



# 2016 QLD MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS

**QLD STATE SERIES ROUNDS 5, 6 & 7.  
NATIONAL MTB SERIES ROUND 2 .**

<http://www.qld-mtbo-champs.com.au/>

Saturday 13th August 2016 – Middle & Sprint Distance  
Sunday 14 th August 2016 – Long Distance

## **BULLETIN 3**

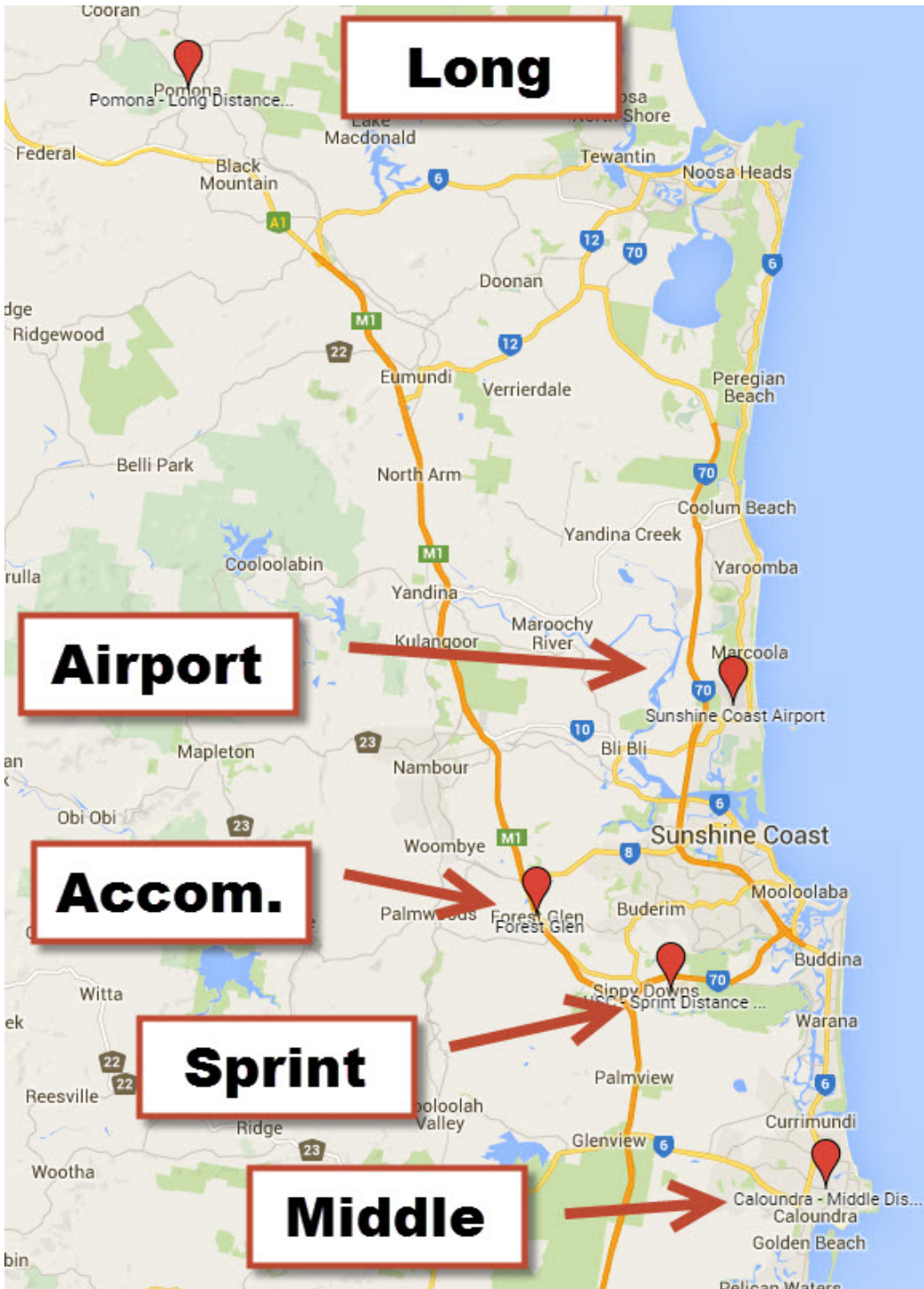
**Event Controller:** Murray Haines      Mobile: 0419745616

