



# FINAL BULLETIN

## Newcastle State League Weekend

19-20 July 2025



### GENERAL INFO

Dogs, smoking, fires are prohibited from ALL parking, assembly and competition areas. Flying drones at Sunday's event is prohibited.

#### START PROCEDURE

Queuing starts, no allocated individual times, 2min intervals. Volunteers and those with travel or childminding considerations may be fast tracked during first 15 mins.

#### CONTROL CODES

Will be on the SI unit for all controls. Some may also be on the stand. Ignore any markings on flags.

#### ELECTRONIC PUNCHING

SPORTident punching will be used. You must clear/check your SI stick at the pre-start. All field SI units will be "Beacon" enabled but Start and Finish units need to be "punched". If an SI unit fails, punch in a reserve box on the map using the back-up punch (newer control stands have punch underneath) and inform an official upon finishing. Note: while we endeavour to have all units "turned on" we cannot guarantee this will be the case.

**CONTROL DESCRIPTIONS:** Will appear on maps as IOF Symbols for all Hard and Moderate Courses, text (English) will appear on Very Easy and Easy Course Maps. These may be on the reverse of the map. Loose-leaf copies will be available at the Pre-Start, including Text for Moderate.

#### DOWNLOADING

All competitors are to report to the download desk even if not completing their course.

#### MAP COLLECTION

There will be no map collection. Don't show your map to others until they have finished.

#### HIRE STICKS

Rental SI sticks should be collected from the registration desk.

#### SHADOWING M/W10N

Please allow enough time to complete your own course before shadowing children.

#### EVENT PHONE NUMBER

The event phone number is 0490686207. It will be listed on the map each day but service is unlikely on Saturday and patchy at best in the forest on Sunday. Text gives best results.

#### FIRST AID - SAFETY

Club members trained in basic first aid will be available at the rego tent. We recommend all participants carry a whistle.

## CATERING

NSW Bluebottles junior squad will be selling food and drinks.

## ENTER ON DAY

Limited availability at all events - Very Easy, Easy, Moderate and one Hard course. EOD need to go to the info desk to register and pay prior to heading to the start.

EOD Fees	Member	Non Member
Senior	\$30	\$34
Junior	\$16	\$20
Sub junior	\$10	\$14
SI Stick rental	\$2	\$2

## RESULTS

Mesh-O will be providing live results and selected splits on their screens both days. Official results/splits/Livelox will be uploaded to Eventor ASAP following each event.

## ACCOMMODATION

Port Stephens especially the Lemontree Passage area would be convenient to Sundays event.

<https://www.portstephens.org.au/stay/>

**NO EVENT CAMPING:** There will be NO CAMPING near the Arena or Parking for SL10 MIDDLE areas due to insufficient room. This includes both Friday and Saturday nights.

## INQUIRIES

Shane Jenkins 0427779979 shanej@orienteering.asn.au

## STATE LEAGUE 10 - Middle Distance - 19 JULY 2025

**“THE PINES” (Watagans).....in The Watagans it is small things that count!**

### START WINDOW

Noon - 2:00 pm

### COURSE CLOSURE

3:30 pm

### GPS LOCATION

-33.0627716, 151.3360078

### DRIVING DIRECTIONS

**From Newcastle/North:** Take the Manadlong Road turn off from the M1. Turn right onto Mandalong Road then follow joint directions.

**From Sydney/South:** Take the Manadlong Road turn off from the M1. Turn left onto Mandalong Road then follow joint directions.

**Joint Directions:** From Mandalong Road turn right into Deaves Road. At the end of Deaves Road turn left on Freemans Drive. After 1km turn left into Martinsville Road. After 4.5km turn left onto Watagan Road. Follow Watagan Road, which will become Martinsville Hill Road for 7km. turn Right onto Watagan Forest Road. After 2.5 km turn right into Palmers Road. Proceed to the Picnic Area and Park as directed.



## ASSEMBLY

The Pines Picnic Area.

## PARKING

Will be tight, so follow the directions of marshals and be considerate to general public who may be sharing areas. You may be parked 50m to 500m from the Arena. The area **is not suitable** for caravans, camper trailers or large campervans. If you plan to bring these consider parking on Watagan Forest Road - but please park fully off the Road as it is frequented by logging trucks.

## TOILETS

There is one public pit toilet. 2 extra Portable toilets will be available on the day.

