

NSW MIDDLE & LONG DISTANCE ORIENTEERING CHAMPIONSHIPS

*Brought to you by Big Foot Orienteers with a
big thank you to the land owner: Water NSW*

2 AND 3 APRIL 2016



GENERAL INFORMATION

Safety Warning

Snow Hills is remote, has few tracks and navigation can be challenging.

The organisers recommend carrying a whistle.

ONSW Event Safety Rules:

Competitors who are seriously lost (i.e. you do not know how to find the finish) can ask for assistance from another competitor or follow the safety bearing information on the map. Waiting at a control, especially if it is on your course, or staying on a drivable track or roads are sensible options – orienteers' preliminary searches will concentrate on these. An orienteer lost overnight should stay in one place – police searches are designed to find people who are not moving.

Orienteering Australia Rule 26.2 says: "It is the duty of all competitors to help injured runners." A signal in a group of three (such as three whistle blasts or cooee) is a distress signal. If you hear a distress signal you should investigate, if safe to do so, and report it to the event organiser.

If it is cold and/or wet please wear gear that will keep you warm enough if you have to walk back to the finish.

Relevant safety information is printed on the back of each map.

Course closure time

Course closure time is 5.30pm Saturday and 2.30pm Sunday. Please return to the finish by this time.

If you expect to have difficulty completing your course before Course Closure time, please start earlier than your allocated start time.

Travel Warnings

Some driving on unsealed roads will be required. The condition of these roads may vary depending on weather conditions, and may include loose and rough surfaces. Other vehicles may raise dust which will reduce your visibility.

Sheep, kangaroos, wombats and echidnas have been seen by the organiser the roads in this region. You are almost guaranteed to see some animals around dawn and dusk.

Parts of the sealed roads in from the Hume Highway have, with good reason, 80 km per hour speed limits.

Please drive with caution and at reduced speeds.

Emergency Contact Details

Competitors who are travelling alone should leave emergency contact details at registration in the event of a safety issue occurring and family or others need to be contacted.

Orienteering NSW's Competitors' Rules

Orienteering NSW's [Competitors' Rules](#) apply. If you are not familiar with these rules, please read them.

The terrain

A spur gully areas with few tracks and a lot of termite mounds. Runnability is often flat out fast, but there are areas of low visibility she-oak forest and some tea tree regrowth on old farmland.

Mapping

Based on Chris Wilmott photogrammetry, the area was originally mapped in 2002 by Alex Tarr. It was field checked in Dec 2015 to Mar 2016 by Duncan Currie, Andrew Lumsden and Toby Wilson.

Since the area was first mapped, the vegetation, termite mounds and tracks have changed. The area where the courses go that is north of the gas pipeline has been field checked. South of the pipeline, the map has been field checked in the places where this was most necessary. Courses Hard 1-5 in the Long Distance Championships are the only courses that go south of the pipeline. The gas pipe is shown on the map with a long linear clearing with a track along it.

The map is printed by Snap Hilton on waterproof, Teslin, paper.

Special features

Termite mounds are shown with a brown dot.

The brown dot symbol is also used for small knolls. There are two of these on the map and they are in close proximity. Competitors on Hard 1 or 2 in the NSW Long Distance Championships might see these knolls.

Climate

Braidwood is the nearest main BoM weather station and its weather is very similar to Snow Hills. Average temperatures for April are 6 to 19 degrees. There is a 16% chance of rain on a day in April. Minimum temperatures in April 2015 ranged from minus 1 to 14 degrees; maximums from 11 to 26.

Control descriptions

Descriptions will be on both the map and loose (available at the start). Hard and Moderate course descriptions on the map are IOF Symbols; for Easy and Very Easy English. Loose descriptions will be available in IOF Symbols only (Hard courses) and IOF Symbols and English (Moderate, Easy and Very Easy).

Parents with young children & M/W10N

Orienteers in M/W10N are permitted to receive assistance on the course (shadowing or direct assistance) and can study their course with a parent or mentor for up to 10 minutes before their start time. Times are not recorded for this class.

