

2023 ACT Long Distance Championships

20 August 2023

ACT League #7

NSW State League #11

Organising Club: Red Roos

Organiser: Rob Walter (RR)

Course Planner: Tom Walter (RR)

Event Controller: Allison Jones (RR)

COVID 19: Do not attend if you have cold/flu like symptoms.

Water: Water will **NOT** be provided at the finish or on any course. Please bring your own water. If you require water on your course please carry it yourself. There is no vehicle access to the forest to put water out on courses.

Venue: A combination of private land and Yanununbeyan Conservation Area in Primrose Valley. The Event Arena is off Woolcara Lane, approximately 45 minutes drive south east from the Canberra city centre.

Driving Directions: From Queanbeyan drive towards Bungendore on the Kings Highway. After 2.5km turn right at the roundabout onto Captains Flat Road. After a further 19km turn right into Woolcara Lane (signposted with an orienteering sign). Follow Woolcara Lane (gravel road) 11km to the event arena.

Out Of Bounds: The bush area east of the event arena is out of bounds to all competitors before their race.

Map/Terrain: Foxlow Flats. 1:10,000. 5m contours.

Course setter notes: The terrain is classic canberra spur gully with small areas of rock and erosion detail. The contour detail ranges from large distinctive spurs and gullies to flatter areas with small shallow gullies that start and stop. The forest is mostly fast running open eucalypt forest but there are some patches of thicker scrub mostly around the bigger gullies, this impacts route choice and visibility. There are very few tracks and fences on the map

Entries: Entries close at 11:59pm on Friday 11 August 2023. Entry on the day will not be available.

Members - Adult (21 years and older) \$25. Junior (20 years old and younger) \$10. Family maximum \$70.

Non-Members - Adult (21 years and older) \$35. Junior (20 years old and younger) \$15. Family maximum \$100.

Family fees are based on the three most expensive entry fees in an eligible family and Eventor works this out.

Enter here: <https://eventor.orienteering.asn.au/Events/Show/17827>

Toilets: Portaloo toilets will be provided adjacent to the event arena.

Catering: There will be Blue Lightning catering at the event, providing cakes, soup, tea, coffee and soft-drinks. Please support our Juniors.

Courses/Classes:

Course	Classes	Indicative length (km)	Difficulty
1	M21A	12.6	Hard
2	M20A, M35A	9.3	Hard
3	W21A, M40A, M45A	8.1	Hard
4	W35A, M16A, M50A	6.3	Hard
5	W20A, W40A, W45A, M55A, M60A, M21AS	5.6	Hard
6	W50A, W55A, W21AS, M65A, M70A, M20AS, M35AS, M45AS	4.5	Hard
7	W16A, W60A, W65A, W20AS, W35AS, W45AS, M75A, M55AS	3.8	Hard
8	W70A, W75A, W80A, W85A, W55AS, W65AS, M80A, M85A, M90A, M65AS, M Open A, W Open A	3.0	Hard
9	M14A, M Open B, M Junior B	4.0	Moderate
10	W14A, W Open B, W Junior B	3.5	Moderate
11	W12, M12, M/W Junior Easy, Open Easy	2.4	Easy
12	W10A, M10A, M/W10 Novice, M/W Junior Very Easy, Open Very Easy	1.8	Very Easy

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

There is a 1.5km, uphill (150m climb) walk to the start.

Start procedure: Two minute start interval.

-4 min: Enter start box, collect control descriptions

-2 min: Move to map

Punch start

Electronic Punching: SPORTident electronic punching system will be used. You must clear and check your SI card before starting. Clear/check will be at the pre-start. If an SI unit fails, punch in the reserve boxes on the map using the back-up punch on the control stand. Inform an official immediately upon finishing.

Control Descriptions: Available at the start and on the map

Finish: You must punch the Finish control.

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

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

Safety Bearing: West to Woolcara Lane.