



BULLETIN 3 FINAL

AUSTRALIAN MTBO CHAMPIONSHIPS CARNIVAL 2017 WINGELLO SOUTHERN HIGHLANDS OCTOBER 4TH TO 8TH



Welcome to the Australian MTBO Championships Carnival at Wingello. A big welcome to the New Zealand competitor's and we look forward to a great Challenge Series and some friendly down time in between events.

All the events are within easy driving distance of the accommodation surrounding the Bundanoon area. We hope you have some time to visit some of the local attractions.

All competitors are asked to attend the registration desk at their first event to pick up a bike number plate and presentation dinner entry.

Included in your entry is a pair of MTBO socks and a headband/Buff. The Southern Highlands is a great MTB area and you can look forward to some challenging navigation, a few hills and some sweet single track and trails.

For More information contact:
Greg Bacon

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NSW NIGHT CHAMPIONSHIPS

- BELANGLO STATE FOREST Wed 4th (From 5.00pm)

PENROSE PRACTICE EVENT

- Penrose State Forest Fri 6th (From 3.00pm)

AUSTRALIAN SPRINT CHAMPIONSHIPS

- WINGELLO TOWNSHIP Sat 7th (9.00am)

AUSTRALIAN MIDDLE DISTANCE CHAMPIONSHIPS

- WINGELLO QUARRIES Sat 7th (1.30pm)

AUSTRALIAN LONG DISTANCE CHAMPIONSHIPS

- WINGELLO STATE FOREST Sun 8th (9.00am)

Accommodation Kirrikee Outdoor Centre

- PRE BOOKED ACCOMMODATION via EVENTOR

Presentation Dinner (Spit Roast)

- AT KIRRIKEE OUTDOOR CENTRE Starts 7.00pm

- Visit the Australian MTBO website
- <http://www.ausmtbochamps.com>

EVENT PROGRAM

Event	Date	Start	Remarks
Night Champs	4 th Oct	5.00 pm day 7.30/7.45 night	Belanglo Forest Mass start
Belanglo House	4/5th	Anytime	Accommodation
Practice Event	6 th Oct	3.00 to 4.30pm	Penrose Forest
Kirrikee Outdoor	6/7th	After midday 6th	Accommodation
Sprint Distance	7 th Oct	9.00 to 10.30am	Wingello Township
Middle Distance	7 th Oct	1.30 to 3.30pm	Wingello Forest
Presentation Dinner	7 th Oct	7.00 pm	Kirrikee Outdoor Centre
Long Distance	8 th Oct	9.00 to 10.30am	Wingello Forest
Presentation	8 th Oct	1.00 to 1.30 pm	Wingello Forest

MTBO INFO NIGHT

There will be an information/help/discussion session on MTBO at Kirrikee Outdoor Centre on Friday 6th starting at 8.00pm. Ricky Thackray has kindly donated his time to give an insight into MTBO and you are free to ask Ricky any questions.

The Australian MTBO team will also be attendance to chat about their experiences and will bring along their course maps from the recent World Championships in Lithuania.

The session will be held in the Recreation hall and should last around an hour.

Ricky is a member of the Australian MTBO team and his knowledge of the sport would be invaluable to juniors and seniors alike. All are welcome!

EYE WEAR

All competitors are encouraged to wear eye protection due to tree branches and leaf litter on the courses. Although the tracks are in good condition you will ride close to trees and shrubs. All competitors must carry water on their bikes or backpack as there are no designated water drops on the courses.

NIGHT CHAMPIONSHIPS 4TH OCT

Venue: Belanglo State Forest Start/Finish and camping at Belanglo House.

Course Setter: Rob Prentice

Directions: Heading south from Sydney on the M31, approx 75km from the Campbelltown/Narellan Rd Interchange turn right onto Belanglo Rd near the Gordon VC rest area. Travel approx 3k to camping area. Sign posted at turnoff.

Map: Belanglo State Forest **Scale :** 1:15,000 A3 waterproof paper **Contours:** 10m

Start Times: 5.00 pm for daylight competitors. (Start at any time)

Last light is approx 7.30pm (Daylight saving time)

7.30 pm Mass start 1

7.45 pm Mass start 2

Event Format: Score course (Collect controls in any order) 75 minutes duration

Competitors must return after 75 minutes, 1 point per minute penalty applies up to 10 minutes late, 5 points per minute between 10 and 15 minutes, loss of all points after 15 min.

