

Xmas 5 Days 2016

Newcastle/Cessnock

27th - 31st December

With over 350 participants from 8 countries and 40 different clubs, this years Xmas 5-days is set to be an exciting series of events. We hope you enjoy your time in our region and take advantage of the excellent tourist opportunities on offer.



General Event Information

Rules

The Xmas 5-days is a Major NSW event with the appropriate rules being applied. That said we expect the usual social atmosphere associated with this event to prevail.

The Competition

Winners for each day in each class will be announced. The overall winners in each class will be determined using a point score which includes the best 4 out of 5 results for each competitor.

Bushfires (Event Cancellation)

- As you may have seen in the media recently, there have been several major fires in our region. At this point in time none of the 5-Days maps have been affected by these large fires but our Mining Mystery (Day2) area has had 3 unrelated smaller fire outbreaks.
- We may be forced to cancel an event if there are fires in the area or there is an extreme fire risk. Please listen to the media (1233 ABC Newcastle would be best) then check the Event Web page and our Facebook sites. Also check your email. With such early start times on the final four days it might be difficult for us to broadcast this before you undertake your journey to the event. We apologise but it will be extremely difficult for us to manage early communication if this occurs.
- Should a bushfire start nearby during an event, the organisers will cancel that event. This will be indicated by either a car or air horn sounded 10x for approx 1s at 1s intervals. This will be repeated after 2 minutes, at least 5 times. If you hear this alarm you should abandon your course and report to the finish as soon as possible.

Safety Information

- It is recommended that all competitors carry a whistle to be used in an emergency.
- The emergency signal is three short blasts at 10 second intervals.
- A competitor hearing the signal should abandon their course and render assistance.
- There's a high chance motor bikes will be in our forests. Take care if you encounter any.
- Emergency Contact Number (arena) at each event is 0490 529511

Registration

- Pre-entered competitors do not need to register before competition.
- Hired SI sticks will be available for collection at the Registration Tent.
- Registration will be open from 3:00pm on Day1, and from 7.00am on Day2-5.

Past Maps

Blank versions of previous maps will be on display at registration on each day.

Controls

Controls will be T stands with flags. An SI unit and punch will be positioned on each stand. The control code number will be on the top of the stand.

SportIdent

- It is essential you use the correct SportIdent stick, numbered as shown on the Entry list.
- Hire sticks have been allocated & will be available for collection at Rego, each day.
- Don't forget to clear your SI stick before the Start.
- Competitors need to ensure that the SI unit registers at each control stand by the LED flash, and an audible beep.
- Should an SI unit fail to register, competitors should punch in a reserve box on the map.

Control descriptions

Are printed on the front of maps (English for Easy and Very Easy courses), and will also be available at pre-start.

Start Times

- Specific start times are listed in each events details.
- During the first 15 mins Newcastle volunteers and people with family commitments may be fast tracked through the system.
- Please ensure that you choose a start time that will allow you to finish by course closure time especially if you think you may be a long time on course.

Start Procedure

Queuing starts at 1 minute intervals will be employed. This means you will not have an allocated start time. Note: map boxes and start SI units will be in the start triangle.

When you reach the start area:

- clear and check (located at pre-start)
- enter the correct queue for your course.
- when you reach the front of the queue, your name will be checked and register your SI stick in the "CHECK" unit being held by a start official.
- -3 minutes - name & SI stick checked
- -2 minutes - collect the control descriptions for your course
- -1 minutes - proceed to map box. The map boxes will located a distance from the pre-start (check you are at the correct box)
- 0 minutes - pick up your map and punch the start control before viewing your map. Check you have picked up the map for your course and class. It is YOUR responsibility to take the correct map.
- find your first control & subsequent controls in the order numbered on the map
- return & report to the Finish (you must report to the finish even if you have decided to abandon your course, or if you have run out of time.)

Clothing return

There will be no clothing return due to the short distance to the start on each day.

Shadowing

Shadowing is permitted on Very Easy course, but after completion of your harder course first.

Split Starts (child minding)

Parents can self manage their split starts due to the queuing start process being employed. No formal child minding or creche will be offered.

Enter on the Day (EOD)

EOD courses will be available at all events, check individual event listings for rego times.

Fees: Senior member \$15.00 Senior non-member \$20.00
 Junior member \$10.00 Junior non-member \$14.00

Please try to pay the exact amount if possible.

Courses: Very Easy, Easy, Moderate and Hard Short (H5W). & Hard Long (H3M)

String Courses

- there will be a free string course operating on Day2-5.
- visit registration from 8:00am to enter.
- modest prizes will be given to each participant.
- be aware that some of these may be confectionary. If there are any allergy implications for your child you should make officials aware as alternate prizes are available.

Course Closure

Specific courses closure times are listed in each events details. You should return to the finish by this time, even if you haven't completed your course.

Finish

After punching the finish control, competitors follow the tapes to the finish tent where they download the SI. Their course will be checked & provisional result will be determined.

Maps will not be collected at the finish. The responsibility is on competitors not to show other competitors their map until they have also run, nor to seek to view maps of competitors who have completed their courses.

Results

Provisional results will be displayed as soon as possible after each competitor has finished. They will be posted each day on Eventor & newcastleorienteering.asn.au/xmas5day/results

Complaints and Protests

Complaints & protests must be made in writing and lodged with the organiser within 1hr of the finalisation of results for that class. A protest panel of three (3) will be appointed if needed.

Presentations

- will begin no later 11:00am.
- start early if you think you will be a long time in the forest and might miss out.
- there are more than \$1200 worth of prizes up for grabs.
- there will be prizes for day winners in each class plus lucky draw prizes.
- winners & those drawn need to be there to claim a prize (unless still working as an official)
- there will be no presentation on Day1
- Day1 class winners will be presented on Day2 along with that days winners.
- no person will receive more than one class winning day prize.
- if a competitor has won an earlier day then the prize goes to the 2nd place getter
- a prize will be awarded to the overall winner in each class for the 5 days.

Water (arena)

- Drinking water & plastic cups will be supplied near the finish strictly for those completing their courses.
- For general use you should bring your own personal adequate supplies of refreshments (including at least 2 litres of water for pre/post run hydration).
- There are fresh water taps available either in or nearby the arena for the first three days.

Water (on-course)

- There will be no on-course water on Day1.
- Drinking water is provided at control sites marked as such in the control descriptions.
- At these water controls approx 250-300ml per runner has been provided.
- It is for drinking only - please do not waste it.
- If require more you need to carry a bottle or hydration system of your own.
- If temperatures exceeds 30C it is strongly recommended that at least 1L is carried.

Toilets

- Due to company shut downs and transport options we have been limited to three trailer mounted portaloos for use over the second half of the 5-days.
- No pumpouts for these toilets are possible, please limit your use as much as possible.
- Day1 - onsite change rooms and flushing toilets.
- Day2 – onsite flushing toilets.
- Day3 – there are two public unisex cubicles in the adjacent park. We will open up our portaloos if the queues get too long, but our preference is for you to use the flushing ones in the park. Consider other public toilets on the way to the event.
- Day4 – 3 x portaloos + male urinal
- Day5 – 3 x portaloos + male urinal

Catering

- There will be no catering on Day1.
- "Cafe 53" coffee van will be on site Day2-5.
- Coffee, cold drinks, slurpees & light snacks will be available for purchase.
- We have secured their services on a "use it or lose it" basis. If it is not patronised on Day2, the van might not turn up on the following days (which we think is fair).

Gear Supplies

- NSW O Gear will be on-site every day.
- Aussie O Gear will be on-site Day2-5

Flies & Mosquitos

Mosquitos have been noted at a couple of the event sites. Flies are ever present. "Don't forget the Aerogard" or you alternate favourite insect repellent.

