

ACT MTBO Championships 2022

15-16th October

ACT MTBO Middle Distance Championships

Date: Saturday 15 October, Start times: From 10am until 11am.

NEW Map !!: Jerrabomberra 1:7,500, 5m contours

Course Setter: Michael Reed, Controller: Cath Chalmers,

Day Organiser: Marina & Fedor Iskhakov Mapper: Andrew Slattery

ACT MTBO Sprint Championships

Date: Saturday 15 October, Start times: From 2pm until 3pm.

NEW Map !!: Sutton Driver Training Center, 1:5,000, 5m contours

Course Setter: Jim Anderson, Controller: Eoin Rothery

Day Organiser: Marina & Fedor Iskhakov Mapper: Andrew Slattery

ACT MTBO Long Distance Championships

Date: Sunday 16 October, Start times: From 9am until 10am.

Map: Sparrow Hill 1:10,000 5m contours

Course Setter: Marina Iskhakova, Controller: Fedor Iskhakov

Day Organiser: Marina & Fedor Iskhakov Mapper: Andrew Slattery

Course	Course	Expected winning time (SPRINT)	Expected winning time (MIDDLE)	Expected winning time (LONG)
Course 1	M21	20-25 min	55 - 60 min	105 min
Course 2	M17-20, M40, W21	20-25 min	50 - 55 min	85 - 95 min
Course 3	M16, M50, W17-20, W40, Open 3	20-25 min	50 min	80 min
Course 4	W16, W50, M60 Open 4; E-Bike	20-25 min	50 min	80 min
Course 5	M14, M70, W14, W60, W70, Open 5	20-25 min	50 min	60 min
Course 6	M12, M80, W12, W80, Open 6	16- 20 min	30 min	50 min

WELCOME TO CANBERRA!