Pairs: There is a separate class for riders wishing to compete in pairs. Both riders must punch the control units. You must stay within 50m of each other on the course.

Juniors under 14 must be accompanied by a parent or guardian.

Course Planning: Competitors have 5 minutes to plan their course prior to starting. There will be a Sport Ident punch start unit (2 off) at the start. You can start any time within the 5 minutes course planning time.

Terrain: The Night Event will be on mainly open/fast forest roads. There are some steep climbs depending on your route choices. **There will be no riding on single tracks.** Most track junctions are visible, any indistinct junction will have pink tape. The controls will have reflectors to assist in locating in the dark. All controls will have flags.

Finish: The finish will be located in the Belanglo House camping area. You must enter the camping area through the south gate from the forest, Belanglo Rd in front of the camping area is a prohibited route. Plan your course so you pick up some controls on the southern section of the map. The prohibited route and out of bounds areas will be marked on the map.

Course Closure: 8.45pm

Equipment: Apart from the normal MTBO gear, competitors must have rear flashing reflectors on their bikes and either bike or helmet mounted head torches or both. It may pay to carry a back up torch.

BBQ: There will be a sausage sizzle from 6.00pm to 7.00pm. This will give day and night riders a chance to have something to eat either before or after their ride. There will be a gold coin donation to cover the cost of the BBQ.

PRACTICE EVENT 6TH OCT

Venue: Penrose State Forest Start/Finish at Kingsbury VC rest area on M1

Course Setter: Michael Ridley Smith

Directions: Heading south from Sydney on the M31, approx 87km from the Campbelltown/Narellan Rd interchange, turn off at the Kingsbury VC rest area to the event centre. The event centre is approx 12km from Belanglo Rd.

Map: Penrose State Forest **Scale:** 1:20,000 A3 waterproof paper **Contours:** 10m

Start Times: Start any time from 3.00pm. **Last start:** 4.30pm. **Course closes:** 6.00pm

Event Format: Score course (Collect controls in any order) 75 minutes duration
Competitors must return after 75 minutes, 1 point per minute penalty applies up to 10 minutes late, 5 points per minute penalty between 10 and 15 minutes, loss of all points after 15 min.

Pairs: There is a separate class for riders wishing to compete in pairs. Both riders must punch the control units. You must stay within 50m of each other on the course.

Course Planning: Competitors have 3 minutes to plan their course prior to starting. There will be a Sport Ident punch start unit (2 off) at the start. You can start any time within the 3 minutes course planning time.

Terrain: The event will be on mainly open/fast forest roads. There are some steep climbs depending on your route choices. The area is very undulating, so try not to over do things before the major events. Most track junctions are visible, any indistinct junction will have pink tape. The controls will be on stands. All controls will have flags.

Penrose Forest Rd bisects the course map. You are not permitted to ride along Penrose Forest Rd. The crossing points on the road are marked on the map. Take care crossing the road as this forest road is well used.

Finish: The finish is located near the start area.

If you are staying at Kirrikee Outdoor Centre, Penrose Forest Rd is a direct route from the event centre to Kareela Rd and Kirrikee Outdoor Centre. Please drive carefully as competitors will be crossing the road. This is an all weather gravel road.

SPRINT DISTANCE 7TH OCT

Venue: Wingello Township. Parking and start opposite Wingello Primary School

Course Setter: Tim Hackney **Vetter :** Greg Bacon **Controller:** Rob Vincent

Directions: Heading south from Sydney on the M31, when you reach the Service centre at Sally's Corner travel approx 12k. Turn left off M1 onto Murrimba Rd. Parking for the Event Centre is approx 6k along Murrimba Rd opposite the primary school. Look for parking officials.

Map: Wingello Township (New) **Scale:** 1:7,500 with a map insert of the school grounds.

Printed on A4 waterproof paper.

Contour interval: 10m

Registration: All competitors must attend the registration desk located in the Primary School grounds before your start time. Competitors will be given an event bag which will contain some essential items as well as your competitor race number which is to be attached to your bike.

Start Times: Starts from 9.00am. **Last start:** 10.30am. **Course closes:** 11.30am

Start Area: The start area is located near the parking area. After starting (**Punch Start**) all competitors must navigate to the **start triangle (Triangle with flag on stand)** which is marked on your map and approx 150 m from the start area.

Event Format: **Line Course.** Visit the controls in order.