**Event Director:** Geoff Moore      Mobile: 0411231006

### **Venues:**

All events are based around the Sunshine Coast, Queensland. The most convenient airport is The Sunshine Coast Airport at Maroochydore. However, Brisbane airport is only 1.5 hours drive from the events.





[Google Map](#) - showing location of all events, including the dinner.



# Event Program

## Saturday 13th August

<b>Sprint Distance Stage</b>	<b>University of Sunshine Coast</b>	
8:00 am	Registration opens	
8:30 am	Starts Commence	
10:30 am	Course Closes	
<b>Middle Distance Stage</b>	<b>Sugarbag Road Trails, Caloundra</b>	
1:00 pm	Registration opens	
1:30 pm	Starts Commence	
4:30 pm	Course Closes	
7 pm	Social Dinner	Tampas Big 4 Resort, Forest Glen.

## Sunday 14<sup>th</sup> August

<b>Long Distance Stage</b>	<b>Yurol Forest, Pomona</b>	
8:00 am	Registration opens	
8:30 am	Starts Commence	
12:00 pm	Course Closes	
1pm	Presentation.(Earlier if possible)	



## Course details:

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### **Saturday AM 13th August 2016 - Sprint Distance Stage. Sunshine Uni, Sippy Downs.**

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Course 1 – ~ 9.2km – climb 0 metres – M21, Open A

Course 2 – ~ 7.7km – climb 0 metres – M17, M40, W21

Course 3 – ~ 6.7km – climb 0 metres – M50, W40, Open B

Course 4 – ~ 5.5km – climb 0 metres – M60, W50, W17

Course 5 – ~ 5.1km – climb 0 metres – M70, W60, W70, Open C, W14, M14

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### **Saturday PM 13th August 2016 -Middle Distance Stage. Sugarbag Rd, Caloundra.**

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Course 1 – ~ 9.3km – climb 155 metres – 20 controls - M21, Open A

Course 2 – ~ 8.6km – climb 155 metres – 18 controls - M17, M40, W21

Course 3 – ~ 6.9km – climb 115 metres – 17 controls - M50, W40, Open B

Course 4 – ~ 6.1km – climb 105 metres – 15 controls - M60, W50, W17

Course 5 – ~ 4.5km – climb 80 metres – 13 controls - M70, W60, W70, Open C, W14, M14

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### **Sunday 14<sup>th</sup> August 2016 - Long Distance Stage. Yurol Forest, Pomona.**

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Course 1 – 30 km – climb 420 metres – 24 controls - M21, Open A

Course 2 – 20 km – climb 330 metres – 20 controls - M17, M40, W21

Course 3 – 18 km – climb 240 metres – 22 controls - M50, W40, Open B

Course 4 – 16 km – climb 210 metres – 13 controls - M60, W50, W17

Course 5 – 12km – climb 190 metres – 11 controls - M70, M14, W60, W70, W14, Open C



## EVENT DETAILS

***Saturday 8 am, 13th August, 2016. - Sprint Distance Stage***

*Queensland Champs Stage 1 and Qld State Series Event No 5*

*Round 2 of the 2016 National MTBO League Elite and Masters Division Series.*

**Location:** University of Sunshine Coast, Sippy Downs.

**Registration:** From 8 am.

**Start Times:** From 8.30 but check draw for your allocated time

**Getting there:** See Final Instructions.

**Terrain:** An urban environment comprising public roads, paths, council reserves and education facilities.

**Warm Up:** See map on final instructions. On road.

**Map:** Map size is (A4). Scale 1:7,500 for all courses, contour interval 5 metres

**Toilets:** Good Bean Café within the uni precinct. See map. Note: no coffee available on weekends. Cold drinks will be available.