Sun Safe

The arenas on Day2/3/5 have limited shade. Consider bringing shelter shades and be sun smart.

Photo Competition

Pack your camera (or phone) as we are holding a photo competition over the first three days. Details/rules can be found via <http://www.newcastleorienteing.asn.au/xmas5day/photocomp>

Facebook

<https://www.facebook.com/NewcastleOrienteering/>

Event Website

<http://www.newcastleorienteing.asn.au/xmas5day/>

Contact

Geoff Peel 0422471353

leepback1@gmail.com

Day 1 – Islington TAFE

Tuesday 27th December

Planner: Shane Jenkins

Controller: Russell Rigby

Organiser: Ian Dempsey

GPS: 32°54'24.4"S 151°44'51.3"E

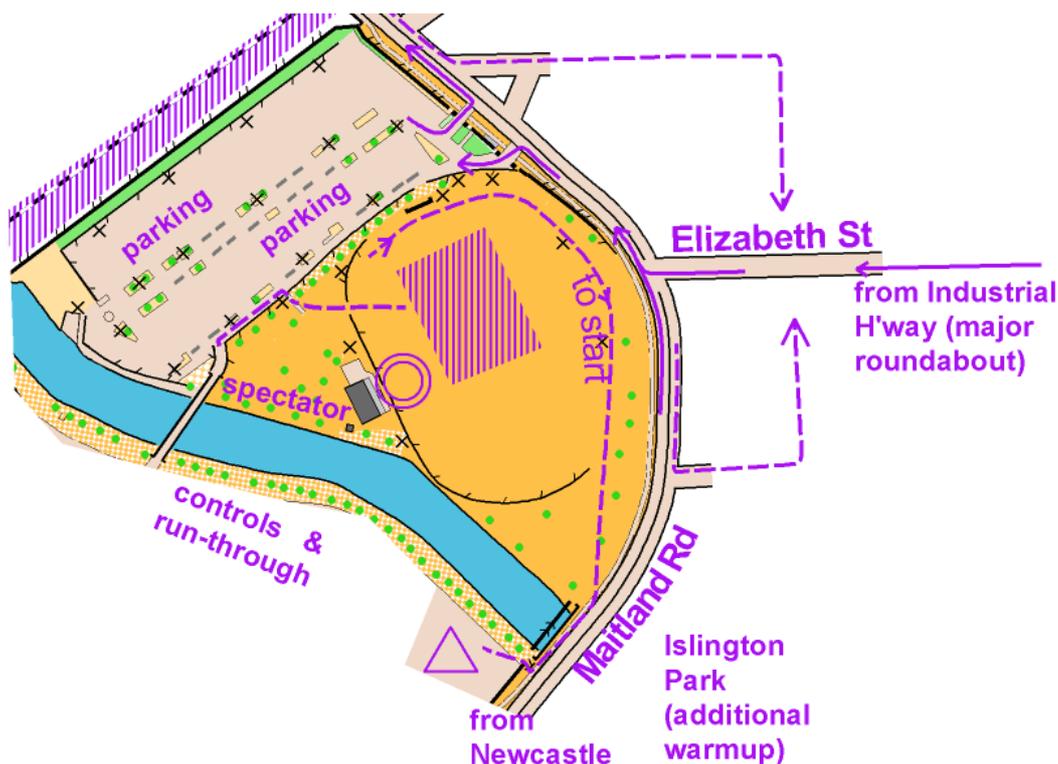
-32.906779, 151.747573

Directions

Travel to the event westwards from Newcastle, or via Elizabeth St from the Industrial Hwy. Left turn only into parking area – if you are approaching from west (Mayfield) you will have to turn into Tighes Hill and approach from Elizabeth St (traffic lights at intersection with Maitland Rd)

Parking

Car parking for 250+ cars is adjacent to arena – entry off Maitland Road (westbound only) The exit from the car-park is left turn only onto Maitland Road. (see arena map). All other carparks on the campus are in the event area and out-of-bounds



Arena

The arena will be adjacent to the parking area. There is shade under trees in the spectator area. Please be aware that the creek line is unfenced so small and large children will need to be supervised. Club tents and flags can be erected outside and inside the fence around the oval. There are “spectator” controls visible on the other side of the creek and a “maze” on the oval.

Start location

A single start for all courses. Follow signs/streamers around the oval & across bridge. 3-5 mins.

Out of bounds

The concrete-lined creek adjacent to the arena is out of bounds to all spectators & competitors. Temporary out of bounds have been marked around construction & maintenance areas. These are fenced off or have tape barricades, and are correct to 1 week before the event. Any late changes will be shown by hand-drawn corrections.

Warm-up Area

Warm-up is restricted to the arena and car park. If you want a longer warm-up you can cross Maitland Road to Islington Park. Use the crossing lights.

Toilets

Separate male & female toilets (including change rooms) will be available in the pavilion at the arena. Young children need to be accompanied by an adult.

Mobile Coverage

The area has mobile phone coverage – an emergency contact number is on the map.

Water -Arena

A fresh water tap is available along the oval fence close to the Northern corner of the pavilion. .

Catering

No on-site catering will be available at this event. There are cafes on Maitland Rd Islington and Beaumont, St Hamilton about 1km in the Newcastle direction.

“O” Gear Supplies

“NSW O Gear” will be on site.

First Aid

For treatment of minor injuries we will have club members that have their first aid training certification. Major injuries need to be dealt with either at The Calvary Mater (Waratah) or John Hunter (New Lambton Heights) emergency departments.

Course information

Course	Classes	Distance	Climb	No. of Controls
Hard 1	MenA	3.1 km	0 m	24
Hard 2	MenB, WomenA	2.7 km	0 m	26
Hard 3M	MenC	2.3 km	0 m	27
Hard 3W	WomenB, EODHL	2.3 km	0 m	26
Hard 4M	MenD	2.3 km	0 m	25
Hard 4W	WomenC	2.2 km	0 m	26
Hard 5M	MenE, EODHS	2.1 km	0 m	20
Hard 5W	WomenD	2.1 km	0 m	22
Moderate	MenF, WomenE, EODM	1.9 km	0 m	21
Easy	MenG, WomenF, EODE	1.5 km	0 m	20
Very Easy	M/W Novice, EODVE	1.3 km	0 m	17

Enter on the Day (EOD)

For EOD entry report to registration between 4:15 and 5:30pm.

String Course

There will not be a string course at this event.

Map

“Islington Campus”, 1: 3000, 2m contours Originally drawn in 2015 & revised 2016, at 1:4000 scale using ISSOM 2007) Area used once before for NOC Park event in March 2015

<http://garingal.com.au/gadget2014/cgi-bin/rcitti.cgi?act=map&id=533>

Mapper's notes

The campus was established as Newcastle Technical College in the 1930s, on previously low-lying swampy land, and at the same time as the landscaping of the adjacent parklands and creeks. The early Newcastle University College also occupied part of the site before it moved to the current campus at Callaghan in the 1960s. The buildings are surrounded by landscaped grounds, sporting fields and car-parks. With the exception of 3 underpasses, the map has been drawn at the lowest possible running level, and there are no complicated multi-level areas. The map was drawn to Sprint Standards at 1:4000, and has been printed on A4 at 1:3000, with magnetic north parallel to the edge of page (unlike earlier map)



Sprint Standard symbols for uncrossable features shown on map.

Planner's notes

There are no map exchanges. Spectators should give way to competitors. There is a taped route marked on maps and used by all courses close to the arena. Courses have been set to avoid the current or late-changing construction areas.

Clothing/Footwear

Metal studded shoes are not allowed. There are no other special clothing recommendations.