Map Insert: All courses have the same map insert and controls to visit around the school grounds and adjacent bush land. The control numbers are in order and they are much easier to follow on the insert.

Course Planning: Competitors have 2 minutes to plan their course prior to starting. There will be a Sport Ident punch start unit (2 off) at the Start area. Start on the clock alarm. **Check that you have the correct course map!**

Terrain: The course will be in a semi rural township environment and adjacent to state forest and crown land reserves. The forest roads are in good condition and generally fast. There are several small sections of hand made single track. These tracks will have pink tape on the trees to keep you on track. These tracks will have riders travelling in both directions and you should allow room when passing or overtaking.

Controlled Crossing: There will be a controlled crossing of Murrimba Rd with a control on either side of the road and you will have one minute to cross the road. There will be a Marshall at the crossing and you must obey their instructions on when to cross the road.

Controls will be on stands with flags and chained to fences or trees adjacent to the tracks.

There will be a taped route into and out of the school grounds. It will be marked on your map and taped off on the ground. **This is a good spot for spectators to view the action.**

Finish: The finish is located in the Wingello Primary School grounds.

Catering: The Wingello Primary School P&C will be providing food/drinks prior to and during the event. It is a good time to top up with food prior to heading off to the Middle Distance event. **CASH ONLY**

Wingello Village Store: Takeaway open 8.00am to 2.30pm Saturday and Sunday.

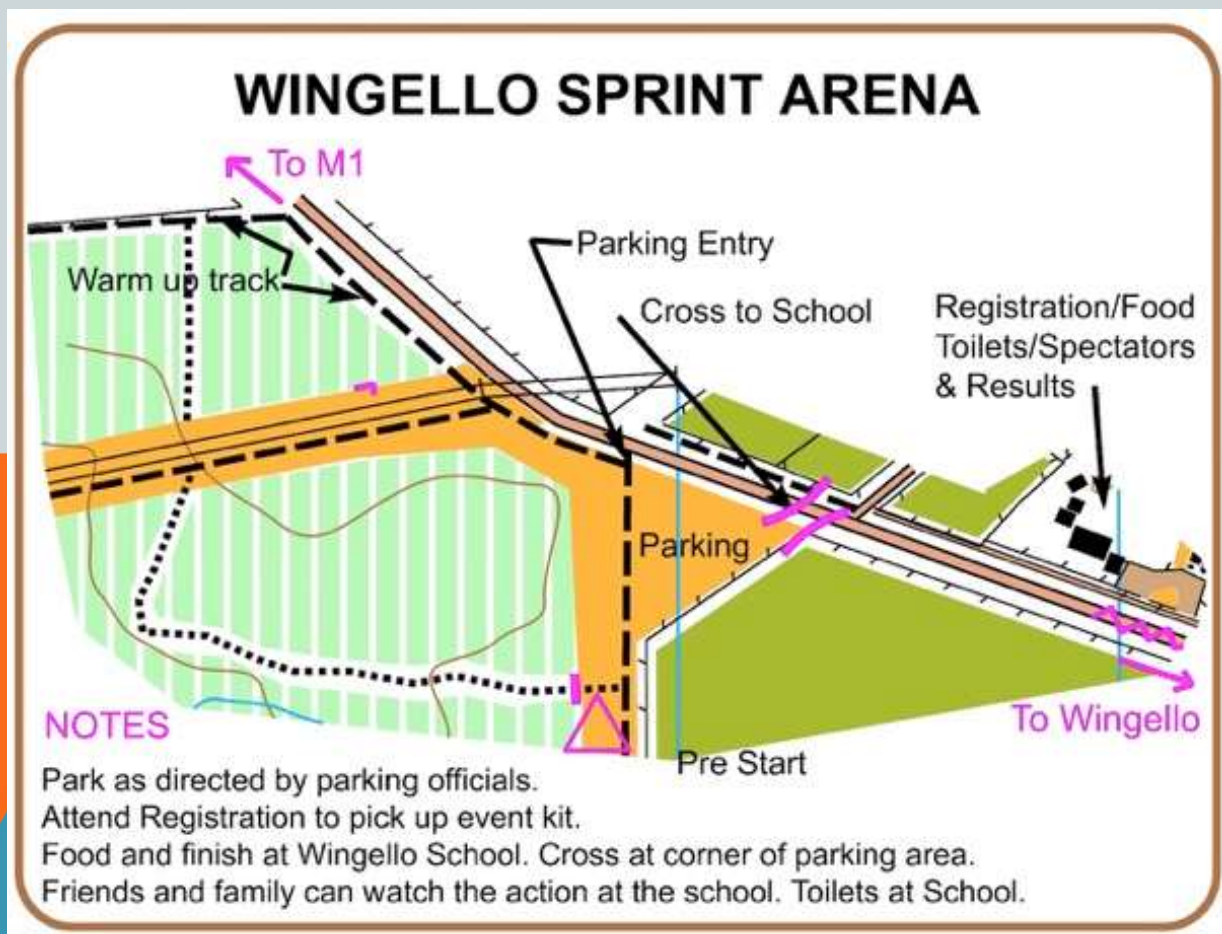
Toilets: Toilet facilities will be at the Primary School