Competitors running on Hard Courses are allowed to shadow orienteers in M/W10N before or after they compete. Competitors running on other Courses are allowed to shadow after they compete. The organiser notes there is very little overlap between the Hard courses and the Very Easy courses in either event.

The walks to the start are not short. The organisers will accommodate parents who want to start earlier or later than their normal start times. The Middle Distance and the Long Distance Hard & Moderate course start will be open half an hour before advertised first start.

String course

A string course will operate from near the registration.

Warm up areas

You may warm up on the routes to the start.

Start procedure

Starts will be at 2 minute intervals.

The start will have a 4 minute, two step procedure.

- -4 minutes: call up, punch check unit, find control descriptions
- -2 minutes: go into start box to get maps
- 0 minutes: pick up map, punch Start SI unit, you can look at your map now, follow streamers to start triangle and commence orienteering.

The organisers will allow any competitor who starts early or late to be given a new start time. The starters will accept early starters from 12.30 (Saturday) or 9.00am (Sunday).

Punching

Sportident punches will be used. If a unit fails, please punch on your map. Control codes will be on the stand and the SI unit for the Middle Distance Championships and on the SI unit for the Long Distance Championships.

Clothing

Snow Hills is relatively free of weeds. Before arriving at the event, **please ensure your clothes and shoes are clean** and devoid of grass seeds and mud.

The organisers recommend leg and arm cover. The area has quite a lot of trees with low, small branches so eye protection is also recommended.

Catering and O-gear

NSW Junior Squad catering will be available. A range of cakes, drinks and other light food is available. Both the NSW orienteering gear stores are expected to attend.

Please support them.

Water

Please bring your own drinking water for use before you go to the start and after you finish. There will be water controls, but you can also carry your own water.

First Aid

First aid will be supplied by Big Foot members with first aid, paramedic or medical qualifications.

Prize giving

Placegetters in each Championship class will be awarded a cloth badge. All M/W10N competitors will receive a certificate.

Prize presentations will commence at 4.00pm Saturday and 1.00pm Sunday.

Where to Stay

Camping: There is a range of [camping near Braidwood](#). You could also camp at [Stewarts Crossing](#) 7km from the event - no facilities, but a nice river.

There is a variety of other accommodation in and around historic [Braidwood](#), [Bungendore](#) and [Goulburn](#) and a country pub at [Tarago](#).

Stay on after Easter – see the [National Capital sights](#), [bushwalk in the Budawangs](#) or laze on the beautiful [NSW South Coast](#).

Complaints, protests and jury

Competition Rules for Orienteering Australia Foot Orienteering Events apply. Phoebe Dent, Robert Vincent and Gordon Wilson will act as Jury if one is needed.

Wet Weather

Some orienteers will be aware that two weekend events were cancelled at Snow Hills during 2012. This was due to 2km of access track being not passable for 4WD vehicles. The second weekend in 2012 was cancelled after 300mm of rain fell on the preceding Friday (half the average annual rainfall). The finish areas for the 2016 NSW Championships are close to normal gravel roads and were accessible on the 2012 weekends. Parking will be along the gravel roads.

In the event of heavy rain, please look at your emails and/or the [Big Foot Orienteers](#) website for information.

In the very unlikely event that the area is inaccessible, the NSW Championships will be postponed to later in the year. And we will organise an impromptu event on 2 or 3 April at Campbell Park, Canberra.

Dogs

OA and ONSW rules prohibit dogs at events. The land owner's approval for use of Snow Hills also prohibits dogs.

Mobile Phone Coverage

Nil.

Enquiries

Andrew Lumsden (lumsden.byers@gmail.com) 02 9412 3545

NSW MIDDLE DISTANCE CHAMPIONSHIPS

Saturday, 2 April 2016

Course setter: Rebecca George

Controller: Paul Prudhoe

Directions

Stewarts Crossing Road is narrow and carries a reasonable amount of traffic, including the occasional large truck. Please park on one side of the road only.