Safety Information

- The campus is closed for the Christmas break, and there should be no vehicle traffic in the event area. Be aware that there may be members of the public crossing the campus on foot or bike, and other competitors may be approaching a corner from any direction.
- Spectators should give way to competitors at entry to the arena, at end of taped route.
- If a competitor is injured you should stop and give them the required assistance.

On-Course Water

No on-course water will be provided at this event. You will need to carry a bottle or hydration system of your own if you think you will need to drink whilst on course.

Registration

Open from 3:00pm for those that need to pick up rental SI sticks or pay any outstanding fees.

Start Times

Official starts will be from 4:00pm until 6:00pm.

Course Closure

All courses close at 7:00pm.

Presentations

No presentations at this event. Class winners will be awarded their "prize" on Day2.

Acknowledgement Thanks to Hunter Institute of TAFE for access & assistance during the planning of this event.

Day 2 - Pelaw Main

Wednesday 28th December

Planner: Jim Lee
Controller: Geoff Todkill
Organiser: Geoff Peel

GPS: 32°49'45.0"S 151°28'41.0"E
-32.829168, 151.478052

Directions

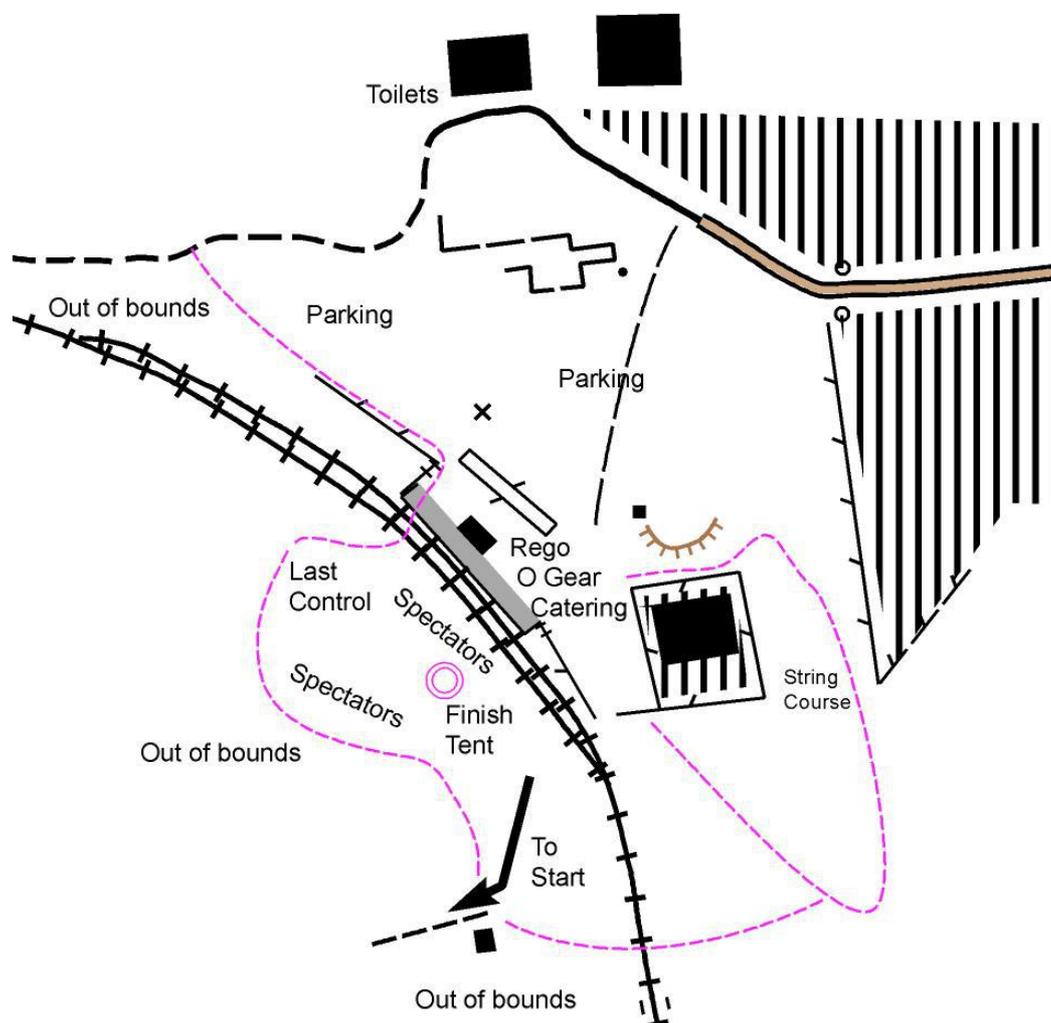
Travel to the village of Pelaw Main near Kurri Kurri. From Stanford St turn west into Hebburn St and follow it to the western end where it enters the Old Pelaw Main colliery.

Parking

Officials will direct you to your final park. Please be considerate of local residents if parking fills up and overflows into the local street. Do not park across driveways and minimise noise if arriving early.

Arena

The arena will be adjacent to the parking area and immediately to the south of the railway line and platform. Natural shade is very scarce – you are advised to bring shade shelters, hats, suitable clothing and sun screen.



Start location

One start for all courses located approx 200m south-west of the arena. Follow signs and streamers from the southern edge of the arena. Allow 5 minutes.

Out of bounds

All areas other than parking and arena are out of bounds.

All railway buildings, machinery, carriages and artefacts are strictly out of bounds and must not be entered, climbed on or played with. The on site toilets are the only exception.

Warm-up Area

Warm-up is restricted to the arena and car park areas.

Toilets

Separate male & female flushing toilets will be available in a building at the northern end of the parking area. Look for signs.

Mobile Coverage

The area has mobile phone coverage – an emergency number is on the map.

Water – Arena

There is a freshwater tap near the toilets that can be utilised for filling your own containers.

Catering

“Cafe 53” coffee van will be on site. Coffee, cold drinks, slurpees & light snacks will be available for purchase. We have secured their services on a "use it or lose it" basis. If it is not patronised today, the van might not turn up on the following days (which we feel is very fair).

“O” Gear Supplies

“NSW O Gear” & “Aussie O Gear” will be on site.

Course information

Course	Classes	Distance	Climb	No. of Controls
Hard 1	MenA	6.8 km	115 m	16
Hard 2	MenB, WomenA	6.0 km	105 m	13
Hard 3M	MenC	5.1 km	85 m	11
Hard 3W	WomenB, EODHL	4.9 km	85 m	11
Hard 4M	MenD	4.0 km	75 m	9
Hard 4W	WomenC	4.1 km	75 m	9
Hard 5M	MenE, EODHS	3.1 km	55 m	9
Hard 5W	WomenD	3.0 km	55 m	9
Moderate	MenF, WomenE, EODM	3.5 km	55 m	10
Easy	MenG, WomenF, EODE	2.2 km	45 m	12
Very Easy	M/W Novice, EODVE	2.4 km	40 m	14

Enter on the Day (EOD)

For EOD entry report to registration between 8:00 and 9:30am.

String Course

There will be a free string course operating today (see general notes for more info)

Map

“Mining Mystery” 1:10000, 5m contours for Hard & Moderate

“Little Mining Mystery” 1:7500, 5m contours for Easy and Very Easy.

Mapper’s notes

The area was formerly the surrounds of an old coal mine. Much of it is uneven under foot, due to past mining activity and subsidence rehabilitation. It contains remnant earth works, and ruins from mining including the historic Richmond Vale railway.

The southern and central sections of the map have slightly thicker (prickly) vegetation.

The terrain is generally undulating forest with many bike trails and 4WD tracks.

Most, but not all termite mounds are mapped.

