A, W Junior B, W Open B	2.5	50	Moderate
10	M12A, W12A, M/W Junior Easy, M/W Open Easy	2.4	35	Easy
11	M10A, W10A, M/W Junior Very Easy, M/W Open Very Easy, M/W10 Novice	1.7	20	Very easy

Change to road access.

The carparks in Pine Island South are now open.

Courses 6, 7, 9, 10 and 11 cross this road.

We anticipate very little traffic in this area during the event but runners are reminded to take care when crossing any roads.

Blue Lightning fundraiser

A cake stall for the ACT Middle and Long distance championships will be organised courtesy of the Blue Lightning team. Please partake in the wonderful array of treats and light refreshments that will be on offer. With limited eftpos connectivity, remember to bring cash with you.

This is a great way to show your support for our juniors, as they prepare to head off to the Australian Schools Orienteering Champs in September.