From Sydney: the event is 200km and at least 2:15 hours from the junction of the M5 and M7.

From the junction of the M5 and M7 travel 138km on Hume Highway (M31) to the junction at South Marulan. Take the exit to Bungonia. After 15km turn left at the T junction signposted Windellama. Continue through Bungonia for 26km. Turn right into Sandy Point Road (signposted to Tarago).

6km along, Cullulla Rd goes off to the right towards Tarago. Continue straight ahead, soon after Sandy Point Road turns into gravel. 11km further, turn left into Mayfield Road. THIS JUNCTION IS EASY TO MISS WHEN YOU RETURN TO SYDNEY.

After another 2km turn left into Stewarts Crossing Road (**orienteering signs commence here**). Continue past Mayfield Cross Road at 1.5km. In 1-2.5 km you will see parked cars and/or marshals. Parking is along Stewarts Crossing Road. Please park safely behind the line of cars as directed by the marshal.

From Canberra: the event is at least 1:15 from central Canberra. Drive to **Bungendore** then 31km east along Kings Highway to the junction of Mayfield Road. Turn left towards Mayfield. This junction is well signposted.

The journey is now on gravel roads. Drive 16km to Mayfield Cross Road (note this is shortly after a crest). Turn right into Mayfield Cross Road (**orienteering signs commence here**). After just over 1km, turn right at the T junction into Stewarts Crossing Road. After 1-2.5 km you will see parked cars and/or marshals. Parking is along Stewarts Crossing Road. Please park safely behind the line of cars as directed by the marshal.

From Braidwood: from the centre of Braidwood drive towards Canberra along the Kings Highway. After 17km, turn right into Mayfield Road towards Mayfield. This junction is well signposted. Follow From Canberra directions.

Access from elsewhere: the events can also be accessed from:

- Nowra via Nerriga and Oallen Ford Road. Turn left at Sandy Point Road (see directions from Sydney above). [The ford across the Shoalhaven River on Stewarts Crossing Road is fairly risky, especially for a 2WD.]

- Goulburn and Tarago – go east from the centre of Tarago via Lumley and Mayfield Roads. Orienteerings from the junction with Stewarts Crossing Road.

The location of the finish is Lat 35.2213S, long 149.8181E.

Event infrastructure



Start

The start is a 1.8km walk from the finish. The walk to the start goes back to the entry gate, follows a clearing parallel Stewarts Crossing Road for 500m east of the gate and then heads off through the bush. There is 40m climb.

Water will be available at the start. There is no toilet at the start.

If the weather is cold and/or wet there will be a clothing return. Clothing will be returned after the last start. This might be some time after you finish. Please have alternate clothing at the finish.

Map scale, contours, size

1:10,000 with 5 metre contours. All maps are A4.

NSW Middle Distance Championship Courses

All courses have one control with water available.

The easy course has streamer trails to follow between controls.

| Course | Classes | Estimated distance km | Climb metres | No of controls |
|-----------|---|-----------------------|--------------|----------------|
| Hard 1 | M21A M35A | 5.2 | 205 | 20 |
| Hard 2 | M20A M40A M45A M50A M55A W21A | 4.1 | 150 | 17 |
| Hard 3A | M21AS M60A M65A W35A W40A W45A | 3.6 | 135 | 13 |
| Hard 3B | M16A M35AS M70A W16A W20A W50A W55A W60A | 3.2 | 140 | 11 |
| Hard 4 | M75A M80A W65A W70A W75A W80A M45AS M55AS W21AS W35AS W45AS W55AS | 2.7 | 95 | 11 |
| Moderate | M14A W14A M Open B W Open B M Junior B W Junior B | 3.1 | 140 | 12 |
| Easy | M12A W12A Open Easy | 2.5 | 65 | 12 |
| Very Easy | M10A W10A (Championship Classes) M/W10N Open Very Easy (not Championship or NSW Orienteer of the Year classes) | 2.4 | 45 | 10 |

Enter on the Day Courses

Enter on the day courses will be available on Hard 3A, Moderate, Easy and Very Easy courses.