Special Map Symbols

- X (brown) termite mounds; generally quite small (0.4m - 0.8m) and vary in colour from light brown, to cream, to dark brown or almost black. As a consequence they are not easily visible in the terrain and may not be reliable for navigation. ONLY obvious termite mounds have been used as control sites.
- X (black) wreckage; cars or motor bikes and usually easily visible in the terrain.
- O (black) rubbish or other man-made feature; vary in visibility in the terrain, and some have been broken down due to bush fires so less reliable.
- (black) trail bike tracks/paths have been shown with a path symbol, but with shorter dashes. Other trails and 4WD tracks are shown according to IOF mapping standards, however, many have erosion or drainage channels making them more difficult to negotiate.

Planner's notes

A streamer trail on the Easy and Very Easy courses, will be shown on all maps using purple dashes and marked in the field with orange coloured streamers.

The area is heavily used for trail bikes, mountain bikes, 4WDs, firewood collection, rubbish dumping, jogging, and dog walking. Additional trails may appear after mapping was completed. Three small bushfires occurred while courses were being planned and burnt areas will be encountered on the Hard1-4 courses. Additional fires may occur before the event and there may be residual smouldering tree stumps. Wildlife encountered during course planning include numerous macropods, several goannas and one green tree snake.

Clothing/Footwear

Full body covering is recommended, as the areas mapped as green can contain prickly vegetation. Metal studded shoes may be worn.

Safety Information

- Safety bearing and directions in case of an emergency situation are printed on the map.
- Trail bikes & 4WD's use the area. If encountered move out of their way. TAKE CARE!
- There are a number of quarries on the map with steep cliffs up to about 4 m. These are not marked in the field. An isolated deep pit has been marked with red/white tape.
- If a competitor is injured you should stop and give them the required assistance.

Safety bearing

East to railway line, and then North to the Arena. The area has mobile phone coverage – an emergency number is on the map. On the long courses (Hard 1 – Hard 4), should your route to the finish be unsafe, other sealed road access is 300 m south of the Mining Mystery map southern boundary, in the centre of its western boundary, and at the north-west corner at the hospital.

On Course Water

- Hard 1 to Hard 4 courses have two water controls;
- Hard 2 and Hard 4W have an additional (first) water control which is intended for another course
- Hard 5 and Moderate courses have one water control
- Easy and Very Easy have no water control

Registration

Open at 7:15am for those that need to pick up rental SI sticks or pay any outstanding fees.

Start Times

Official starts will be from 7:45am and will close at 9:45am.

Course Closure

All courses close at 11:45am.

Presentations

No later than 11:00am. Day1&2 class winners receive prizes plus there will be lucky draws.

Acknowledgement

NOC would like to thank Mindaribba Local Aboriginal Land Council, Crown Lands, Richmond Vale Railway Museum, and the Uniting Church for permission to access their land and the assistance given in the preparations for this event.



Day 3 – Kitchener (Poppethead)

Thursday 29th December

Planner: David Kitchener

Controller: Rob Vincent

Organiser: Geoff Peel

GPS: 32°52'38.8"S 151°21'57.8"E
-32.877432, 151.366054

Location

Just north of Poppethead Park, Cessnock St, Kitchener.

Directions

From Cessnock take Vincent Street (the main N-S shopping street) south past Bunnings and the Baddeley Park sporting complex, cross the railway line and follow this road (Quorrobolong Road) approx. 4km into Kitchener township. Shortly after the Khartoum Hotel, turn right at Poppethead Park entrance and park as directed.

From Quorrobolong take Quorrobolong Road north (towards Cessnock) approx. 5km and follow into Kitchener township. Drive past the Poppethead Park and turn left at the northern entrance, then park as directed.

Parking

All competitor parking is on the open grassy land north (i.e. Cessnock side) of the fenced area of Poppethead Park. To avoid inconvenience to other park users and ensure competitor safety, there is **NO PARKING** along the front fence of the park (facing Cessnock Street), nor anywhere else around the perimeter of the park, other than the defined area to the north (see map below).

Arena

The area is the N end of the fenced section of Poppethead Park, adjacent to the parking entry and just E of the finish.

Shade

Shade in the arena area is limited. Please be Sun smart.

Start Location

There is one start for all courses, at the South end of Poppethead Park. Allow 2-3 mins from the arena.

Out of Bounds

As indicated in the arena diagram.

Warm-up Area

Use Poppethead Park grounds.

Toilets

There are 2 unisex public toilets (flushing) in the centre of Poppethead Park, which should be your first choice. If demand is sufficient, we may also open the Portaloos (really intended for the next 2 days). These will be at the entry to the parking area.

Mobile Phone Coverage

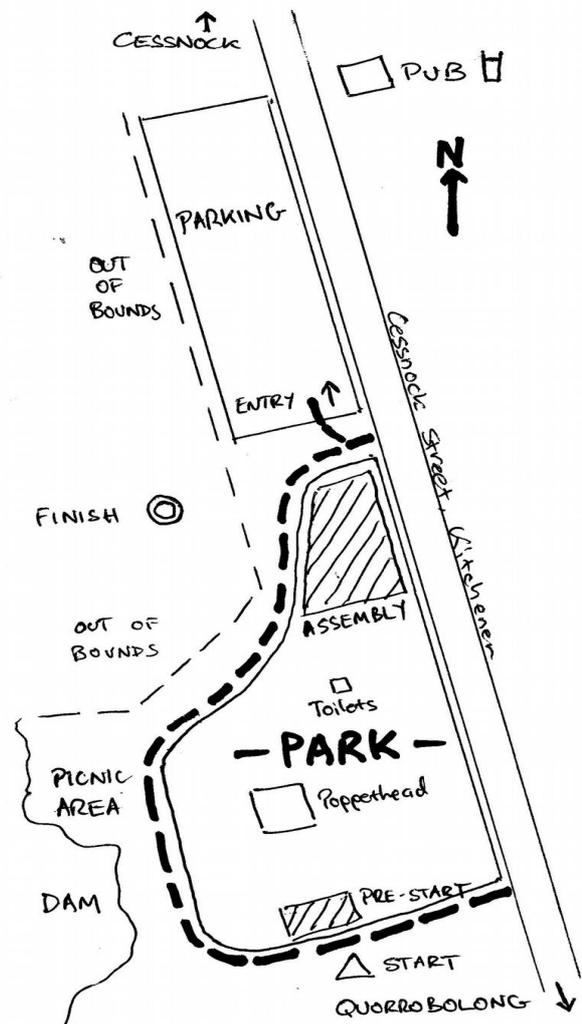
Mobile phone coverage is available over most of the area.

Water – arena

There is a tap at the rear of the public toilets that can be used to fill your own drink containers.

Catering

Cafe53 coffee van will be present if it has been well patronised on previous days. The Khartoum Hotel is just across the road should a stronger beverage be required post run.



“O” Gear Supplies

“NSW O Gear” & “Aussie O Gear” will be on site.

Course Information

Course	Classes	Distance	Climb	Controls
Hard 1	MenA	7.5 km	110 m	20
Hard 2	MenB, WomenA	6.4 km	95 m	18
Hard 3M	MenC	5.3 km	75 m	16
Hard 3W	WomenB, EODHL	5.3 km	75 m	16
Hard 4M	MenD	4.2 km	45 m	14
Hard 4W	WomenC	4.2 km	45 m	14
Hard 5M	MenE, EODHS	3.1 km	35 m	12
Hard 5W	WomenD	3.1 km	35 m	12
Moderate	MenF, WomenE, EODM	3.0 km	25 m	13
Easy	MenG, WomenF, EODE	2.2 km	20 m	12
Very Easy	M/W Novice, EODVE	2.1 km	20 m	13

Enter on the Day (EOD)

For EOD entry report to registration between 8:00 and 9:30am.

