



ACT Middle & Long Distance Championships

Saturday 24th & Sunday 25th August 2024

Information Update


Road Crossings: There is a road through the middle of the map. This road will have both orienteering traffic arriving and departing the event, and the possibility of local landowners traffic on it during the event. On both days, most courses cross this road at least once. Runners on some courses may also use the road as a route choice - **please take care.**

Road Conditions: After leaving the Kings Highway there are a couple of hazards to be aware of:

- A deep pothole at the cattle grid just as you leave the Kings Highway into the dirt road leading to the Assembly area.
- A washout a couple of kms down the dirt road. This will be marked with orange traffic cones.
- If it has rained in the days before the event, the dirt road can be slippery. Not a problem if you drive safely.
- The parking areas are different for each day. A sketch map is provided below and marshals will be directing parking. Parking is on the edge of the dirt road between 100-500 metres from the Assembly area. If it has been raining, the distance to walk from parking to the Assembly area may increase by up to 500 metres. **Please consider car-pooling to reduce the traffic using the dirt road.**

Pets: No pets are allowed. We know people love their pets, but as organisers we need to respect the wishes of the landowners. So, **NO PETS** please.

Camping: Camping is not permitted on the properties used for the event. Limited camping might be available at an adjacent location. Refer: [Southern Tablelands Bush Camping - Hipcamp in Bungendore, New South Wales](#)

Control Descriptions: Will be printed on the map and available separately. **Note:** On the map there are log piles marked with deep green lines. In the control descriptions the Root Stock symbol  represents a log pile of any shape, e.g. linear or round.

Taped Routes for Easy & Very Easy Courses: An example of the tape colouring used will be on display at the Pre-Start.

Internet: Mobile coverage is variable. EFTPOS should be OK, however it might be useful to bring cash for purchasing from the Blue Lightning stall or O-Shops, just in case EFTPOS is slow.

Middle Distance

Water: Water stations will be located on an east-west track all courses cross near the middle of their courses. The water station symbol will be marked on maps. Water will NOT be provided at the Start or at the Finish.

Starts: There are two starts – one for the easy/very easy courses and one for the hard/moderate courses. Both have the same pre-start. Queuing starts between 11:00am and 1.00pm. You must punch the Start Control. **There will be no extension of the start window so please do not be late.** There are no allocated start times. The Start is 200m level walk from the assembly.

Middle Distance Courses/Classes:

Course	Classes	Indicative Length	Climb	Difficulty
1	M21A, M20A, M35A, M40A	5.1	105	Hard
2	M45A, W21A, M16A	4.6	95	Hard
3	M50A, M55A, W20A, W35A, W40A, M20AS, M21AS	4.0	75	Hard
4	M60A, M65A, W16A, W45A, W50A, M35AS, W21AS	3.3	70	Hard
5	M70A, W55A, W60A, M45AS, W35AS	2.7	50	Hard
6	M75A, W65A, W70A, M55AS, M65AS, W20AS, W45AS, W55AS	2.2	35	Hard
7	M80A, M85A, M90A, M95A, W75A, W80A, W85A, W65AS	1.6	25	Hard
8	M14A, M Junior B, M Open B	3.7	80	Moderate
9	W14A, W Junior B, W Open B	2.8	55	Moderate
10	M12A, W12A, M/W Junior Easy, M/W Open Easy	2.6	45	Easy
11	M10A, W10A, M/W Junior Very Easy, M/W Open Very Easy, M/W10 Novice	1.8	25	Very Easy

Long Distance

Water: Water will be provided on all Hard and Moderate courses. Water will NOT be provided at the Start or at the Finish.

Starts: One start for all courses. Queuing starts between 10:00am and 12:00pm. You must punch the Start Control. **There will be no extension of the start window so please do not be late.** There are no allocated start times. The Start is 200m level walk from the assembly.

Long Distance Courses/Classes:

Course	Classes	Indicative Length (km)	Indicative Climb (m)	Difficulty
1	M21A	12.0	300	Hard
2	M20A, M35A	9.6	270	Hard
3	W21A, M40A, M45A	8.3	250	Hard
4	W35A, M16A, M50A	6.7	210	Hard
5	W20A, W40A, W45A, M55A, M60A, M21AS	5.8	180	Hard
6	W50A, W55A, W21AS, M65A, M70A, M20AS, M35AS, M45AS	4.8	150	Hard
7	W16A, W60A, W65A, W20AS, W35AS, W45AS, M75A, M55AS	3.9	100	Hard
8	W70A, W75A, W80A, W85A, W55AS, W65AS, M80A, M85A, M90A, M65AS, M Open A, W Open A	2.9	65	Hard
9	M14A, M Junior B, M Open B	4.3	140	Moderate
10	W14A, W Junior B, W Open B	3.4	100	Moderate
11	M12A, W12A, M/W Junior Easy, M/W Open Easy	2.5	35	Easy
12	M10A, W10A, M/W Junior Very Easy, M/W Open Very Easy, M/W10 Novice	2.2	25	Very Easy

Parking:

Saturday – shown in yellow highlight. **Sunday** – shown in blue highlight.



<- Direction of travel