**Setter:** Ray Pratt



## ***Saturday 12:30 pm, 13th August, 2016.-Middle Distance Stage***

*Queensland Champs Stage 2 and Qld State Series Event No 6*

*Round 2 of the 2016 National MTBO League Elite and Masters Division Series.*

**Location:** Sunshine Coast Council Recreation Area/Sugarbag Road Trails/Ben Bennett Park

**Registration:** From 1.00 pm.

**Start Times:** From 1.30pm but check draw for your allocated time

**Getting there:** See Final Instructions

**Terrain:** The forest trails are undulating to hilly. The tracks vary from fast gravel to technical single track through the forest.

**Setter:** Tony Howes

**Map:** Map size is A3 cut down for all courses Scale 1:5000, contour interval 5m

**Facilities:** Porta Loos will be near assembly area. Cold drinks will be available.

**Warm Up:** From registration to start.



## Sunday 14<sup>th</sup> August 2016 - Long Distance Stage

*Queensland Champs Stage 3 and Qld State Series Event No 7*

*Round 2 of the 2016 National MTBO League Elite and Masters Division Series.*

**Event Area:** Yurol State Forest, Pomona.

**Registration:** From 8.00 am

**Start Times:** From 8.30 but check draw for your allocated time

**Getting there:** See Final Instructions

**Terrain:** Pine plantation with a network of single tracks and forest roads.

**Setter:** Kim Beckinsale

**Map:** 1:10,000 5m Contours A3 size

**Warm Up:** Warm up for the Pomona event is on the bitumen road outside the school.

**Facilities:** School toilets near assembly area.



## **Saturday Night Dinner:**

An informal, social get together will be held at "Jampa's Spirit of Tibet" Restaurant. This restaurant is found in the grounds of "The Big 4 Holiday Resort Forest Glen." It offers mild and spicy food.

**You need to make your own reservation. It is advisable to book well in advance under the name of Sunshine Orienteers. Phone:07 5476662.**

## **Sunday Lunch**

The Pomona School P&C will be catering at the Long Distance Stage on Sunday. There'll be burgers, rolls, slices, cakes, cold drinks and real coffee!

## **Final presentations:**

Every effort will be made to start the presentations by 1pm if not earlier on Sunday 14th August at the Pomona Event Admin area.

## **Start Lists:**

Start lists for all events will be available in Eventor after the close of entries.

## **Travel and Accommodation:**

All three events will be on the Sunshine Coast. It would be practical to stay somewhere between Maroochydore and Noosa. There is a very central BIG 4 Holiday Resort Park in Forest Glen. This will be where the Saturday Evening casual dinner will be. It has 4 star cabins, camping and caravan options. More info [here](#)

## **Meals/Catering:**

The Pomona School P&C will be catering at the Long Distance Stage on Sunday. There'll be burgers, rolls, slices, cakes, cold drinks and real coffee!





## Pre & Post Event riding:

Parkland MTB Trails -

[http://www.sunshinecoast.qld.gov.au/addfiles/documents/mountain\\_biking/track18\\_4circuits.pdf](http://www.sunshinecoast.qld.gov.au/addfiles/documents/mountain_biking/track18_4circuits.pdf)

Noosa Trails: latest Issue AMB

[http://www.mtbdirt.com.au/trails/view/trail/27/tewantin\\_national\\_park](http://www.mtbdirt.com.au/trails/view/trail/27/tewantin_national_park)

For a comprehensive guide book of maps for rides in SE QLD, check out...  
[www.organisedgrime.com.au](http://www.organisedgrime.com.au)

## Complaints:

Any complaints or protests must be submitted within 15 minutes of the last competitor in their class finishing.