String Course

There will be a free string course operating today (see general notes for more info)

Map

“The Poppethead” 1:10 000, 5m contours, 2016 revision, for Hard & Moderate.

Symbol control descriptions are on the front of the map.

There is no legend on the map, except for non-standard symbols.

“Poppethead Reserve” 1:7 500, 5m contours, 2016 revision, for Easy & Very Easy.

Text control descriptions and a legend are on the front of the map.

Special Map Symbols

Non-standard symbols for both maps are:

Brown X for termite mounds

Black X for car wrecks

Black O for other man-made features

Green O for isolated trees (only relevant to Poppethead Park itself)

Black - - - trail bike narrow paths (30cm wide) have been shown with a path symbol, but with shorter, thinner dashes. This is a non-IOF mapping standard.

Terrain

Classic Hunter region spur/gully, largely undulating, although flat in sections with few erosion features and virtually no rock. There is detailed representation of watercourses. The map has been recently revised to provide good vegetation detail.

Clothing/Footwear

Full body cover recommend on Moderate & Hard courses. Metal studded shoes may be worn.

Safety Bearing

A safety bearing is printed on every map, in the event that you become lost. Essentially, you should head EAST to the ROAD, then back to the township. (Ask directions if need be!)

Mapping & Planning Notes

The map area was formerly the surrounds of a large underground coal mine & subsequently State Forest. Some areas are uneven under foot due to past mining activity and later demolition of infrastructure, especially the areas immediately south and north-west of Poppethead Park. Remnant earth works and occasional ruins from mining are present. Further west and south, there is less evidence of human activity, the forest not having been logged in many years.

Other points to note are:

- Tree root mounds, meat ant nests, bull ant nests, and native cherry trees are not mapped.
- Termite mounds, typically 0.3 to 0.9m high, are identified with a brown X, but can be overgrown or hard to see in the bush and may sometimes disappear over time, while new ones may arise. Areas around control sites and likely route choices have been

checked for accuracy.

- Car wrecks are mapped with the black **X** symbol, other man-made features (rubbish, machine parts, building materials etc.) use the black **O** symbol. Again, some of these may disappear or relocate, while new ones may arise.
- Isolated trees around Poppethead Park are mapped with the green **O** symbol.
- Trail bikes and vehicles constantly use this area. The map represents the state of the track network in early December, 2016. However, new tracks may be formed quickly.
- A number of indistinct tracks form narrow corridors through the thicker vegetation to the west of the dam. These are mapped as indistinct and can be easy enough to follow once found, but the ends and junctions are not always distinct. These are not relevant to the Easy and Very Easy courses, but may form a route choice option for other courses.
- There are a number of old, partially broken-down, barbed wire fences in the area. Hard courses 1, 2 and 3 in particular should be aware of their locations on the map and be alert for their presence in the field. Some fences have been identified with pink streamers.
- The creek to the SW of the dam is marked as uncrossable, which represents the conditions when the dam is full i.e. about 1.5 to 2 m deep in most places. Depending on the weather, this may or may not hold true on Dec 29th. Competitors assume all risk of getting very wet or muddy by attempting a crossing in unfavourable conditions. That said, nearly all waterholes elsewhere on the map were bone dry at the time of writing.
- High-canopy, open Eucalypt forest and low-canopy, well-spaced Paperbark (often with minimal undergrowth) are both mapped as open running. Large areas are defined as slow run and may be either high canopy forest with scrubby or spiky undergrowth or open Paperbark where the spacing precludes fast, straight line running, but which can still be navigated without great difficulty. Walk areas are typically denser, spiky scrub under high canopy, or tightly-spaced Paperbark interwoven with other dense vegetation.

Safety

- Mobile phone coverage is available over most of the area.
- An emergency phone number which will connect you with the arena is on every map,.
- If another competitor is injured, you should stop and offer assistance.
- If you are lost or injured, your best chance of being found will be to wait at a control site, if you are able to locate or reach one.
- If you hear multiple horn blasts, there is a possibility of fire in the event area. Ideally, you should head back to the safety of the road by the fastest means possible, thence to the arena (as above), so that names may be checked off. In the event that this is not possible due to fire in the eastern section, the alternative is to head north to the major power line clearing which forms the NW map boundary. If trapped by fire, sheltering in a low-lying creek bed or gully is your best choice.

Hazards

- There is a large dam to the west of Poppethead Park. Parents, please ensure children are appropriately supervised.
- Parking is close to Cessnock Street, on which the speed limit is 60 km/h. Parents, please ensure children are appropriately supervised.
- There is a well-equipped playground with small flying fox and loop cycleway in the park. Parents, please ensure children are appropriately supervised.
- There is a well-stocked hotel 200 m north of the arena. Children, please ensure parents are appropriately supervised.
- Trail bikes and 4WD vehicles are very active in this area. It is safest to assume that they have NOT seen you, so getting off the track is a sensible course of action. Be prepared for this if you hear them approaching.
- As mentioned above, there are old, partially broken-down, barbed wire fences in the area. While those expected to be more commonly-encountered have pink streamers to aid identification, some are not marked in the field. Please be alert for their presence wherever they are marked on the map.
- As mentioned above, spiky and/or thick vegetation may present a hazard and full body cover is advised for the longer courses.
- In the event of very hot conditions, you should consider carrying your own water, up to

a litre per person. Water will be available on all Hard and Moderate courses (between 1 and 3 stops, depending on length) at the rate of 250 mL per person per stop.

- Wombat holes, rabbit holes and other small forms of subsidence may cause ankle injuries. There are no large subsidence features in this area.
- Snakes exist in the area, most often near the remaining ground water, but do not seem plentiful. If seen, just give them a wide berth.

On Course Water

Water will be available on all Hard and Moderate courses (between 1 and 3 stops, depending on length) at the rate of 250 mL per person per stop.

Registration

Will open from 7:15am for those that need to pick up rental SI sticks or pay outstanding fees.

Start Times

Official starts will be from 7:45am and will close at 9:45am.

Course Closure

All courses close at 11:45am.

Presentations

No later than 11:00am.

There will be prizes for day winners plus numerous lucky draw prizes.

Acknowledgement

NOC would like to thank NSW National Parks & Wildlife Service and Cessnock Council for their co-operation in staging this event.

Day 4 – Kitchener (Southams)

Friday 30th December

Planner: Angus Roberts

Controller: Geoff Todkill

Organiser: Steven Roberts

GPS: 32°53'09.8"S 151°22'05.8"E
-32.886052, 151.368269

Location

Just south of the small village of Kitchener.

Directions

This event is situated approx 1km south from Day3

Travel to the village of Kitchener. From Quorrobolong Rd (main street), travel south past the Abernethy St intersection, and then continue for a further 500m.

Parking

Park as directed along Quorrobolong Rd, which is quite busy with traffic travelling at speed.

Arena

The arena is a 150m walk along a track on the eastern side of Quorrobolong Rd.

Start Location

There is one start for all courses. The start is approximately 500m from the assembly area. Follow signs along the track.

Out of Bounds

All areas other than the parking and assembly area are out of bounds.

