



## **VICTORIAN CLUB RELAY CHAMPIONSHIPS – FINAL INSTRUCTIONS**

The 2017 Relays will be held on Sunday 5th March, at Darebin Parklands, Alphington commencing at 11am.

**Map:** 1:4000 ; A4 full colour, on Pretex waterproof paper – updated 2015 by Fredrick Johansson.

**Course planner:** Aston Key with Max Dalheim (MFR)

**Event advisor:** Blair Trewin

**Directions and parking:** The arena is near the picnic area at the end of Separation Street, Alphington. There is limited parking in the Darebin Parklands parking area, however there is parking available in the surrounding streets.

**Arena and facilities:** Toilets are next to the arena. Results will be displayed on TV screens in the arena. Our thanks to Jim Russell for providing the results infrastructure. An area has been designated for club tents and flags. No water will be provided, as there are taps near the arena at the picnic shelter.

**Warmup running:** should be done not in the Darebin Parklands. Pitcher park is a few hundred metres back up Separation street and warm up running can be done there.

**Maps, control descriptions and chest numbers:** Each competitor has been assigned a particular map. A clearly marked number on the back of each map will correspond to chest numbers. Competitors must ONLY take the map that matches their chest number; competitors who take the wrong map will be disqualified.

Control descriptions will be printed ONLY on the front of maps; there will be no loose control descriptions.

Each competitor must wear their allocated chest number, which will be provided in team packs. Team managers will collect these from Registration, along with safety pins (two per person) and team lists. Numbers are in three sections. The first number designates the course (1-5). The second number is the team number (1 up to 18). The third number is the leg number (1-3). So a chest number 3-14-2 is on Course 3, team 14, leg 2.

**Mixed course:** All competitors on the Mixed course will run in the same order, Short-Long-Medium.

**Terrain and courses:** Terrain includes very fast open parkland with some scattered trees, river flats, a creek which most courses will cross, steep slopes with scattered rocks and thick vegetation; and man-made features such as fences, walls, small buildings, sealed roads and tracks.

Courses 1 and 2 and 3 will climb and descend the steeper hillsides. Full body cover and shoes with good grip are strongly recommended due to the sections of thicker undergrowth. Course 4 will be on gentler slopes, and there are no particular clothing recommendations.

Courses 1,2 and 3 (and legs 2 and 3 on the mixed course) will have a map flip. The maps are clearly marked part one and part 2. Course 4 has the whole course on the one page.

All courses will complete a first loop, then will come through a spectator leg adjacent to, and clearly visible from, the arena. This will provide an early warning to waiting competitors. All courses then complete a final loop before they head to the changeover/finish.

Control numbers should be carefully checked, as there are many controls in close proximity. Courses 1-3 have some forked legs.

All courses will cross bike paths within the park. Courses 1,2 and 3 will cross the creek and should be done so only at the crossing points marked on the map.

Course

course	length per leg	no. of controls
1 (hard)	5.3km	30
2 (Hard)	3.7	24
3 (moderate)	3.2	22
4 (easy)	2.2	14
mixed (mixed)	2.2/3.7/3.2	14/24/20

**registration:** opens at 10:00am. Please finalise payment of entries if not done so all ready.

**Start, finish and changeover procedure:** This will all be explained at the briefing at 10:45am

THE MAP FENCE IS STRICTLY OUT OF BOUNDS AT ALL TIMES, OTHER THAN WHEN COLLECTING YOUR MAP AFTER STARTING YOUR COURSE.

**Presentations:** Prizes will be awarded to each member of the first three teams on each course. The Rockhopper Trophy will be awarded to the overall winning Club, based on points allocated for each team's performance.

**Timetable:**

10.00am Registration opens. Team managers collect team packs and make payments

10.45am Briefing and demonstration for all competitors.

11:00am mass start for 1st leg runners

12.00pm Second mass start for leg 2 competitors not yet started, if required

12.30pm Third mass start for leg 3 competitors not yet started, if required

1.00pm Presentations

2.15pm Courses close

Thankyou to Darebin Parklands for the use of the park.

Thankyou to Ian and Debbie Dodd and Jim Rusell for their assistance and to Jim Russell for his assistance and the results displays.

And a big shoutout and thankyou to The Melbourne Bicycle Centre for their support and sponsorship of this event.