2016 AUSTRALIAN MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS
NATIONAL MTBO SERIES #3
WA STATE MIDDLE & LONG CHAMPIONSHIPS

Saturday 15 October 2016 – Sprint Distance, Dwellingup, WA

Saturday 15 October 2016 – Middle Distance, Marrinup, WA

Sunday 16 October 2016 – Long Distance, Murray Valley, WA

BULLETIN 3

Event Director:	Ricky Thackray	**thackrayricky@gmail.com**
Organising Committee:	Duncan Sullivan, Ori Gudes	
Event Controller:	Jack Dowling	

WELCOME

Welcome to Bulletin 3 for the 2016 Australian MTBO Championships

These Championships are organised by Orienteering WA.

Championships website

ausmtbochamps.com

VENUES

All Championship events will be held within a short drive of the town of Dwellingup, WA.

The area is known for its natural bushland, multitude of walking and riding tracks (including being a crossing point for both the Bibbulmun and Munda Biddi trails) and is a terminus for the Hotham Valley railway.

The event centres are less than 90 minutes' drive from Perth airport.
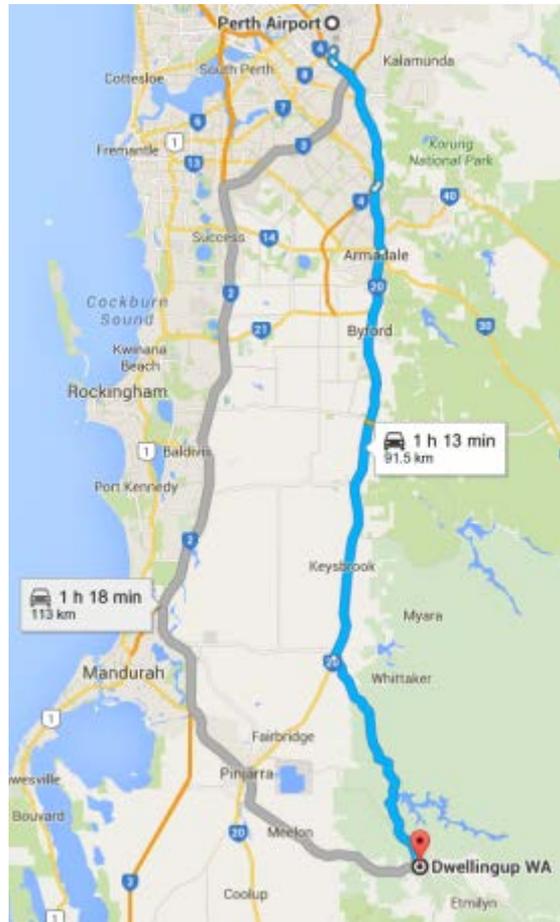
PROGRAM

Fri 14 October	afternoon	Warm-up event	Turner Hill
Sat 15 October	morning	SPRINT Distance Championship	Dwellingup
Sat 15 October	afternoon	MIDDLE Distance Championship	Marrinup
Sat 15 October	evening	Presentation Dinner	Dwellingup
Sun 16 October	morning	LONG Distance Championship	Murray Valley

National MTBO Series

The three Australian Championship events comprise the third round of the 2016 National MTBO Series for Junior, Senior and Masters classes. **More information on the series on** this link**.**

WA MTBO Championships

The middle and long championships will also constitute the 2016 WA MTBO Championships. These titles will only be eligible to Orienteering WA members.

EVENT DETAILS

The Turner Tester – a champs warm up event

Map: Turner Hill 1:15,000, 5m contours A3 (Andrew Slattery, Cath Chalmers, Eoin Rothery 2006; updated Ricky Thackray 2015)

Setters: Ori Gudes, Richard Begley, Debbie McKay

Date: Friday 14 October 2016 (from 1pm)

Format: 75 minute score event, start when you are ready up until 3pm
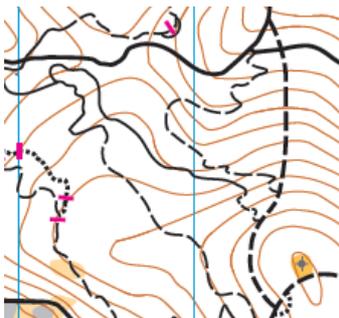
Course closure: 4:30pm

Event Assembly: Turner Hill trailhead, Kesners Rd, Banksiadale (off Del Park Rd)

Directions: From Perth, travel to North Dandalup via either Forrest Hwy & Lakes Rd or via South Western Hwy. Head SE on Del Park Rd for 13.5km and turn right onto Scarp Rd (gravel).   Follow the signs to the assembly area, turning left at the fork (Kesners Rd) at 2.7km to the Turner Hill trailhead.   Park as directed.