You may enter at the Registration tent between 12.30pm and 1.30pm. Last start is 3.30pm, but we would prefer you start earlier than this. Beginner's instruction is available at 1.30pm at the Registration tent.

| | Adults | Juniors (incl 16A and 20A) | Sub-juniors (10N, 10A, 12A) | Family maximum |
|------------------------------------|--------|----------------------------|-----------------------------|----------------|
| Hard 3A | \$30 | \$20 | \$15 | \$75 |
| Moderate, easy or very easy course | \$13 | \$9 | \$7 | \$33 |
| String course | Free | Free | Free | Free |

An additional fee of \$3 will apply for people who are not members of an orienteering club.
SPORTident stick hire \$4.

NSW LONG DISTANCE CHAMPIONSHIPS

Sunday, 3 April 2016

Note that Daylight Savings Time ends at 3am Sunday, 3 April.

Safety Warning – assembly area and parking

A narrow, gravel public road divides the assembly area and is crossed on the Moderate course. The road is very lightly used, but the vehicles that do use it can be large and drive fast. Please exercise care when on this road.

Course setter: Jock Davis

Controller: Robert Spry

Directions

The finishes and assembly area are adjacent to, and straddling, Mayfield Cross Road. This is a public road that carries very little traffic. Please park on one side of the road only. For safety and to reduce dust:

- do not drive your car beyond the No Parking signs; and
- when you leave the event, please turn around and travel back the way you came in.

From Sydney, Nowra and Tarago – directions are the same as for the Middle Distance Championships. When you reach Mayfield Cross Road, turn right into it. You will soon see parked cars and/or marshals. Parking is along Mayfield Cross Road. Please park safely behind the line of cars as directed by the marshal.

