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| **Course** | **Classes** | | **Distance** | **Climb** | **Controls** |
|  | **Championship** | **Non-championship** |  |  |  |
| 1 | M21 |  | 17.9km | 190m | 23 |
| 2 | W21  M40 | Recreational 2 | 15.2km | 180m | 19 |
| 3 | W40  M17-20; M50 |  | 12.5km | 150m | 17 |
| 4 | W16; W17-20; W50  M16; M60 | Recreational 4 | 9.7km | 95m | 15 |
| 5 | W14; W60  M14; M70 | Recreational 5 | 7.9km | 90m | 15 |
| 6 | W12; W70; W80  M12; M80 |  | 5.7km | 60m | 13 |

2016 Australian MTB Orienteering Middle Distance Championship