

# ACT MTBO Championships

## 18-19th October 2025

### ACT MTBO SPRINT Championships

**Date:** Saturday 18 October, **Start times:** From 9am until 10am.

Jerrabomberra Hill, 1:7,500, 5m contours

**Course Setter:** Michael Reed, **Controller:** Cath Chalmers,

**Day Organiser:** Marina & Fedor Iskhakov **Mapper:** Andrew Slattery

### ACT MTBO MIDDLE Championships

**Date:** Saturday 18 October, **Start times:** From 2pm until 3pm.

East Kowen, 1:10,000, 5m contours

**Course Setter:** Marina Iskhakova, **Controller:** Fedor Iskhakov

**Day Organiser:** Marina & Fedor Iskhakov **Mapper:** Hamish Mackie

### ACT MTBO Long Distance Championships

**Date:** Sunday 19 October, **Start times:** From 9am until 10am.

**Map:** Sparrow Hill 1:10,000 5m contours

**Course Setter:** Ken Young, **Controller:** Fedor Iskhakov

**Day Organiser:** Marina & Fedor Iskhakov **Mapper:** Hamish Mackie

Course	Course	Expected winning time (SPRINT)	Expected winning time (MIDDLE)	Expected winning time (LONG)
Course 1	M21	20-25 min	50-55 min	105 - 110 min
Course 2	M17-20, M40, M50 W21	20-25 min	50-55 min	105 - 110 min
Course 3	M60, W17-20, W40, W50 Open 3	20-25 min	50-55 min	105 - 110 min
Course 4	M16, W16, W60, M70, e-Bike, OPEN 4	20-25 min	50-55 min	100 - 105 min
Course 5	M14, W14, W70, OPEN 5	20-25 min	40-44 min	75-80 min
Course 6	M12, M80, W12, W80, OPEN 6	16- 20 min	32-37 min	70-75 min

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