

ACT League #5 July 30th 2023, Isaacs Ridge

Course Setter's Notes

COURSE LENGTHS:

VE 1.5km, E 2.4km,

M1 3.4km, M2 3.0km,

H1 9.3, H2 7.9, H3 5.8km, H4 4.2km, H5 1.9km

NOTE: This is an ACT League event. All runners doing Hard courses are required to have a blind start – that means that you cannot look at your map until you punch the start.

The agreed start interval is 2-minute to achieve a 2-minute split between starts of those on the same course. This is to be a self-managed honesty system.

Very Easy, Easy and Moderate level courses are available for viewing prior to the event.

There are two starts

- The **Blue Start** is for Very Easy (VE) Easy (E) and Hard 5 (H5). It is a 600 metre (approx. 10 min) walk with minimum climb (15 m) to the start.
- The **Red Start** is for Moderate 1 and 2 (M1, M2) AND Hard 1 to 4 (H1, H2, H3, H4). It is a approx. 1km, 25-30 min walk - 100 m climb.

All courses

- The map was last updated in 2016 - pre la Nina. Therefore, **vegetation** should not be relied on. **Prickly Hawthorn** roses are present on all courses but especially on the easy course. Setting has been done minimise need to go through prickly hawthorn.
- Hard 1-4 requires navigation on some **steep terrain**.
- There are several new (and old) **mountain bike tracks** that are **NOT** mapped.
- There are **ruined fences** not mapped. Be careful not to trip over them.
- Some **mapped fences** especially on medium and easy courses are ruined or non-existent.
- There has been some work done to remove pine tree growth. The result is that there are felled pine trees in some areas which are not marked as obstructions on the map. They are unlikely to impact route choice.

Easy Course.

- This is a little harder than usual partly due to hawthorns. There is a **taped route** on leg 3 to 4 to help you avoid the worst of the thorns.

Easy, Moderate 1 and 2 and Hard 5

- Hand-railing. It may help when you are following a gully or a fence to use a technique called "hand-railing". This means you walk parallel to the line feature (eg 10 metres away) where there are no hawthorn thickets rather than walking exactly in or next to the gully or fence. If this doesn't make sense, please ask for assistance.

Safety

- Safety Bearing Is South or West to road or suburb. No water on courses. Please carry a whistle and/or a mobile phone. Emergency mobile number is displayed on notice board.

Out of Bounds

- Do not walk along the side of the main road.

Course closure and spectator/ photo opportunities

- Courses close at 1 pm. Some distant controls will be picked from 1pm. Please start before 11.30 am unless you have made special arrangements. If you finish early feel free to wander around the low-level pine forest to watch the other runners visiting the last few controls. It will have a Scandinavian feel about it and will provide spectator fun.

Parking

- Parking is in residential areas along Shepherdson Place and Corrigan Place. Please, Park on ONE SIDE OF THE STREET ONLY

