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| **Course** | **Classes** | **Distance** | **Climb** | **Controls** |
|  | **Championship** | **Non-championship** |  |  |  |
| 1 | M21 |  | 34.5km | 1245m | 17 |
| 2 | W21M40; M50 | Recreational 2 | 30.2km | 895m | 14 |
| 3 | W40M17-20; M60 |  | 26.2km | 695m | 13 |
| 4 | W17-20; W50M16; M70 | Recreational 4 | 21.1km | 650m | 10 |
| 5 | W16; W60M14; M80 | Recreational 5 | 14.0km | 460m | 8 |
| 6 | W12; W14; W70; W80M12 |  | 10.9km | 340m | 7 |

2016 Australian MTB Orienteering Long Distance Championship