Warm-up Area

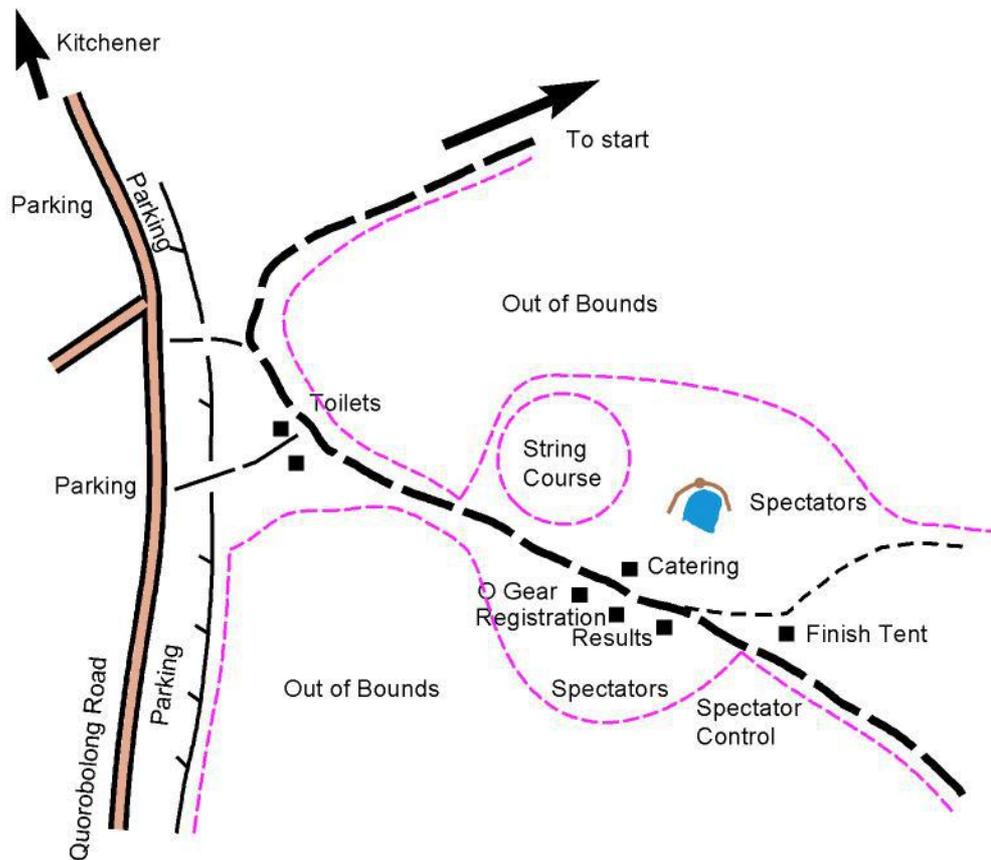
Warm-up is restricted to the route to the start.

Toilets

Three portaloos + men's urinal.

Mobile Phone Coverage

Mobile phone coverage is available over most of the area.



Water – Arena

You will need to bring your own supply as the nearest public tap is back at Poppethead Park.

Catering

Cafe53 coffee van will be present if it has been well patronised on previous days.

“O” Gear Supplies

“NSW O Gear” & “Aussie O Gear” will be on site.

Course Information

Course	Classes	Distance	Climb	Controls
Hard 1	MenA	7.1 km	110m	20
Hard 2	MenB, WomenA	6.1 km	80m	19
Hard 3M	MenC	4.9 km	55m	15
Hard 3W	WomenB, EODHL	4.9 km	55m	15
Hard 4M	MenD	4.1 km	55m	13
Hard 4W	WomenC	4.1 km	55m	13
Hard 5M	MenE, EODHS	2.9 km	45m	11
Hard 5W	WomenD	3.0 km	45m	11
Moderate	MenF, WomenE, EODM	3.4 km	45m	13
Easy	MenG, WomenF, EODE	2.2 km	40m	12
Very Easy	M/W Novice, EODVE	2.1 km	40m	9

Enter on the Day (EOD)

For EOD entry report to registration between 8:00 and 9:30am.

String Course

There will be a free string course operating today (see general notes for more info)

Map

“Southams Road West”, 1:10000, 5m contours for Hard & Moderate

“Little Southams Road West”, 1:7500, 5m contours for Easy and Very Easy.

Special Map Symbols

Non-standard symbols for both maps are:

- X (black) – wreckage; cars or motor bikes and usually easily visible in the terrain.
- O (black) – rubbish or other man-made feature (vary in visibility in the terrain, some broken down due to bush fires so less reliable)
- - - - (black) - trail bike tracks/paths have been shown with a path symbol, but with shorter dashes. (other trails and 4WD tracks are shown according to IOF mapping standards, however, many have erosion or drainage channels making them more difficult to negotiate.

Mapping notes

- Generally gentle spur-gully with some deep erosion gullies which are challenging.
- The southern section has some steep areas & recently had a controlled burn.
- Vegetation is generally open providing fast running.
- Termite mounds are usually less than 0.5m high, but do not appear on the map.
- Dry ditches are usually very shallow, sometimes hidden by vegetation.

Planner's notes

- Broken fences are rusted & difficult to see when running, watch for them on the map.
- Termite mounds, meat ant mounds & native cherry trees will not be shown on the map.
- Recent storms have caused many fallen trees.
- Tree root mounds have not been mapped.
- Unfortunately motor bikes keep making new tracks!!
- Competitors on the longer courses will visit a spectator control.

Clothing/Footwear

Full arm and leg covering is recommended, as the areas mapped as green can contain prickly vegetation. Metal studded shoes may be worn.

Safety Bearing

A safety bearing is printed on every map, in the event that you become lost. Head west to Quorrobolong Rd and then North to the Assembly.

Safety/Hazards

- The car park areas are close to the quite busy Quorrobolong Rd with traffic at speed.
- There is a dam bordering the arena. Parents are requested to supervise their children.
- Safety bearing and directions in case of an emergency situation are printed on the map.
- If a competitor is injured you should stop and give them the required assistance.
- Trail bikes and 4Wd's use the area. TAKE CARE! Move out of their way.

On Course Water

Drinking water and plastic cups are provided at control sites marked as such in the control descriptions. Additionally, for competitors on Hard1,2, and 3M+3W a table will be provided at the spectator control to leave water bottles or gels before starting their course.

Registration

Will open from 7:15am for those that need to pick up rental SI sticks or pay outstanding fees.

Start Times

Official starts will be from 7:45am and will close at 9:45am.

Course Closure

All courses close at 11:45am.

Presentations

No later than 11:00am. There will be prizes for day winners plus numerous lucky draw prizes.

Acknowledgement

NOC would like to thank NSW National Parks & Wildlife Service for permission to access their land and the assistance given in the preparations for this event.

Day 5 – Tank Paddock

Saturday 31st December

Planner: Peter Newton
Controller: Scott Simson
Organiser: Gayle Quantock

GPS: 32°51'38.6"S 151°37'04.8"E
-32.860735, 151.618005

Location

Lenaghans Drive, Lenaghan, 2km north of Minmi General Store.

Directions

From the WEST, EAST, or SOUTH via Woodford St, Minmi as detailed below.

From EAST (Newcastle): take the Newcastle Link Road (A15) west towards the M1 Motorway. 6km after Lake Rd (B53) intersection (traffic lights), turn right (north) at traffic lights onto Woodford St towards Minmi.