Parking: The parking is 100m before the Primary School as you travel along Murrimba Rd from the M1 or 100m after the Primary School coming from Wingello (railway crossing). Turn onto the forest road and follow parking officials directions. Take care crossing the main road between the Primary School (Finish/Food) and the parking/start area.

SPRINT COURSE DETAILS

The course distances and times are a guide only and may vary depending on route choices.

COURSE	CLASSES	DIST	Fastest time	No of Controls	CLIMB
COURSE 1	M21, M40	11.5k m	30/35	22	100m
COURSE 2	M50, W21, W40, M17-20	10km	25/30	21	100m
COURSE 3	M60, M16, W50, W17-20	8.5km	25/30	17	95m
COURSE 4 & Recreational	M70, M14 W60, W16, Rec	7km	25/30	16	90m
COURSE 5	M12, W70 W14, W12	6km	20/25	17	90m



MIDDLE DISTANCE 7TH OCT

Venue: Wingello State Forest camping area, Forest Rd.

Course Setter: Hamish Mackie **Vetter:** Michael Roylance **Controller:** Rob Vincent

Directions: From Wingello Primary school, head east along Murrimba Rd and turn right over the rail crossing onto Penrose/Wingello Rd. Turn left after 100m onto Forest Rd. Travel along Forest Rd for approx 5km to the forest camping area and event centre.

Map: Wingello Quarries **Scale:** 1:10,000 Printed on A3 & A4(Courses 3,4 &5) waterproof paper
Contour interval: 10m

Registration: You do not need to attend the registration desk unless this is your first event and you have not been given your competitor bike number.

Start Times: Starts from 1.30pm to 3.00pm **Course closes:** 5.30pm

The start is located approximately 1km from the parking/registration area and you can warm up on the road to the start. The attached map shows the direction to the start. The start triangle will be at the start area.

Event Format: Line Course. Visit the controls in order.

Course Planning: Competitors have 2 minutes to plan their course prior to starting. There will be a Sport Ident punch start unit (2 off) at the start. Start on the clock alarm.

IMPORTANT INFORMATION ON TRACK CONDITIONS

Terrain: The area is a combination of pine plantation and open eucalypt forest. There are several cleared plantation areas around the course which have been mapped as open land with scattered trees. There is no riding or crossing these areas. As it is an active plantation area there may be small changes to the vegetation boundaries after map printing. Changes that affect the course will be posted on the notice board. The forest tracks are generally fast with the odd pot hole or water hazard. Some tracks are covered in litter and debris. There are several very fast down hill sections, **Take Care!**

There is a well maintained single MTB track network around the course, there will be some leaf litter and branches on the paths.

Several linking tracks have been made between MTB tracks and roads in the forest. These will be taped and marked on your map with a solid pink line. Some sections of the single track are one way and are shown on the map with a direction arrow. If you unintentionally ride the wrong way, turn around and retrace your track carefully.

Riding the wrong way on the track may lead to disqualification.

Quarry Cliffs. You will be riding around the edge of an old quarry. There are some steep drops in this area. There are several tracks around the steep sections. **Take care!**

Finish: The finish is located near the camping ground/event centre. When you punch the finish control, proceed directly to the registration/download area.

Catering: With catering at the Sprint event, it is a good time to top up with food prior to heading off to the Middle Distance event. **There is a local take away shop at Wingello open 8.00am to 2.30pm Sat and Sun.**

Toilets: There is a drop pit toilet and two portable toilets at the camping ground.