From Dwellingup, travel NW on Newton St/Del Park Rd for 12km to Scarp Rd, turning left and following directions above.

Terrain: Moderately hilly in areas with a well maintained single track loop intersecting the fire roads as well as trail bike tracks east of the main road.

Setting notes: The single track is mainly of a 'blue' standard and includes some log rollovers.   Ordinarily the loop is rideable in one direction (not signed as such) but for this event, both directions are allowable.   The area has mainly good fire trails and a conveyor belt borders the southern edge - this is only crossable at two designated crossing points (a bridge on the main road and a nearby underpass)!   Riding along the conveyor easement is only permissible at marked tracks or areas marked with open land (symbol 401).   The map includes the Munda Biddi trail and also crosses Del Park Rd.   The Turner Hill map is typical of the terrain found in the middle distance area and of the bush trails in the long distance area.

2016 Australian Sprint Distance MTBO Championship

Map: Dwellingup 1:7,500, 5m contours A4 (Duncan Sullivan 2016)

Setter: Paul Dowling

Controller: Richard Matthews

Date: Saturday 15 October 2016 (from 9am)

Course closure: 11:30am

Presentations: At the dinner

Event Assembly: Dwellingup Oval, Moore St (access via either Marinup St or McLarty St).   The warm up area is around the oval.

Course	Classes	Distance	Climb	Controls
1	M21, M40, M50	9.0km	90m	23
2	W21, W40, W50, M17-20, M60	8.0km	80m	20
3	W17-20, W60, M16, M70	7.0km	60m	15
4	W16, W70, M14, M80	6.2km	65m	11
5	W12, W14, W80, M12	5.7km	65m	13

Terrain: Approximately 40% urban area in a small country town, with mostly bitumen roads. Remainder is bush on the outskirts of town, with a good network of fire roads, old logging roads and many minor tracks made by trailbikers. Major tracks are typical WA pea gravel; minor tracks are more likely to be softer dirt

Setting notes: The map is quite flat, and is bisected by an old 3'6"-gauge railway - tourist services operate on the line.   It should not be active during the event but some shunting trains may be encountered and riders need to take care to avoid any moving trains. The courses cross the tracks, which may require riders to dismount and riders need to approach the tracks with caution.

2016 Australian Middle Distance MTBO Championship

Map: Marrinup 1:10,000, 5m contours 30 x 30cm (Duncan Sullivan 2016)

Setter: Duncan Sullivan

Controller: Jack Dowling

Date: Saturday 15 October 2016 (from 1:30pm)

Course closure: 4:30pm

Presentations: At the dinner

Event Assembly: Dwellingup golf course (Marrinup)

Directions: From the main intersection (Pinjarra Williams Rd and Newton St) travel NW then N on Newton St (which becomes Del Park Rd) for 1.3km, turn left in to Bandicoot Rd (gravel). After 1.1km take the right fork. After a further 700m again take the right fork marked private Rd to the entrance to the Carriage club (old golf course). Drive to the right of the clubhouse and park behind it amongst the trees.   The warm up area is along Bandicoot Rd SE from the assembly area.

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

Terrain: Slightly hilly native forest with 75m elevation change on mapped area.   Large areas of rehabilitated Bauxite mine, often with dense undergrowth.   The area includes an old golf course with fast riding on fairways. Tracks include mostly fast riding gravel roads, or old logging access tracks which are less distinct and covered in dense leaf litter making for slow riding.   Paths are mostly well used cross country style mountain bike single track of IMBA blue grade with some rocky sections and a few roots to negotiate.   All terrain features can be rolled over. B-lines exist on some more difficult features.