'Recreational' entries for those not wishing to ride in the championship (age) classes, are available in Open A, B & C.

The table below show the expected winning times for the age bands.

	Long	Middle	Sprint
Elite – Men & Women	105 - 115	55 - 60	20 - 25
Masters – Men & Women	105 - 115	55 - 60	20 - 25
Juniors – Men & Women	84 - 92	44 - 48	16 - 20



## Race Plates:

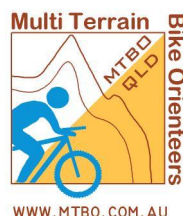
For this carnival we're employing MTB race plates for rider identification at the start, finish and out on course. Race plates are mandatory – you will not be permitted to start without one. Your race plate must be affixed so as to be visible from the front of your bike; attach it to your handlebars and brake/gear cables at the front of your bike using cable ties which will be available at the Registration Tent. For a demo of how to fit them, check out this clip - [Race Plate Installation Video](#)



## National MTBO Series:

The QLD Middle and Long Distance MTBO Championships comprise the second round of the 2016 National MTBO League Elite and Masters Division Series. These championships also comprise round 5, 6 and 7 of the Qld State Series.

For information on classes eligible for the Australian National MTBO League, Juniors and Masters Division, see the website - [MTBO National League](#)













## MAPS:

Generic information for all courses.

Please look at final instructions for course specific details and notes.

Legend will be on map.

The map has been prepared to the IOF standard for MTBO maps including the Australian 2 x 4 track grading system which is shown below.

	fast	medium	slow	difficult
Bitumen road				
Dirt roads				
Dirt tracks				
Overgrown				

Tracks are greater than 1.5 metres wide. Paths are less than 1.5 metres wide. Speeds are mapped on the basis of how fast an elite rider can pass along the tracks.

The basis for the speed of the tracks is:

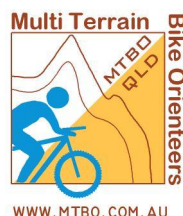
**Fast** – little or no restriction to the speed which a rider can proceed. Generally these are tracks that would be suitable for a standard 2WD vehicle

**Moderate** – generally good riding with some reduction in speed and a requirement to keep an eye on where you are going to avoid obstacles such as potholes, rocks, ruts, sand, vegetation etc. Generally these are tracks that would be suitable for a light 4WD vehicle

**Slow** – sufficient obstacles to require the rider to pick lines to avoid obstacles. Consistently potholed, rocky, rutted, vegetated or sandy. Skilled, fit riders should be able to ride almost always. Less skilled and fit riders may have to dismount.

**Difficult** – a technical track/path which may require the rider to dismount. Skilled, fit riders may be able to ride without dismounting. For this event, **difficult** grade usually means heavy vegetation but may also mean rough surface, heavy ruts or sand.

Please note that the grading of the tracks is somewhat “regionalised” in that it is designed to assist the rider determine the optimum route in any particular part of the map. This means that a track given a particular grade **could** be graded differently in another part of the map.



## TECHNICAL INFORMATION

The Australian MTBO Competition Rules will apply to all events.

SportIdent will be used for timing. SI sticks may be hired if competitors do not have their own.

Please note that during these events, it is only permitted to ride on tracks which are marked on the map, on marked routes shown on the map and distinguished on the ground, or on open areas of ground shown on the map as open land or rough open land and indicated as permissible to ride on the legend.