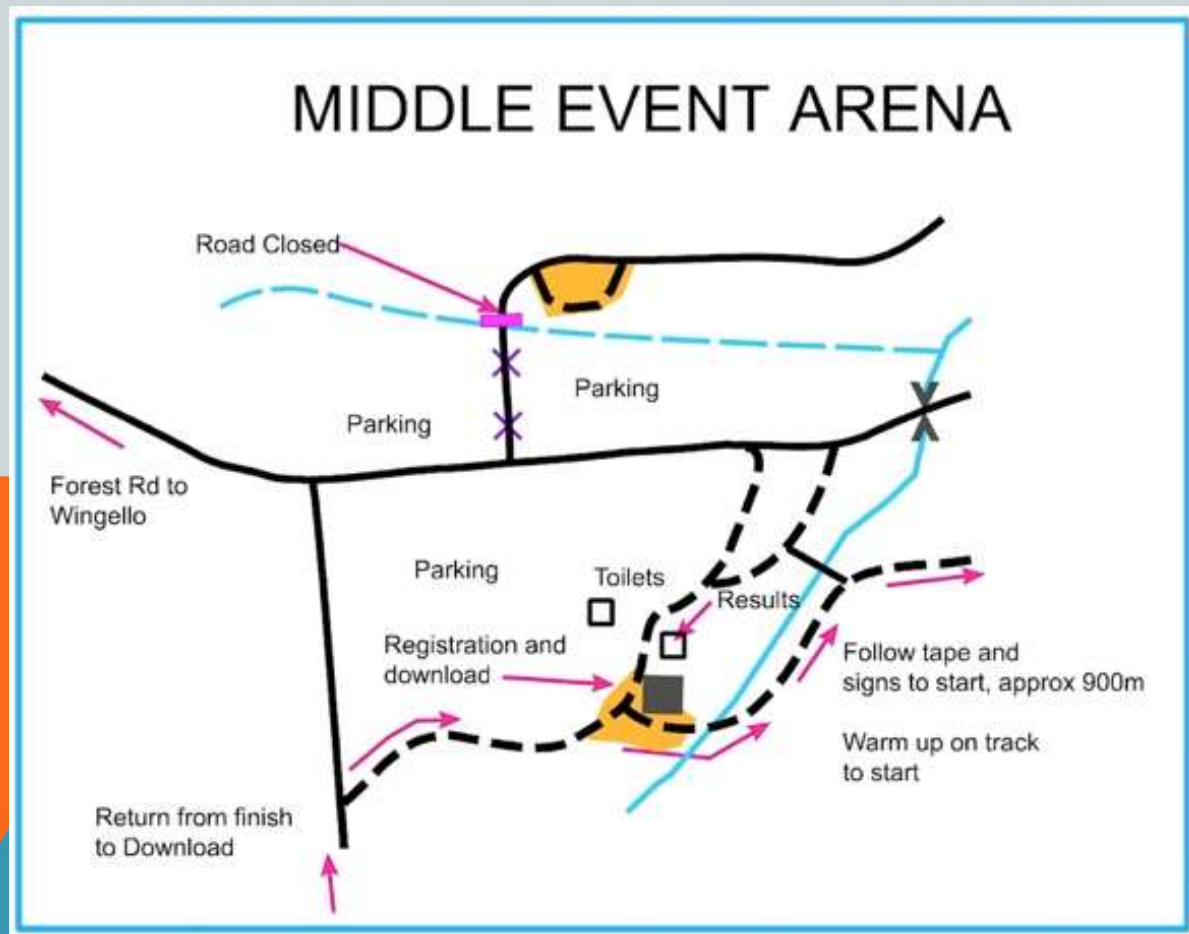
Water: Please bring along sufficient water for the event. No potable water at the event centre.

Parking: Parking is around the camping area. Please do not park on Forest Rd. The area is also used by day campers. You must not ride your bikes around the parking area or the main access road.

MIDDLE COURSE DETAILS

The course details are a guide only and may vary depending on your route choices.

COURSE	CLASSES	DIST	Fastest Time	No of controls	CLIMB
COURSE 1	M21, M40	17.0k	50 to 55min	13	380m
COURSE 2	M50, W21, W40, M17-20	15.5k	50 to 55min	12	340m
COURSE 3	M60, M16, W50, W17-20	13k	45 to 50min	11	250m
COURSE 4 & Recreational	M70, M14 W60, W16, Rec	10k	40 to 45min	9	180m
COURSE 5	M12,W70, W14, W12	8.0k	40 to 45min	8	150m



LONG DISTANCE 8TH OCT

Venue: Wingello State Forest camping area, Forest Rd.