## START LOCATION

Pre-start is in the Arena Area

## START TRIANGLE

The START TRIANGLE is 35m from the Pre-Start. Follow a taped chute. All competitors **MUST** pass within 5m of the hanging control flag.

## MAP

“THE PINES” (Watagans) Rob Vincent 2025

## MAPPER/PLANNER NOTES

The Watagan Mountains are West of Australia’s largest coastal saltwater lake, Lake Macquarie. The event will be held in Olney State Forest, not far from Martinsville and Cooranbong, and only 2 hours North of Sydney.

Courses traverse gully/spur terrain with flowing streams, rainforest areas, native forest with banksias, tree ferns and some pine trees. Entrants will experience fascinating rainforest, pristine creeks, large termite mounds, many trails or camping areas, and some rock features.

There are many unsealed roads, 4WD tracks and foot single trails criss-crossing the map to allow easy access to different parts of the forest before careful navigation into checkpoints.

**Map Flip**: Some Courses will have a “Map Flip” during their route. This will involve the 1st part of the Course face-down at the Map Collection Point, and the 2nd part of the Course facing up on the reverse side of your Map. It is clearly shown in the Control Descriptions and will be obvious when competitors view their Map. Likely Courses are H1-H2-H3-H4.

**Taped Routes** have been marked with BLUE & WHITE plastic streamers for VERY EASY course competitors. These are clearly marked on the Map as a dashed line (purple), and in Control Descriptions.

## HAZARDS

**Leeches and ticks** are active throughout the area. Insect repellent and **full body cover** will offer some barriers to competitors. However, during and after completing your course it is recommended that you check your body for bites.

**Vegetation** can vary from open native forest or pine trees to dense rainforest. Lawyer vines (or “wait-a-while”) are common in the rainforest. They are often quite long, tough, have numerous spines, and will catch on to your clothing...take care! Due to good rains over the past few years regrowth has been significant, so it is important to observe carefully the surrounding bushland terrain and choose the easier route.

**Creeks and Watercourses** have flow in the rainforest areas, but in other areas are dry. Many rainforest creeks have boulders, pools, small drops, slippery rocks and fallen timber, so progress can be slow. Often the best route is along the banks 10-30m from the creek line.

**Cliffs and Steeper Slopes** occur in many places across the Course. Passable cliffs have been marked on the Map. There is one boulder. Any area showing close contours may have sloping embankments making it difficult to proceed.

**Roads, Tracks and Single Trails** many unsealed forest roads, 4WD tracks and single trails occur across the area. Cars, 4WDs, & motorbikes can be expected during the Event. Be observant, listen carefully and get off trails when they approach.

### **SAFETY BEARING**

SAFETY BEARING is SOUTH to The Pines Picnic Area.

### **OUT OF BOUNDS**

All areas other than assembly, public park and marked route to start.

### **WARM UP**

Warm up along Palmers Road. But be mindful of cars approaching the event.

<b><u>Courses</u></b>	<b><u>Classes</u></b>	<b><u>Length (km)</u></b>	<b><u>Climb (m)</u></b>	<b><u>Controls</u></b>	<b><u>Scale</u></b>
<b>HARD 1</b>	M21A M35A	4.9	130	20	1:10000
<b>HARD 2</b>	M18A M40A M45A M50A M55A W21A M20A	4.0	120	19	1:10000
<b>HARD 3</b>	M16A M60A M65A W18A W20A W35A M21AS	3.2	110	18	1:7500
<b>HARD 4</b>	M70A W16A W40A W45A W50A W55A W60A M35AS	2.8	100	15	1:7500
<b>HARD 5</b>	M75A W65A W70A M45AS M55AS W21AS W35AS W45AS W55AS EOD-H	2.2	75	11	1:7500
<b>HARD 6</b>	M80A M85A M90A W75A W80A W85A M65AS W65AS	1.5	45	10	1:7500
<b>MODERATE</b>	M14A W14A M Open B W Open B M/W Jnr B EOD-M	2.2	50	12	1:7500
<b>EASY</b>	M12A W12A Open Easy EOD-E	1.7	40	12	1:7500
<b>VERY EASY</b>	M10A W10A M/ W10N Open VE EOD-VE	1.3	30	12	1:7500

## **WATER ON COURSES**

There is no drinking water supplied at the Arena or on Courses. Competitors are advised to bring their own.