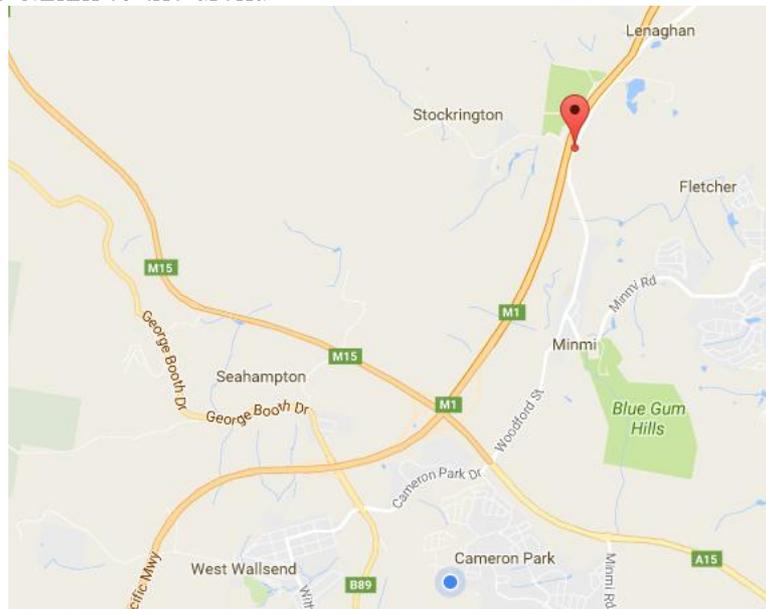
From WEST (Cessnock and Kurri Kurri): take the Hunter Expressway (M15) east towards Newcastle. Shortly after crossing the M1 Motorway turn left (north) at traffic lights onto Woodford St towards Minmi.

From SOUTH (Sydney): take the M1 Motorway north and take the Newcastle Link Road exit. At the first set of traffic lights turn left (north) onto Woodford St towards Minmi.

Then follow Woodford St 4.2km through Minmi to the arena (Note Woodford St becomes Lenaghans Drive). The arena is on the right 400m after the intersection with Stockrington Rd.

From the NORTH via Lenaghans Drive, Lenaghan as detailed below:

Travel towards Sydney, taking the A43 from East Maitland or A1 from Raymond Terrace respectively. From the roundabout at the northern end of the M1 Motorway (intersection of Weakleys Drive/John Renshaw Drive/Pacific Motorway) continue south for 700m before turning left onto Lenaghans Drive towards Minmi. Follow Lenaghans Drv for 5.2 km to the arena. The arena is on the left shortly before the intersection with Stockrington Rd. Note: if you miss this turn, continue 7.8km along the Motorway to the next exit (signed Newcastle), take the exit ramp up turning left onto the start of the Newcastle Link Road. Turn left at the traffic lights into Woodford St towards Minmi and continue for 4.2km to the arena



Parking

Parking is either side of Lenaghans Drive. The road has bitumen verges as wide as one lane with further grass verges beyond. CAUTION: Lenaghans Drive is an 80km/hr road. Extreme care must be taken when crossing or turning around on this road. The bitumen surface is very wide but with cars parked either side vision of oncoming cars and road user vision of pedestrians will be obstructed. A section of the road near the gate will be kept free of cars to provide a safe crossing. Please only cross the road in this designated area.

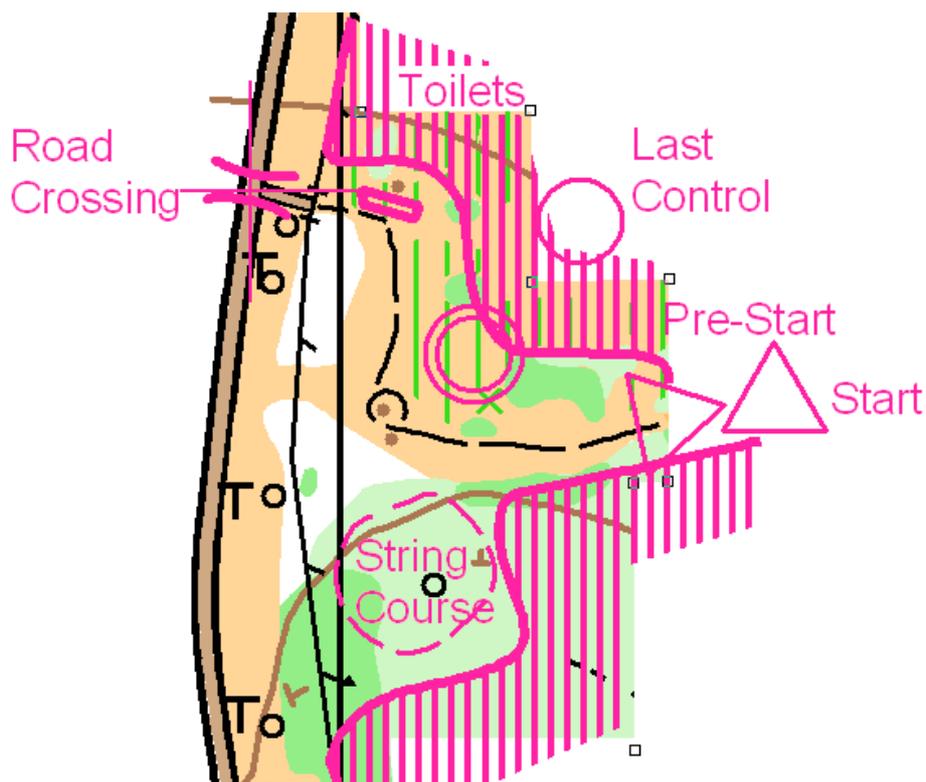
Tank Paddock History

The area was formally the site of the rail junction for the Richmond Vale and the Minmi Coal Railways. Cuttings and embankments for the railways form the northern and eastern boundaries. The remains of a passing loop and associated engine servicing facilities are found in the north-east of the map. In the south-east is a coal mine dam on Minmi Creek which provided water to the Minmi Mine works.

More recently the map has been part of the Gretley underground mining lease but the lease has been recently returned to State ownership and is now managed by NPWS. The area is a key part of a green corridor from the Hexham wetlands to the Watagans, as the Richmond Vale Rail corridor provides a safe animal access tunnel under the M1 Motorway and Lenaghans Drive.

Arena

The arena is adjacent to Lenaghans Dr. Linear parking will mean varying distances to the arena.



Shade

Shade in the arena area is limited. Please be Sun smart.

Start Location

150m to the east of the arena.

Out of Bounds

The map area is out of bounds apart for the arena, start and designated warm-up area.

Warm-up Area

Competitors may warm up in the arena or along the underground gas pipeline easement (on the west side of the fence and south of the entrance gate). Do not warm up on the road verge.

Toilets

Portaloos x 3, located in the north section of the arena.

Mobile Phone Coverage

Available throughout the map area with both Optus and Telstra.

Water – Arena

You will need to bring your own supply as the nearest public tap is back at Minmi.

Catering

Cafe53 coffee van will be present if it has been well patronised on previous days. A Pub and Takeaway/General Store can be found in Minmi 3km to the south.

“O” Gear Supplies

“NSW O Gear” & “Aussie O Gear” will be on site.

Course Information:

Course	Classes	Distance	Climb	No. of Controls
Hard 1	Men A	7.3	145	19
Hard 2	Men B, Women A	5.9	115	17
Hard 3M	Men C	5.0	90	16
Hard 3W	Women B, EODHL	4.9	95	15
Hard 4M	Men D	4.2	90	15
Hard 4W	Women C	4.3	90	13
Hard 5M	Men E, EODHS	2.9	65	11
Hard 5W	Women D	2.8	55	10
Moderate	Men F, Women E, EOD	3.0	55	12
Easy	Men G, Women F, EOD	2.1	30	15
Very Easy	M / W Novice, EOD	1.9	25	15

Enter on the Day (EOD)

For EOD entry report to registration between 8:00 and 9:30am.

String Course

There will be a free string course operating today (see general notes for more info)

Map

“Tank Paddock”, 1:7500, 5m contours for all courses

PLEASE NOTE: Hard and Moderate courses have a change of scale from previous days

Mapper’s Notes

The map area is very small, about 2.5 sq Km. The map has been updated in November 2016 particularly in the north-west section. The area is relatively flat and free of subsidence features from the underground mining. The north-west section of the map is deforested. There are numerous old motorbike trails which are slowly fading, along with some large areas of wattle regrowth in the open grasslands. The low visibility of wattle regrowth, long grass and the confusion of faded motorbike tracks are navigationally and physically the hardest part of the map. The narrow ride symbol is used to show old motorbike tracks that are now just gaps in the wattle or short grass in the long grass. A gas pipeline in the north of the open has marker poles shown with black O special symbol.