Setting notes: There may be occasional vehicles, pedestrians, horses, and mountain bike riders.   Take particular care where all courses go through an area used for camping in the SW portion of the map.   The main single-track loop is usually ridden clockwise but it is not signed as mandatory to do so, and it is **not** marked as one way for competitors.   You may encounter other riders coming from the opposite direction.   You should stay left, with the oncoming rider on your right.   Wildlife may include kangaroos and pigs.   Loose pea-gravel can make cornering hazardous.   Other dangers include fallen twigs and branches, roots, rocks, ruts and man-made trail features on the single track.   On the slow tracks made for mining survey work the surface is rough and has been dug up in places to discourage vehicle use, similar to water bars (courses 1-4).   There is a creek crossing on courses 1-5 in the NW portion that may require dismount.

Out of Bounds: Most of Del Park Road is out of bounds, however courses 1-3 may use a short segment as indicated, although there is open ground on the west side which should negate the need to ride on the road surface, as it is moderately busy with a 90kph limit.   On one of the fairways there is a dressage arena, which is strictly out of bounds and partly roped off.

2016 Australian Long Distance MTBO Championship

Map: Murray Valley 1:15,000, 5m contours A3 (Ricky Thackray 2016)

Setter: Ricky Thackray

Controller: Jack Dowling

Date: Sunday 16 October 2016 (from 9:00am)

Course closure: 1:30pm

Presentations: Immediately after the event, including National Series winners

Event Assembly: Baden Powell camping area ***please note that as this area is located within state forest, a park entry fee of $12 per car ($6 concession) is payable; if you have a park entry pass, best bring it along or else car pool where possible to save costs*** riding to the event is free and is predominately downhill.

Directions: From Dwellingup, head northeast on McLarty St/Pinjarra-Williams Rd towards Williams for 1km.   Turn right (south) onto Nanga Rd for 6.3km.   Turn left (east) onto the access road through the toll gate and travel 1km to event assembly on the left.   Please park on the access track on either side where possible.   It is a 1.7km ride on a good gravel track from event assembly to the start.   Use this section of track as the warm up area.

Course	Classes	Distance	Climb	Controls
1	M21	34.5km	1245m	17
2	W21, M40, M50	30.2km	895m	14
3	W40, M17-20, M60	26.2km	695m	13
4	W17-20, W50, M16, M70	21.1km	650m	10
5	W16, W60, M14, M80	14.0km	460m	8
6	W12, W14, W70, W80, M12	10.9km	340m	7

Terrain: Pine plantation and native forest with plantation roads typically very fast.   Very hilly terrain across the entire course with some roads following the contours to avoid climb.   Both the Munda Biddi and Bibbulmun tracks run through the map area.   Trails through native bush tend to be slower due to disuse, ruts and branch and leaf litter.   For this map, pine plantations are mapped in light green.
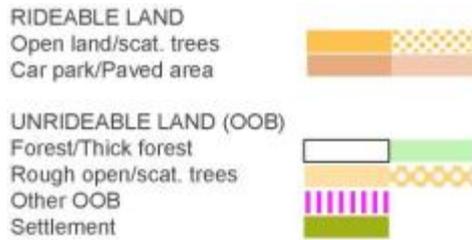
Setting notes: The course includes newly bulldozed tracks created by one of the mining companies in their explorations/tree demolition activities.   These tracks are marked as 'difficult' (most require a dismount to negotiate fallen branches and rough ground) and may be hard to see.   For the most part they are not used in courses but have been mapped because they do exist.   They typically run in parallel lines across or down a hillside so riders should be aware of these when riding.   The majority of other tracks on course are easy to see so riders should be aware of this when navigating - the indistinct junction convention has been used where required.   Please be aware that log obstructions marked on the map may have changed in the time leading up to the event.   Mapped obstructions include gates (both open and closed), logs and stairs.   In addition, trails marked with green overprint in the plantation areas (green on green) are heavily covered with blackberries and should be avoided!   Other overgrown tracks are rideable but there are very few of these.   Where two tracks pass close together in the rough cleared areas, these have been marked as yellow to allow riders to pass between them.

Out of Bounds: Includes private properties only, all in the north of the map.   One property has allowed us to ride through on the tracks and is a valid route choice on courses 1-3.
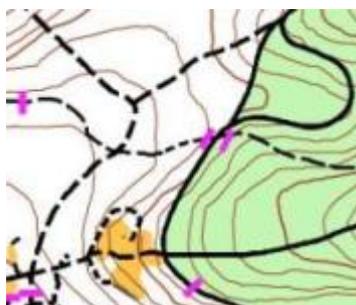
ATTENTION

For all maps, riding is permitted only on mapped tracks, open land, open land with scattered trees (symbols 401 and 402) and paved areas as indicated by the below symbols.