Course Setter: Greg Bacon **Vetter:** Rob Prentice **Controller:** Rob Vincent

Directions: From Wingello Primary school, head east along Murrimba Rd and turn right over the rail crossing onto Penrose/Wingello Rd. Turn left after 100m onto Forest Rd. Travel along Forest Rd for approx 5km to the forest camping area and event centre.

Map: Wingello Forest **Scale:** 1:15,000 Printed on A3 waterproof paper
Contour interval: 10m

Registration: You do not need to attend the registration desk unless this is your first event and you have not been given your competitor bike number.

Start Times: Starts from 9.00am to 10.30am **Course closes:** 1.00pm

Event Format: Line Course. Visit the controls in order.

Course Planning: Competitors have 2 minutes to plan their course prior to starting. There will be a Sport Ident punch start unit (2 off) at the start. Start on the clock alarm.

IMPORTANT INFORMATION ON TRACK CONDITIONS

Terrain: The area is a combination of pine plantation and open eucalypt forest. There are several cleared plantation areas around the course which have been mapped as open land with scattered trees. There is no riding or crossing these areas. As it is an active plantation area there may be small changes to the vegetation boundaries after map printing. Changes that affect the course will be posted on the notice board. Some tracks are covered in litter and debris. The Highland MTB trails are well used however they have leaf litter and branches falling continuously. These will not be cleaned before the event. The marked routes will be cleaned and taped. If you come across a sign with two arrows pointing downwards, **slow** as it may be a difficult section. There are signs and arrows on most of the MTB trails.

The track grading **Fast/Medium** may change due to logging activity and weather conditions. Most tracks are still fast to ride with the odd sandy section, pothole and rocky outcrops. There are several very fast down hill sections, **Take Care!** Some sections of the single track are one way and are shown on the map as a **path with a direction arrow**. If you unintentionally ride the wrong way, turn around and retrace your track carefully. **Riding the wrong way on the track may lead to disqualification.** We have designed the course to make the single tracks a good route option. There are several short connector tracks from cleared areas on the main tracks into the MTB paths. Most are mapped but are very difficult to see at pace.

SPECTATOR CONTROL

There is a tape and streamer route around the event centre with a spectator control. Most courses will pass through this area. The track is marked as a solid pink line on your map.

Finish: The finish is located near the camping ground/event centre.

Catering: There is a local take away shop at Wingello. We plan on having a sausage sizzle prior to the presentation.

Wingello Takeaway: Open 8.00am to 2.30pm Sunday.

Toilets: There is a drop pit toilet and two portable toilets at the camping ground.

Water: Please bring along sufficient water for the event. No potable water at the event centre.

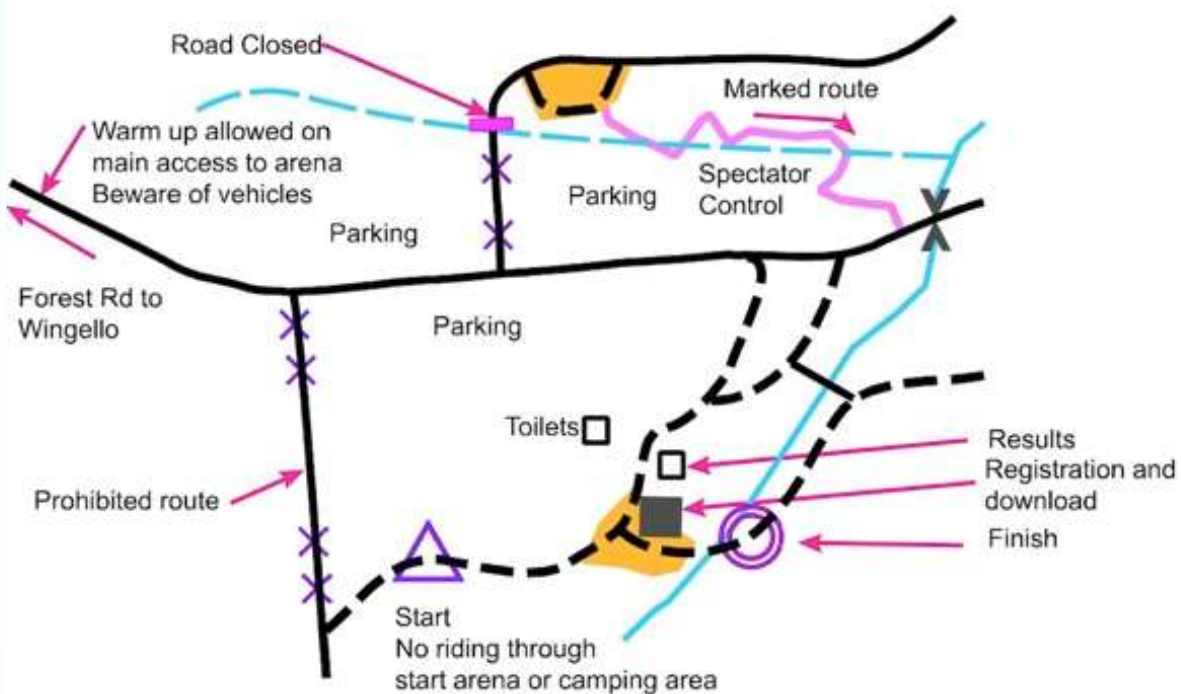
Parking: Parking is around the camping area. Please do not park on Forest Rd. The area is also used by day campers.