The centre of the map features a lantana filled creek area. The full green symbol is used for lantana. Shortcuts through the lantana are not recommended. Paper bark forest is found in the south-east and is marked in medium and light greens. Low visibility forest areas on the main gully make for more challenging orienteering whilst the south-east and east of the map offers some excellent open running. Termite mounds throughout the map are very small at 0.3 – 0.4m.

Special Map Symbols

Car Wreckage (marked with a black X)

Rubbish and other man made features (marked with a black O)

Narrow ride, as per mappers notes (long thin dashes)



Course Planner’s Notes

Due to the small map area, controls are quite close and courses have numerous direction changes. Courses Hard 4 and above can expect to complete more than one ‘lap’ of the map.

Note: Easy and Very Easy competitors will not have warning signs if you go the wrong way.

After the four previous days, it is expected competitors will be well practised. If you can’t find your control first go back to your last control and try again. There are no taped routes but some tracks and rides will have orange tapes in places to help make them clearer.

Clothing/Footwear

Full arm and leg covering is recommended. Metal studded shoes may be worn.

Safety Bearing

West to Lenaghans Drive. Should you reach the road in open land turn south to the arena. If it is forested when you reach the road turn north.

Do not go beyond the old railways on the north and east boundaries.

On Course Water

- Hard 1 to Hard 4 courses have two drinks controls;
- Hard 5, Moderate and Easy courses have one water control
- Very Easy have no water control

Registration

Will open from 7:15am for those that need to pick up rental SI sticks or pay outstanding fees.

Start Times

Official starts will be from 7:45am and will close at 9:45am.

Course Closure

All courses close at 11:45am.

Presentations

No later than 11:00am. There will be prizes for day winners, overall winners plus numerous lucky draw prizes.

Event cancellation

We will be forced to cancel the event if there is a live Fire on or near the map; or a Total Fire Ban for the Hunter Region.

Acknowledgement

NOC would like to thank National Parks and Wildlife Service for the use of their forest.

Leaving the Event

This event location has been selected as the last day due to its proximity to the Freeway. This should allow those travelling home a trouble free getaway. Please drive carefully after a hard 5-days of competition.



MTBO1 Pelaw Main

Wednesday 28th December

Planner: Malcolm Roberts
Controller: Greg Bacon
Organiser: Tim Hackney

GPS: 32°49'45.0"S 151°28'41.0"E
-32.829168, 151.478052

Location

Old Pelaw Main Colliery site.

Directions

Travel to the village of Pelaw Main near Kurri Kurri. From Stanford St turn west into Hebburn St and follow it to the western end where it enters the old Pelaw Main colliery.

Map

"Mining Mystery MTBO map" 1:10,000 with 10m contours

Start Window

Starts available between 3.15pm and 4.00pm

Course closure

Course closes at 5.30pm

Terrain

The area is undulating spur and mainly open forest. The area has numerous fire trails and open power line tracks and an extensive network of single tracks made by motorbikes. The tracks vary from fast to slow with numerous ruts to negotiate which gives the tracks a flowing feel while riding. There are several new single-track sections, which have been made since the last MTBO event. The area is now very challenging navigation wise but still gives you a great ride on all the tracks. Pelaw Main is still one of the best areas for MTBO.

Format

For this MTBO event the format is a 75-minute score course with 1, 2 and 3 point controls. To allow us to make use of a smaller area (MTBO only) the first part of the course is a line course through all 2-point controls. Riders do not have to complete the line course however; once they leave the line course to collect 1 and 3 point controls they cannot return to the line course to collect 2-point controls. If you are not super confident then please talk to organisers on arrival and they will suggest options that may suit both your riding and navigational abilities.

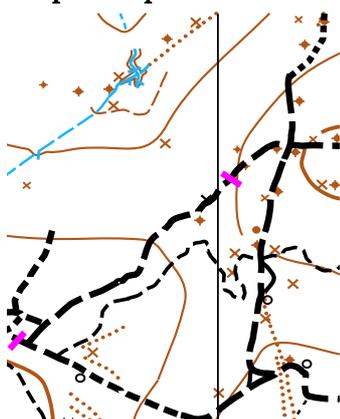
Enter on the Day (EOD)

There will be limited EOD places available.

Facilities

Toilets are available at the parking area

Map Sample



MTBO2 Barnsley

Thursday 29th December

Planner: Greg Bacon
Controller: Tim Hackney
Organiser: Andrew Power

GPS: 32°55'13.2"S 151°34'50.6"E
-32.920329, 151.580728

Location

Kevin Evans Oval, Holmesville

Directions

Travel to Kevin Evans Oval on Appletree Road at Holmesville.

Map

"Barnsley" 1:7,500 with 5m contours

Start Window

Starts available between 3.15pm and 4.00pm

Course closure

Course closes at 5.30pm

Terrain

The area is flat to undulating with mainly open forest and some sections of dense bush along the creeks. This area has undergone a large transformation as far as the track network goes due to 4x4 activity and additional single tracks. MTB riders instead of travelling to Killingworth are now using the area. There is a 13k MTB loop within the area, which is signposted and currently well used and maintained. There are several sections of tight and twisty tracks within the thick vegetation areas. Navigation in this area can be challenging.

Format

For this MTBO event the format is a 75-minute score course with 1, 2 and 3 point controls. The map has a marked route overlaid over the tracks with arrows showing the direction. The marked course generally follows the MTB track direction with arrows on trees to help with navigation. Along the marked route will be 2 point controls however they will not be on the map. If you stay on the marked route you will collect all the 2 point controls. The 1 and 3 point controls will be off the marked route and will be shown on the map. To collect the 1 and 3 point controls select a suitable point to leave the marked route then return to the route after collecting the controls. The area is suitable for all levels of riders. If you are not super confident then please talk to organisers on arrival and they will suggest options that may suit both your riding and navigational abilities.

Enter on the Day (EOD)

There will be limited EOD places available.

Facilities

Toilets are 500m from the parking area.

Map Sample



MTBO3 Glenrock

Friday 30th December

Planner: Andrew Power

Controller: Greg Bacon

Organiser: Tim Hackney

GPS: 32°57'05.2"S 151°43'19.8"E
-32.951448, 151.722177

Location

Intersection Fernleigh Loop and Gun Club Road, Glenrock State Conservation Area.

Directions

From Newcastle, travel south along Pacific Highway heading towards Highfields, turn off left onto Fernleigh Loop, parking in open area.

Map

"Glenrock" 1:10,000 with 5m contours (new map)

Start Window

Starts available between 3.15pm and 4.00pm

Course closure

Course closes at 5.30pm

Terrain

The area within the National Park has a dedicated MTB track network, which is signposted and directional. There are several management trails within the area. The network starts along the ridge line of Gun Club Road with the MTB tracks and trails descending to additional loops that eventually head towards the ocean. Once you have descended there are several steady climbs back to the start area. Some of the tracks are difficult/technical and marked as such on the map. You must travel in the direction of the marked trails, as there may be other MTB users in the park.

Format

For this MTBO event the format is a 75-minute score course with 1, 2 and 3 point controls. If you are not super confident then please talk to organisers on arrival and they will suggest options that may suit both your riding and navigational abilities.

Enter on the Day (EOD)

There will be limited EOD places available.

Facilities

Toilets will not be available at this event. Please use public toilets on your way to the event.

Map Sample