RIDEABLE LAND
Open land/scat. trees
Car park/Paved area

UNRIDEABLE LAND (OOB)
Forest/Thick forest
Rough open/scat. trees
Other OOB
Settlement

START PROCEDURE

Start interval 2 minutes on all courses at all events

Start procedure

-3 minutes: Name check, SI clear and check, move to rear grid.
-2 minutes: Final instructions (if any), move to map table.
-1 minute: Collect map, move forward to start. It is the athlete's responsibility to collect the correct map.
0 minutes: Start from stationary position, one foot on ground.
                After the start, follow the marked route as instructed to the start triangle marked in the terrain with a flag (no punch). Do not ride back through start area on course.

ENTRY

Online entry is on **Eventor**, Orienteering Australia's online entry system, and closes on October 9. Payment can be made using Paypal.   Entry fees are as follows:

Event	Senior (21+): OA Member/Casual	Junior (-20): OA Member/Casual
Turner Tester	$10/$20	$5/$10
Sprint Championships	$35/$45	$20/$25
Middle Championships	$35/$45	$20/$25
Long Championships	$35/$45	$20/$25

Closing Date for entries is 2 October 2016. Late entries will incur a 50% surcharge and will only be accepted until 9 October 2016.   Enter on the day is at the discretion of the organiser on recreational courses only (Courses 2, 4 and 5).   There will be no refunds for entry fees after the closing date.   *Note that casual members are eligible to ride in an age category but cannot win championship events - you must be an Orienteering Australia club member.*

VISIT EVENTOR TO ENTER

Using Eventor

If you are new to Eventor, you first need to register and create a user account.
There is a "Help & Support" section on the main Eventor calendar page if you need assistance.

Pay entry fees in a single transaction

From the Eventor Event Calendar, tick the box on the right for all the events you wish to enter and this will produce a single invoice for payment instead of multiple separate ones.

SportIdent Hire

All competitors will require their own SportIdent tag. They are available for hire under the "Additional Services" menu on Eventor for $5 per event.   Please select this option if required when entering each event, other than for casual members (included in entry fee).   Alternatively if you wish to buy your own contact **www.aussieogear.com** or ph: 02 4384 5003.   Alternatively for WA entrants, Tony Simpkins sells these and can be contacted at most events.

TECHNICAL INFORMATION

Australian MTBO competition rules will apply to all events.

Maps

The sprint and middle distance championship maps will be mapped by Duncan Sullivan.   The long distance championship map will be mapped by Ricky Thackray.   In addition the warm up event map has been updated in 2015 by Ricky Thackray.   All maps will use the IOF standard 4x2 track system and will conform to current IOF specs, with some deviations relating to forest colours and overgrown tracks.   All championship maps will be printed on Pretex (waterproof) paper.

Please note that during these events, it is only permitted to ride on tracks which are marked on the map or on open areas of ground which are shown on the map as open land (100% yellow) - symbol 401 - or open land with scattered trees - symbol 402.

No MTBO events have been previously held in these areas (other than the warm up event) and there are no existing orienteering maps, other than for Turner Hill, which is available for download on Eventor.

Championship Age Classes

	Long Distance	Middle Distance	Sprint Distance
Course 1	M21	M21	M21, M40, M50
Course 2	W21, M40, M50	W21, M40	W21, W40, W50, M17-20, M60
Course 3	W40, M17-20, M60	W40, M17-20, M50	W17-20, W60, M16, M70
Course 4	W17-20, W50, M16, M70	W16, W17-20, W50, M16, M60	W16, W70, M14, M80
Course 5	W16, W60, M14, M80	W14, W60, M14, M70	W12, W14, W80, M12
Course 6	W12, W14, W70, W80, M12	W12, W70, W80, M12, M80	

• For those not wishing to ride in the Championship (age) classes, there will be a "Recreational" Open Class on Courses 2, 4 & 5 on each day.

Course details

Below is a guide (in minutes) of what the expected winning times will be for the various age groups.

|	Long		Middle		Sprint
	Men	**Women**	**Men**	**Women**	**All**
Elite	105 - 115	105 - 115	55 - 60	55 - 60	20 - 25
Masters	105 - 115	85 - 95	55 - 60	45 - 50	20 - 25
Juniors	84 - 92	68 - 76	44 - 48	36 - 40	16 - 20

EMBARGOED AREAS

The following areas are embargoed until after 16 October 2016 for competitors wishing to compete in the 2016 Australian MTBO Championships.