## **PHONE COVERAGE**

There is NO known phone coverage at the Picnic Area - Tested only with Telstra Network. Event Organisers have made technical arrangements in order to maintain Emergency contact.

### **PLANNER**

Rob Vincent

### **VETTER**

Andrew Power

### **CONTROLLER**

Andrew Power

### **ORGANISER**

Shane Jenkins

## **ACKNOWLEDGEMENTS**

Thanks to the dedication and technical know-how of Hamish Mackie, a quality LiDAR basemap was created. Mapper & Course Planner, Rob Vincent, completed the fieldwork and OCAD cartography. Jim Lee from NCN obtained access to the area through Forests NSW Corp. Andrew Power NCN Vetted the Courses and is Event Controller.

Thanks to Forests NSW Corp for allowing access.

## **State League - 11 Long Distance - SALT ASH Sunday 20 July**

### **START WINDOW**

9:30-11:30 am

### **COURSE CLOSURE**

1:30 pm

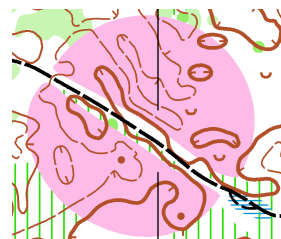
### **GPS LOCATION**

-32.9629722, 151.3384722

## **BIO-SECURITY REQUIREMENTS (IMPORTANT)**

1) As requested by National Parks, a shoe scrub and dip station will be in place to help prevent the spread of weeds and soil-borne diseases into the park. All individuals entering the forest—competitors and non-competitors alike—must go through this station. Expect your shoes to get slightly damp during this compulsory process.

2) An endangered orchid is present within the mapped area. To protect it, specific no-go zones have been designated. These areas will be shown on the map in light pink rather than the standard out-of-bounds symbol, allowing you to see the contour details more clearly while still respecting the exclusion areas.



## **DRIVING DIRECTIONS**

**From Nelson Bay:** Turn left into David Drive, approximately 150m before the Nelson Bay Rd/ Richardson Rd roundabout. Drive a short distance, then turn right into Valerie Rd.

Take the next left onto Oakfield Rd. Property gate is 500m further at the end of the paved road.

**From All Other Directions:** At the Nelson Bay Rd/Richardson Rd roundabout, get into the right-hand lane and exit towards Nelson Bay. After approximately 150m, turn right into David Drive. Then turn right into Valerie Rd, followed by the next left onto Oakfield Rd. The property gate is 500m at the end of the road.

## **FARM ACCESS ROAD**

Drive very slowly once on the host's property.

The access road is firm, but the edges may be soft due to recent rain.

If encountering oncoming vehicles, pass with caution and keep to the firm sections.

## **PARKING**

Parking will be in paddocks near the assembly area. Please follow directions from officials.

Campervans will be parked separately—please check with parking officials for instructions. Caravans and cars towing trailers must park outside the property and arrange a ride in with other competitors. Do not block any driveways.

### **RUNNERS ON ROAD**

Due to limited track access, some competitors may run along the final section of the access road. Please give way to runners, especially if you arrive after starts have begun. “Runners on Road” signs will be placed for your awareness.

### **LIVESTOCK**

Cattle, horses, and sheep will be moved to other paddocks, but if you encounter them, they have right of way. Bantam chickens may be on the access road after the farmhouse—drive carefully as they are curious and may approach your vehicle.

### **ASSEMBLY AREA**

Located adjacent to the parking area entry.

Includes: Registration/First Aid, Download station, Junior catering & NSW Orienteering Supplies

### **TOILETS**

Portable toilets will be set up near the assembly.

A fixed portaloo is also available, serving as a unisex urinal only - no solids, please.

### **START LOCATIONS**

**Start 1** - Very Easy & Easy Courses

200m / 5-minute walk from assembly

Flat and straightforward

**Start 2** - Moderate & All Hard Courses

750m / 12-18 minute walk from assembly

Sandy track with some climb

Note: You may encounter competitors mid-course—please give way.

### **START TRIANGLE**

From the map boxes, follow the track 30m to the start triangle.