Orienteering Australia MTBO rules shall apply to this event. These can be found at

<http://mtbo.com.au/documents/OAMTBORULES2014.pdf>

All competitors are urged to read and understand these rules. Some key items include:

- All competitors must wear bike helmets.
- Competitors must stay on the tracks marked on the competition map. If terrain or road condition forces the rider to dismount, they must carry the bike on a marked track. No off-road shortcuts through the bush are permitted.
- Competitors must visit the control sites **in numerical order**. Check that the control No. on the marker is the same as the one on your map before punching.
- Competitors must not become separated from their bike during a competition, unless through injury or mechanical failure.
- Courtesy and sensible behaviour are expected when mountain bike riders encounter walkers, runners, horseback riders, land-owners and others during an event.
- Special care must be taken by competitors, observers, and officials to respect the local environment. Organisers will not place controls in designated environmentally sensitive areas.
- Competitors and officials must avoid disturbing local flora, fauna and stock at the event.
- Practice and observe the rules of the road – keep to the left on roads and tracks.
- Approach all track/road crossings, corners and hillcrests with caution.
- Ride defensively and in control at all times.
- Give way to faster riders wishing to pass on narrow tracks
- Riders going downhill should give way to riders going uphill
- Give assistance to injured competitors on the course. Organisers will give a restart or organiser points for the rider who gave assistance.

### SPORTident:

This event will be using the SPORTident Electronic timing system. Details of this system and its use are included at the end of these instructions. Please ensure you are familiar with them. SI sticks can be hired for a cost of \$5.00 per person per day. Lost sticks will be charged to the competitor at the full replacement cost of \$55.00.



# SPORTident and MTB-O

## Getting an SI-stick

Regular orienteers have purchased their own **SI-sticks**, but these can also be hired at events for a small fee.

## SI Units

The **SI units** will be attached to the top of the stand from which the control flag is hung. The SI Unit number must correspond to that on your map.

## What happens at a control?

When at a control you place the end of your SI-stick into the hole on the top of the unit. The unit has a small red light that will flash and/or will emit an audible "beep" so that you know it has recorded your visit. Make sure at least one of these happens otherwise you will be down as missing that control.

## What happens if the control unit doesn't work?

Occasionally these units fail. If the light doesn't flash and there is no sound, there is also a manual punch on the stand with which you **must** punch your back-up card, or your map, to show you've been to that control.

## Before you start, Clear and Check

On the way to the start or at the "pre-start" you will see two SI units set up with "Clear" and "Check" labels. The SI-sticks have a limited memory so they need to be emptied before each event. The "Clear" unit will do this. The "Check" unit confirms that after clearing, your SI-stick is working OK.

## What happens if I punch the wrong control?

If you punch an incorrect control this does not matter as long as you do punch **all of the correct controls and in the correct order**. Any extra controls are disregarded.

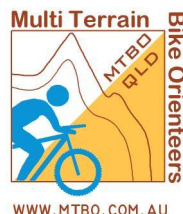
## When to start?

If competing in a line course, when instructed to start, you punch a "Start" control, after receiving your map.

If competing in a score event, when instructed to start you do not have to punch the start control but you must punch the finish control.

## Was my route better than yours?

The advantage of using SPORTident for competitors is that it provides time splits for each leg which enables competitors to compare route choices and riding performance.



The **SPORTident** electronic timing system is used regularly at orienteering events. Instead of competitors carrying a paper control card and manually punching their card at each control they visit, they instead carry an **SI-stick** which they insert into the **SI unit** at each control. The **SI-stick** records the control number and time visited. After the competitor "punches" the "finish" **SI unit** at the end of their course, the information on their **SI-stick** can then be downloaded to computer and a printout made showing the controls visited, time visited, split times between controls and total elapsed time. Of course the computer can then tell if the correct controls have been visited and if they were visited in the correct order.

*An SI-stick*

### **Control Collection:**

Many hands make light work. The organisers for this event would very much appreciate it if competitors could provide some assistance after the event collecting controls. If everyone assists by collecting the controls from within one small "region" of the map we will have them all in very quickly. **Please don't be shy in volunteering for this activity!**

### **Anything Else you Want to Know:**

Then contact Geoff Moore email: [gemoore123@bigpond.com](mailto:gemoore123@bigpond.com) ph:0411 231 006