For the Sprint Championships: Dwellingup north of Pinjarra-Williams Rd.

For the Middle Championships: Areas to the northwest of Dwellingup, North of Pinjarra Williams Road as marked including the Marrinup POW camp, old Golf Course and Marrinup Mountain Bike circuit. Participation in organised Mountain bike cross country competition sanctioned by MTBA is allowed so long as no map is carried. Riding on the Munda Biddi and staying within Dwellingup are allowable.

For the Long Championships: Murray Valley bounded by Nanga Rd (to the west), Murray River (south), and Pinjarra-Williams Rd (east and north), unless riding the Munda Biddi or participating in the Nanga Challenge (organised by the Ascot Kayak Club).
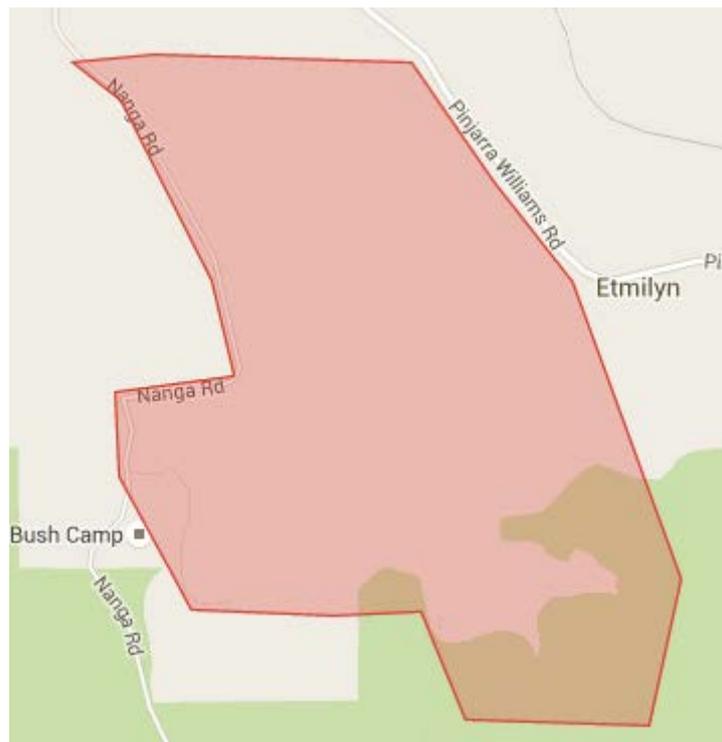
EVENT DINNER & PRESENTATIONS

Date: Saturday 15 October 2016, 6pm for 6:30pm

Venue: Dwellingup Hotel, cnr Marinup & Newton St, Dwellingup

Dinner: Roast dinner plus dessert, $25pp (drinks extra) or vegetarian option

Please select this option under 'services' when entering the Middle Distance Champs.   If not participating in this event, please select it anyway and choose 'Does not compete' under categories and pick the dinner service.

COFFEE VAN

There will be a coffee van, the Roaming Barista, at each of the championship events for your caffeine or dairy fix. Options include coffees, hot and iced chocolate and some food options.   Make sure to bring your spare change!

ACCOMMODATION

There are various accommodation options in and around the town of Dwellingup but it is not a major town so it is best to book early to get the best deals.   Options range from motel accommodation to bush cabins, B&Bs and lodges to camping.   Note that several camping and lodging areas (including Marrinup, Dwellingup B&B and the various Murray Valley campsites) are located within some of the courses.   Prior arrangement to stay in these areas should be sought from the organiser.

www.dwellingupwa.com.au/home

*Note - Nanga Bush Camp is fully booked for the weekend by non-orienteers!

BIKE SHOP

There is a store selling a limited range of MTB parts and accessories in the town of Dwellingup.   The nearest large specialist cycling stores are located in Mandurah ~50km away.   Make sure to pack spares!

