

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, 1:7,500, 5m contours

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

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

ACT MTBO LONG Championships

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

Map: East Kowen 1:15,000 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	55-60 min	105-110 min
Course 2	M20, M40, M50 W21	20-25 min	50-55 min	105-110 min
Course 3	M60, W20, W40, W50 OPEN 3	20-25 min	50-55 min	105-110 min
Course 4	M16, W16, W60, M70, e-Bike M, e-Bike W, OPEN 4	20-25 min	50-55 min	95-105 min
Course 5	M14, W14, W70, OPEN 5	20-25 min	40-44 min	75-85 min
Course 6	M12, M80, W12, W80, OPEN 6	16-20 min	32-37 min	50-55 min

WELCOME TO CANBERRA!