

2022 ACT Long Distance Championships

21 August 2022

ACT League #11

NSW State League #13

Organising Club: Bushflyers

Organiser: Chris Andersen (BF)

Course Planner: Alison Inglis and Patrick Miller (BF)

Event Controller: Bill Jones (RR)

COVID 19: Do not attend if you have cold/flu like symptoms. Practice physical distancing and hand hygiene – hand sanitiser is provided.

NOTE: Water will NOT be provided at the finish or on any course. Please bring and carry your own water.

Venue: Tidbinbilla Nature Reserve. The event area is located 45 km south of the centre of Canberra. Assembly area will be in the vicinity of Webbs/Green picnic areas, follow signs past the nature playground. There are toilets in vicinity of the nature playground.

Out Of Bounds: The bush area surrounding the assembly area, car parks and access road is out of bounds to all competitors before their race.

Entry fees (GST included): Adults (21 years and older) \$21. Junior (20 years old and younger) \$12. Family fees are based on the three most expensive entry fees in an eligible family and Eventor works this out.

Entries close at 11:59pm on Sunday 14 August 2022. Entry on the day will not be available.

Enter here: <https://eventor.orienteering.asn.au/Events/Show/16010/>

Map/Terrain: Tidbinbilla. 5m contours

Course setter notes:

The map contains a mix of vegetation, including runnable open grassland, open forest and thicker tea-tree forest. While the lighter green areas can be moved through quite easily, there is low visibility. There are many animal tracks that are not marked on the map. Some of the marked indistinct tracks may be less evident due to longer grass, but an indistinct track on the map should indicate a runnable route. There has been some regrowth since the map was prepared which may affect visibility but should not affect runnability as marked on the map.

Information about the courses and starts – creek crossings.

Tidbinbilla Creek runs through the map. Courses 1-5 require participants to cross Tidbinbilla Creek on the way to the start and during the course itself. Competitors will get wet feet. There is a shorter walk to the start (about 1km) that will require some agility to cross a log and jump the creek, or wading the creek. Competitors running Courses 6-10 will not need to cross the creek at any time.

Courses/Classes:

Course	Classes	Indicative length (km)	Indicative climb (m)	Difficulty	Map scale
1	M21A	11.5	380	Hard	1:10,000
2	M20A, M35A	8.7	280	Hard	1:10,000
3	W21A, M40A, M45A	6.7	210	Hard	1:10,000
4	W20A, W35A, W40A, W45A, M16A, M50A, M55A, M60A, M21AS, M20AS, M35AS	5.4	165	Hard	1:10,000
5	W50A, W55A, W60A, W65A, W16A, W21AS, W20AS, W35AS, W45AS, M65A, M70A, M75A, M45AS, M55AS	3.5	110	Hard	1:10,000
6	W70A, W75A, W80A, W85A, W55AS, W65AS, M80A, M85A, M90A, M65AS, M Open A, W Open A	2.8	90	Hard	1:7,500
7	M14A, M Open B, M Junior B	4.0	60	Moderate	1:10,000
8	W14A, W Open B, W Junior B	3.1	50	Moderate	1:10,000
9	W12, M12, M/W Junior Easy, Open Easy	2.4	40	Easy	1:7,500
10	W10A, M10A, M/W10 Novice, M/W Junior Very Easy, Open Very Easy	1.7	15	Very Easy	1:7,500

There will be two starts**Courses 1-5**

Option 1: 1.5km using a bridge to cross the creek

Option 2: 1.1km with a log crossing requiring agility, or wading across the creek and getting wet feet.

Courses 6-10

1 km walk (60m climb).

All starts will be queueing starts between 10:00am and 12:00pm - there will be no allocated start times.

Start procedure: Two minute start interval.

-4 min: Enter start box, collect control descriptions

-2 min: Move to map

Punch start

Finish: You must punch the Finish control.

Map collection: There will be no map collection. Please don't show your map to other competitors until they have finished their course.

Courses will close at 2:00pm. You must report to the finish before 2:00pm whether you have finished your course or not.

Awards: ACT Championship awards will be made to placegetters in all championship (A) classes.

Toilets: Public toilets are adjacent to the assembly area.

Catering: ACT juniors (aka Blue Lightning) will provide a cake stall for the event. There will be a wonderful array of sweet/savoury treats and light refreshments on offer. Please remember to bring cash with you as EFTPOS connectivity is not expected.

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