

ACT RELAYS – Sunday March 24th – Stromlo West

Thank you for entering the ACT Relays.
Abominable O-Men hope you enjoy the event.

Directions: Head west on Cotter Road. Turn right into Mt Stromlo Road. After approximately 2km turn left towards the water treatment plant. Proceed straight ahead through the gate on the sealed fire trail. Take care as this road is rough. Follow orienteering signs and directions to parking.

Watch out for cyclists on Mt Stromlo Road and give cyclists the obligatory distance when passing.

Courses: Relay courses range in distance from 2.3km to 2.5km.
Easy 2.0km.
Very Easy 1.7km.

Relay Legs: Must be completed in the order specified by the organisers.
All 'legs' must be completed using the same SI chip.
We do not mind who runs which leg so long as the SI chip does them all.
Once all "legs" are completed, punch the finish control and proceed to download. A total time for your team will be recorded.

Race Briefing: 0945

Mass Start: 1000
There will be a Le Mans start for First Leg runners.....that is they will bolt to the start triangle!!

Courses Close: 1300 (1pm).
You **MUST** return to the finish by that time.
Remember to punch the Finish Unit once all relay legs have been completed.
You must report to the tent to download whether you have finished your course or not.