### **MAP**

“Oakvale” revised 2025 by Rob Vincent

1: 5000 4m contours (VE, E)

1: 7500 4m contours (MOD, H7-H8)

1:10000 4m contours (H1-H6)

### **Planners Notes - Event Overview**

- Exclusion zones Due to the presence of protected flora exclusion zones and the need to guide competitors around them, the courses have been designed with a long middle-distance feel, rather than that of a classic long-distance event.
- Tracks Through Exclusion Zones competitors may use tracks that pass through exclusion zones. You must stay on the track until you are completely outside the zone.
- Compulsory Track Leg many courses have a compulsory taped route along a track which will be marked on your map and indicated on your control descriptions. This will be indicated in the forest by hanging blue and white tapes.
- Terrain Description The area consists mostly of moderately forested sand dunes, featuring a mix of high ridgelines and low, intricate undulations. The landscape is dotted with high points, knolls, and depressions of various sizes. Smaller depressions are marked on the map with a brown “U” symbol and are bigger than pits.

- Navigation Tips Contour tag lines will be invaluable—understand how to use them before starting your course.
- Vegetation and Off-Track Travel Off-track runnability is variable. Bracken is the dominant ground cover—some patches are easy to move through, while others can significantly slow you down.
- Track Conditions Tracks are primarily sandy, with firmness varying. Some sections contain repeated undulations up to half a metre high, which may disrupt your running rhythm. Water seeping from the hills has covered a couple of track sections, you may get wet feet.
- Dune Navigation The main dunes are quite high. All courses—except for Very Easy and Easy—will include at least one steep descent. Older competitors are strongly advised to walk these sections. Although the soft sand reduces the risk of slipping, caution is still necessary.
- Unmapped Marshes Due to recent heavy rain and flooding, some depressions may now contain unexpected water, even if not marked as such on the map.

## • HAZARDS

- There are no extraordinary hazards in this area.
- There may be some fallen branches hidden in the bracken so gathers may be a good option.
- We have heard motorbikes and observed their tracks but have yet to encounter any.

## COURSES/CLASSES

SL11 - LONG	Classes	Distance/Climb/Controls
Very Easy	M10A, W10A, M/W10N, Open-Very Easy, EOD-Very Easy	2.1km 50m 12
Easy	M12A, W12A, Open-Easy, EOD-Easy	2.0km 50m 12
Moderate	M14A, M-Open-B, M-Jnr-B, W14A, W-Open-B, W-Jnr-B, EOD-Mod	3.1km 95m 17
Hard 8	M80A, M85A, M65AS, W75A, W80A, W85A, W65AS	1.6km 40m 7
Hard 7	M75A, M55AS, W65A, W70A, W35AS, W45AS, W55AS	3.1km 70m 13
Hard 6	M70A, M45AS, W16A, W55A, W60A, W21AS	3.7km 135m 15
Hard 5	M55A, M60A, M65A, M35AS, W50A, EOD-H5	4.5km 135m 17
Hard 4	M16A, M50A, M21AS, W18A, W40A, W45A	5.3km 140m 18
Hard 3	M18A, M45A, W20A, W35A	6.5km 150m 20
Hard 2	M20A, M35A, M40A, W21A	7.4km 170m 23
Hard 1	M21A	9.0km 220m 27

## SAFETY BEARING

In western part of map head East to track then North to assembly via the start

In eastern part head either North or South to the track that bisects the map, then West to assembly via the Start.

## OUT OF BOUNDS

All areas of other than the assembly area and track to the start are it of bounds.

## WARM UP

You can warm up in the assembly paddock or on the way to the start.

## WATER ON COURSES

There will be at least one drink control on all Hard and Moderate courses. Others requiring hydration on their run will need to carry their own water. Please supply your own pre and post run hydration needs.

## **PARENTAL SUPERVISION**

Please ensure children do not climb on the boat, enter the cubby house or jump on the trampoline that are located in the assembly area. Anyone using the rope swing does so at their own risk.

## **PHONE COVERAGE**

Aldi mobile (reduced Telstra network) proved patchy at best in the forest but useable in the assembly. Different providers may produce better results but are untested.

### **PLANNER**

Geoff Peel

### **VETTER**

Margaret Peel

### **COURSE CONTROLLER**

Stephen Craig

### **ORGANISER**

Shane Jenkins

## **ACKNOWLEDGEMENTS**

We thank National Parks NSW for their assistance in planning this event.

A big shout out to local landholders Allan and Greg Cox for allowing access to their property, private roads and a fabulous assembly area and to the neighbouring property owners.

Thanks to Port Stephens Council for providing funding support for this event.



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