

**WA Mountain Bike Orienteering - 2023 long distance champs**  
**Sunday 20 August 2023**

**Location:** The Dell, Mundaring Weir Road, Paulls Valley

**Registration from 8:30am**

**First riders away at 9am - pre-entry in Eventor with allocated start times**

**(but casual riders may enter on the day - casual start times will be after the championship starts)**

Setter: Richard Begley ([rbglee07@gmail.com](mailto:rbglee07@gmail.com)) ph 0402 113 483

Organiser: Hadrien Devillepoix

Controller: Ricky Thackray

Courses: Age categories apply (see below) + EOD courses 1, 3 & 4

Registration: 8:30 - 10:00am \*\*\***pre-entry required for championship classes**\*\*\* (see Eventor)

Starts: 9am -10:00am (EOD entries start after pre-registered riders)

Courses close: 1 pm

Course	Class	Distance	Climb	Controls
1	M21	28 km	500m	10
2	W21 M17-20, M40, M50	23 km	400m	9
3	W17-20, W40, W50 M16, M60	18 km	300m	7
4	W16, W60, M14, M70, W70	14 km	200m	6

Facilities: Drop pit toilet. No water.

Bring: SportIdent e-tag, compass, bike, helmet, water, food.

Phone reception is reasonable over most of the map

**Directions:**

From Perth: Go to Kalamunda - then take Mundaring Weir Rd to the Dell  
(in Google Maps enter 'the Dell, Paulls Valley')

**Entry fees**

	Full member	Casual member
Junior (<21)/Concession	\$5	\$10
Adult	\$15	\$25
Family maximum	\$35	\$60
SI tag hire	\$5	Included

**Map:** Kalamunda 1:15 000

5m contours. A3 paper

Mapped to the IOF MTBO standard. For example, open rideable areas are marked with the new standard orange.

**Terrain:**

Mainly 4WD tracks at rideable gradients, some single track options. Some of the downhill single tracks are double black diamond! Take extreme care if using the downhill single track routes (although most of the 'features' have a B line).

**Hazards:** There may be vehicles, hikers, and plenty of other mountain bike riders.

Competitors will be required to cross Mundaring Weir Rd twice - please exercise great care.

**Many tracks are designated one way.** You must not ride tracks the wrong way - this is a well used area and ***there may be other riders coming from the opposite direction, at speed***, who will not expect a rider going the wrong way.

**Also be aware that your fire road route may cross one of the downhill single tracks - *be alert for riders crossing your path from either side, at speed.***

On some two way tracks, you may encounter other riders coming from the opposite direction. You should stay left, with the oncoming rider on your right.

Loose pea-gravel can make cornering hazardous. Other dangers include fallen twigs and branches, roots, rocks, ruts and man-made trail features on the single track.

**Start:** From 0900. Start interval 2 minutes, riders away in pairs (M1,M2 & M3, M4)

The start is very close to the assembly area. Please warm up on the track heading north from the muster area - running adjacent to the private property.

**Start procedure:** Arrive at the start at least 6 minutes before your start time. Clear and Check your SI unit prior to entering the start.

-3 minutes: Name check, SI clear and check.

-2 minutes: Move forward to map table. Each course map will be upside down in a tray with the course number on the tray. Ensure that you line up next to the correct map tray. Final instructions (if any).

-1 minutes: Pick up your map, fix to map board and prepare to start. It is the athlete's responsibility to collect the correct map.

0 minutes: Start from stationary position, one foot on ground. After the start follow the track uphill (mandatory route) 100m to start triangle, marked in the terrain with a flag (no punch). If you need time to plan your route to the first control, move away from the start tent to the start flag to do this. Do not ride back through start area on course.

**Sport Ident** Sport Ident will be used for timing. Hire units are available at registration. You can attach the unit to your bike or hand/body. Make sure you have a safety line on the unit to prevent loss. If you lose your hire unit you will be liable for the replacement cost. Enter on day competitors must punch the start unit to ensure that your course is timed. When you punch the SI control, ensure that the unit lights up or beeps. On completion of event punch the finish unit, then proceed to registration tent to have your SI unit read and your result recorded. Hire units must be returned at the end of the event.