LONG COURSE DETAILS

The course details are a guide. Any changes will be noted in the Final Bulletin

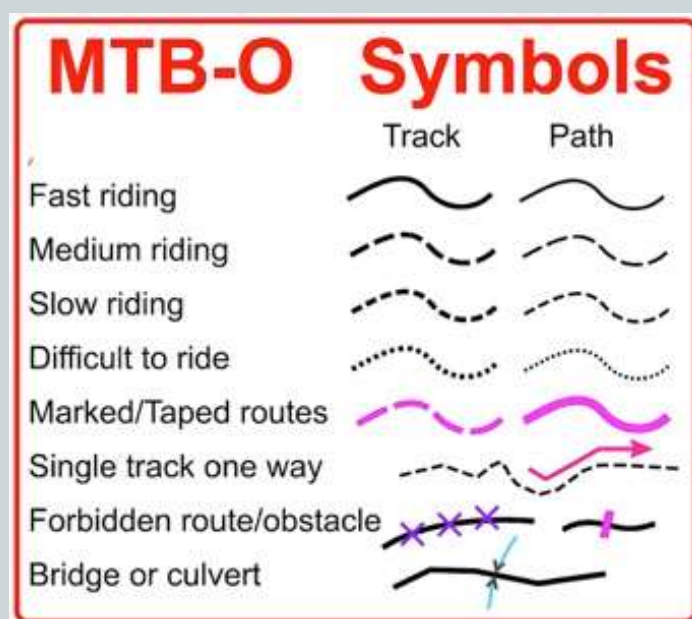
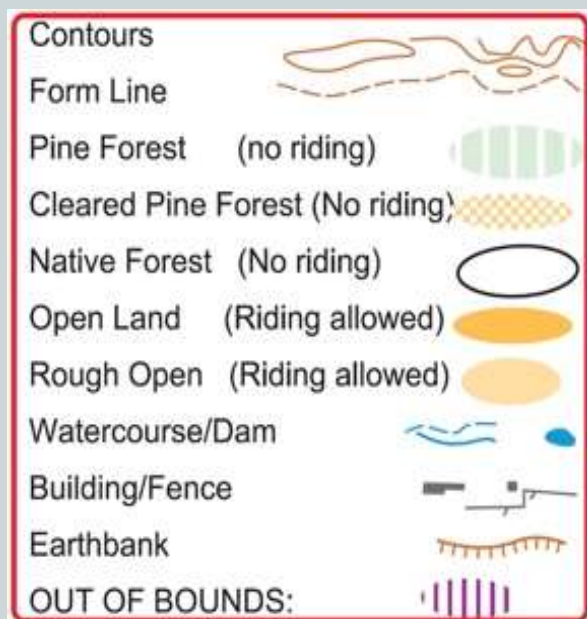
COURSE	CLASSES	DIST	Fastest time	No of Controls	CLIMB
COURSE 1	M21, M40	30km	95/105	19	440m
COURSE 2	M50, W21, W40, M17-20	27km	90/100	19	400m
COURSE 3	M60, M16, W50, W17-20	25km	90/100	18	380m
COURSE 4 & Recreational	M70, M14 W60, W16, Rec	20km	85/95	13	270m
COURSE 5	M12, W70 W14, W12	14km	70/75	13	190m

LONG EVENT ARENA



TECHNICAL INFORMATION

The map legend and MTBO track symbols will be the same on all maps.