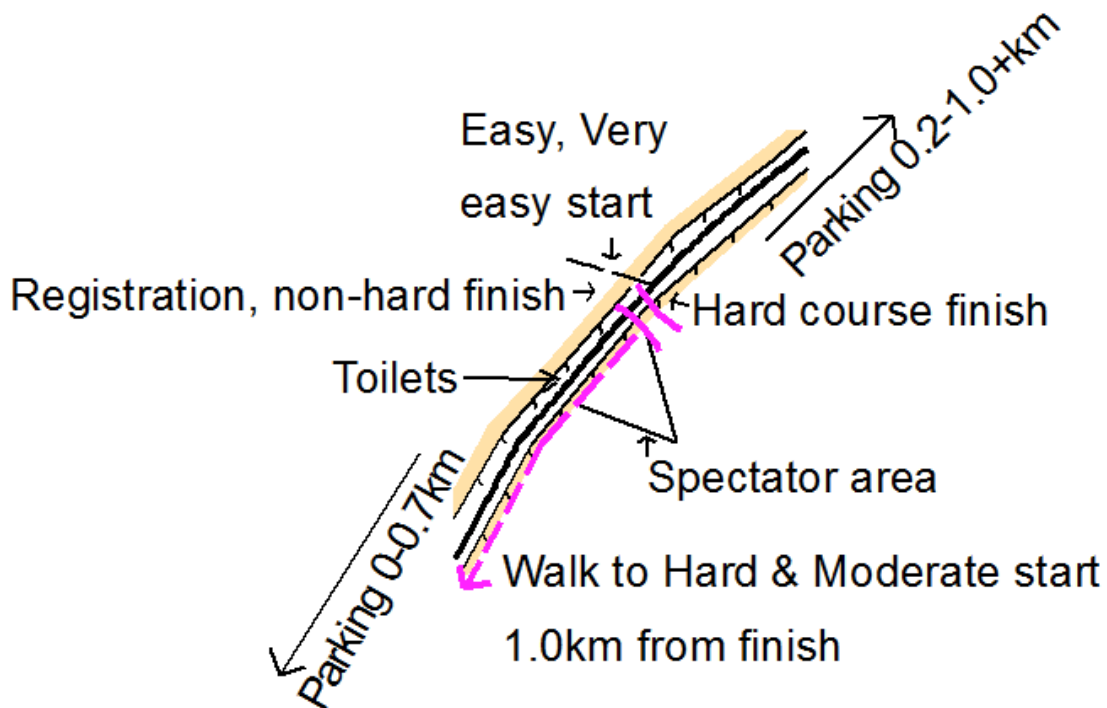
From Canberra, Bungendore and Braidwood

Directions are the same as for the Middle Distance Championships. When you reach Mayfield Cross Road, turn right into it. You will soon see parked cars and/or marshals. Parking is along Mayfield Cross Road. Please park safely behind the line of cars as directed by the marshal.

If you arrive after 9.00am, you might be directed to drive to the other end of Mayfield Road. This involves travelling along Mayfield Road for a further 2km, then turning right into Stewarts Crossing Road. Continue for 1.5km then turn right into Mayfield Cross Road.

The location of the finish is Lat 35.216496S, long 149.796598E.

Event infrastructure



Starts

There are two starts.

The start for the **Easy and Very Easy** courses is adjacent to the Registration tent.

The start for the **Hard and Moderate courses** is a 1.0km walk from the registration. From Registration, the walk to the start crosses the road, goes over the fence at the stile, turns right and follows a clearing parallel to the road for most of the distance. It then heads off through the bush. There is 20m climb.

Water, toilets and clothing return will **not** be available at the start.

Map scale, contours, size

Hard 1-4 maps are 15,000 scale and A4 in size.

Hard 5 maps are 10,000 scale and are larger than A4 in size.

Hard 6 & 7, Moderate, Easy and Very Easy maps are 1:10,000 scale and A4 size.

All maps have 5 metre contours.

NSW Long Distance Championship Courses

Hard 1-3 and Hard 6 & 7 have two controls with water available.

Hard 4 & 5 and Moderate courses have one control with water available.

Easy and Very Easy courses have no water available.

The easy course has streamer trails to follow between controls.

| Course | Classes | Estimated distance km | Climb m | No of controls |
|-----------|---|-----------------------|---------|----------------|
| Hard 1 | M21A | 12.1 | 330 | 11 |
| Hard 2 | M20A M35A M40A | 9.2 | 270 | 8 |
| Hard 3 | M45A W21A | 7.2 | 210 | 8 |
| Hard 4 | M21AS M50A W20A W35A W40A W45A | 6.4 | 190 | 6 |
| Hard 5 | M35AS M16A M55A M60A M65A W50A | 5.0 | 170 | 5 |
| Hard 6 | M45AS M70A W16A W21AS W55A W60A | 4.3 | 105 | 8 |
| Hard 7 | M55AS M75A M80A W35AS W45AS W55AS W65A W70A W75A W80A | 3.4 | 80 | 8 |
| Moderate | M14A W14A M Open B W Open B M Junior B W Junior B | 3.2 | 75 | 11 |
| Easy | M12A W12A Open Easy | 2.0 | 20 | 11 |
| Very Easy | M10A W10A M/W10N Open Very Easy | 1.4 | 15 | 9 |

Enter on the day

| | Adults | Juniors (incl 16A and 20A) | Sub-juniors (10N, 10A, 12A) | Family maximum |
|------------------------------------|--------|----------------------------|-----------------------------|----------------|
| Hard 4 | \$35 | \$23 | \$18 | \$88 |
| Moderate, easy or very easy course | \$13 | \$9 | \$7 | \$33 |
| String course | Free | Free | Free | Free |

Enter on the day courses will be available on Hard 4, Moderate, Easy and Very Easy courses.

An additional fee of \$3 will apply for people who are not members of an orienteering club.
SPORTident stick hire \$4.

You may enter at the Registration tent between 9.00am and 10.00am. Last start is 12 noon, but we would prefer you start earlier than this. Beginner's instruction is available at 10.00am at the Registration tent.