SPONSORS

Thank you to the following sponsors and partners for their assistance with promotion and donation of prizes.   Prizes include but are not limited to the following and will be given as either winner or random prize draws at the event dinner:

- Thule product vouchers (5 x $200)
- AutoPilot map board including base (value $150)
- Crossover headlamp (value $150)
- Nathan Sports Gigabite box (value $40)
- About Bike Hire vouchers and bike locks (value $50-$150)
- Windchill SPorts map board
- Nutrition products

Thule is excited to announce its continuing sponsorship of the Australian MTBO Championships in 2016. We ride for many reasons. But our passion for the outdoors and adventure is the same. Whatever your reason, whatever your adventure, there's a Thule solution ready to help carry the load. Thule. Bring your bike. Bring your gear. Bring your life.

thule.com.au

About Bike Hire is a proud sponsor of the Australian MTBO Championships and wish all competitors the best of luck.   About Bike Hire in operation for 20 years specialise in the hire of kayaks and Stand Up Paddle Boards for hire. Our bike fleet includes Full Carbon road bikes, tandem bikes and front Suspension Hard Tail bikes.

aboutbikehire.com.au

wildfiresports.com.au	**murray.wa.gov.au**
www.bwa.org.au	**trailswa.com.au/**

Orienteering Service of Australia
www.osoa.com.au

POST EVENT ADVENTURES

Cape to Cape MTB Race: 20-23 October 2016

The iconic Cape to Cape multi-day MTB race is on Thursday October 20 to Sunday October 23, 2016. Entries are already open and fill up fast so you will need to get in quickly.   For further details: **capetocapemtb.com**

12hr Foot Rogaine: 22 October 2016

The WA Rogaining Association is organising a 12 hour foot rogaine on Saturday 22 October 2016 in the Jarrahdale area. Entries are now open and close on 12 October - no late or on the day entries accepted!   For further details: **wa.rogaine.asn.au**

Ride the Munda Biddi or explore WA

For those who haven't had enough adventure but just want to explore, the famous Munda Biddi trail stretches over 1000km from Mundaring (east of Perth) to Albany.   Both the Munda Biddi and Bibbulmun trails pass through Dwellingup.   Ride it all or choose a stage to do in a day: **www.mundabiddi.org.au** Munda Biddi Shuttle Services commences their regular Munda Biddi transport service on Saturday 2nd April to Albany, returning to Perth via major Munda Biddi towns on Sunday 3rd. The service will be then run regularly on the 2nd and 4th weekend of each month until Summer. Pick ups are at the visitors centers. This service features a cyclist specific bus with a bike trailer.

A word from our sponsors

Thule roof bars guarantee safety, security and style. The Thule range fits more vehicles than any other roof bar manufacturer, and includes the strongest fittings and the most aerodynamic bars in the world.
The Thule ProRide is Australia's favourite roof mounted bike carrier. Find out why Bike Radar calls this "the finest roof rack we've ever used" at bit.ly/ThuleProRide.
Thule platform bike carriers are easy to install and use, and transport up to 4 bikes on a carbon-friendly rack. Learn about our bestselling Thule VeloCompact at bit.ly/ThuleVeloCompact927.
The Thule RoundTrip Pro bike bag makes travelling with your bike simple. An integrated work stand makes for easy bicycle assembly when you arrive. Corflute sides provide lightweight protection, and can be removed and folded down for compact storage. See all the details: bit.ly/ThuleRoundTripPro.
Thule roof boxes give ultimate protection and security when you need space. The roof box you need to carry any load in style is here: bit.ly/ThuleRoofBox.

Thule ProRide LS	Thule 4th bike adaptor	Thule ProRide

Wildfire Sports is Australia's premier retailer of sporting equipment for outdoor and multisport athletes. We stock a variety of premium and specialist brands of fitness electronics, footwear, clothing, gear and nutritional products. Our range is growing daily with now over 10,000 products listed!

AutoPilot map board	Nathan Sports Crossover headlamp	Nathan Sports Gigabite box

About Bike Hire

To further show our support for competitors and followers of the MTBO championships we are pleased to offer our Major Service package for $69 (normally $149). We can also offer a 10% discount off the hire of our front suspension hard off-road bikes (up to 72 hour hire) for use in the event. For more information contact us via email info@aboutbikehire.com.au or through our website www.aboutbikehire.com.au

Discover more of WA's MTB trails on the Trails WA website or download the App (link to https://itunes.apple.com/au/app/trails-wa/id1056427684?mt=8) and find yourself in amazing places!

http://trailswa.com.au/