Australian MTBO Competition rules will apply to all events:

All maps will conform to current IOF specifications with some changes to forest plantation colours and directional single tracks/Marked routes.

Maps will be printed on waterproof paper.

MTBO SYMBOLS

The **pink broken line** marked route, is an obvious track that has been recently cleaned and has some tape on trees. The **solid pink track symbol** is used in the **Long event** as the taped/bunting track at the camping ground. Riders must follow the tape and arrows. The **solid pink track symbol** on the **Middle map** is used for minor connecting tracks between MTB paths and main tracks. These will have tape on the trees and the entry to the track. These tracks have been cleaned.

SINGLE TRACK ONE WAY

Competitors must enter and ride these tracks in the direction of the arrow.

During all events it is only permitted to ride on tracks marked on the map or open land and rough open land. (See legend)

Competitors riding in the recreational class (non championship) may ride in pairs.

Farm land with or without fencing has been marked as out of bounds.

There is one **controlled crossing** (Control either side of road) on the sprint course.

There will be a Marshall on one track junction on the sprint course to ensure competitor's safety.

You must obey any instruction from the Marshall.

As you will be riding on public roads, competitors must obey road rules, keep to the left unless overtaking and slow for track junctions. There may be vehicles, motor bikes and other bicycles on the course.

START PROCEDURE



The start procedure will be the same at all three events.

Arrive at the start at least 10 minutes before your start time.

Clear and Check your SI unit prior to entering the start.

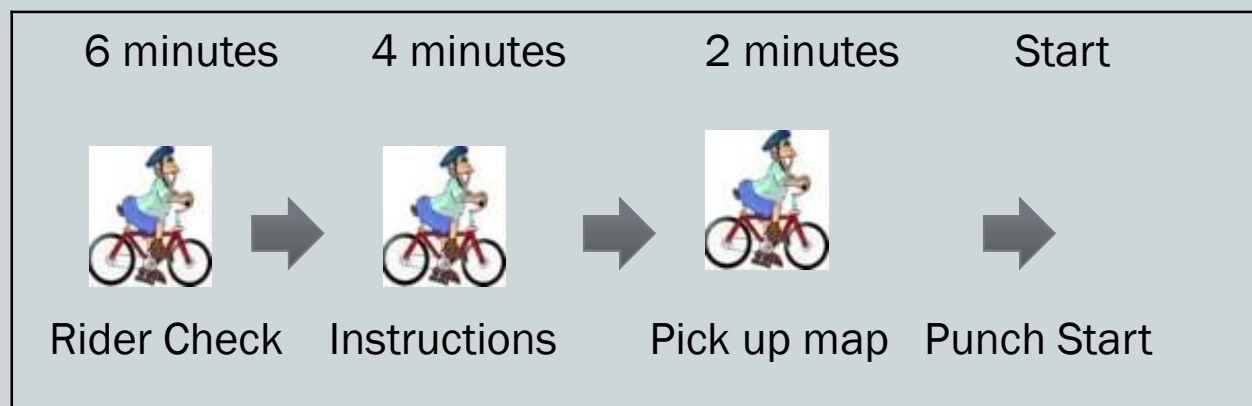
At 6 minutes your name will be called.

At 4 minutes move forward and have your SI unit checked, move up to the tent.

At 2 minutes enter the start tent/enclosure and line up beside your course map tray.

Pick up your map, fix to map board and move to start punch, prepare to start.

Start time, punch start unit and move away from start area.



Each course map will be upside down in a tray with the course number on the back.

Ensure that you line up next to the correct map tray.

When you pick up your map at 2 minutes to go, check that you have the correct map.

Sport Ident

Sport Ident will be used for timing.

Hire units are available at registration.

You can attach the unit to your bike or hand/body.

Make sure you have a safety line on the unit to prevent loss. If you lose your hire unit you will be liable for the replacement cost.

You must punch the start unit to ensure that your course is timed.

Hire units must be returned at the end of the event. Check with organiser at Download

On completion of the course, proceed to the Download location to record your time.

Take your course/time block to the results board.

When you punch the SI control, ensure that the unit lights up or beeps

The SI unit has a wire through the timing hole to anchor to trees.

Ensure that your SI unit fully engages into the timing hole.

PARKING AT KIRRIKEE OUTDOOR CENTRE

