

WA Middle Distance Championship Saturday 10th September 2016

Directions: From Perth, take Toodyay Road until approx. 33km past Gidgegannup (2.7km past Lovers Lane). Turn left into farm access and gate. Leave the gate(s) as you find them, or as signed. Continue on the farm tracks as marked for 4.7km to assembly /parking. *This is a new assembly area adjacent to mapped terrain.* Allow at least 105 min. from Perth (75 min. from Roe Hwy), plus time for 900m (minimal climb) walk to the start. From Toodyay, take Toodyay Road for approx. 10.5km to right turn sign.

Courses are Middle Distance style, short but with legs of varying length and frequent changes of direction. Terrain will be mixture of granite, open running and typical gully spur. The granite portion of courses will be new to most.

This is a championship event, but if you don't want to compete against others in your age class, or a more challenging one, you can enter on the day (you may need to mark course from master on to a map yourself).

Organising Club: Wullundigong Orienteers of the West
Course Planner: Russell Wade (92963415)
Organiser: Rosalie McCauley (0427 022 148;
mccauley10@westnet.com.au)
Controller: Brian Austen
Map: Lovers Ridge, 1:10,000, 5m

Entry: Pre-entry is via Eventor and is required for championship contenders. Non-members will need to add a Service for the additional fee which applies. If you need help with Eventor, use the Need help? button on the screen – your message will come through to the Organiser (or you can ring on the number above).

Entries close Sun day 4 September at 2359 WST

After that courses will only be available by registering on the day for solo or group participation at Standard event fees, after championship starts. You may have to copy your course on to a map yourself.

Awards: The trophies for State Champions Middle Distance will be presented as soon as convenient to the first placed M21 and W21 competitors who are full financial members of OAWA and WA residents.

Presentations will also be made to age-group winners in all other championship classes and place-getters will be acknowledged.

Facilities: Chemical toilets, drinks & cake stall.
Camping: See information for the Long Distance Champs at the same general location.
First Championship Start: 1.00pm
Registration on the day: 1.00pm-2.00pm (see *Entry* above)
Courses Close: 4.00pm (please return by this time)
Bring: SPORTident tag, compass, tick repellent, leg protection, water, sunscreen.

Note: Championship competitors need to enter a minimum of the following courses according to their age (all classes are A unless specified)

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Classes

Course	Difficulty	Men	Women	Length	Climb	
1	Hard	17-20, 21, 35		5.4 km	205 *	
2	Hard	16, 45, 55	17-20, 21	4.0 km	160 *	
3	Hard	65, 70	16, 35, 45	2.9 km	105	
4	Hard	75, 80	55, 65, 70, 75, 80	2.1 km	75	
5	Moderate	14, Open B	14, Open B	2.4 km	75	
6	Easy	12, 14B	12, 14B	2.0 km	75	
7	Very Easy	10	10	1.6 km	60	
					* Direct	

More Information: Start times and other details will be sent to competitors early in the week before the event.

Images of view at assembly and for walk to start

