

FINAL INFORMATION FOR RUNNERS: VICTORIAN CLUB RELAY CHAMPIONSHIPS 2013

FINAL NOTES FROM THE COURSE SETTER

1. As is common in relays, there are lots of controls out there. Please check your control codes carefully: you don't want to punch a wrong control.
2. Most courses have criss-crossing of legs. Take care to visit controls in the correct order.
3. There are a number of uncrossable fences which will affect route choices on all courses. Gates and other gaps in the fence that can be walked through are marked on the map with the gate symbol -| | - or just as a space between sections of fence. Other crossing places marked with magenta overprinting)(indicate where trees have fallen on the fence so you can scramble over.
4. There are high cliffs and very steep slopes leading down to the river. Please take care and choose routes wisely. Do not cross the river except at the designated places as indicated below.
5. This area is a popular picnic and walking area so most of the controls are locked: either by a wire or chain securing the control stand to a nearby tree or rock; or control units are attached to a wooden block which is secured to a fence or log etc. All controls have a standard cloth control flag.
6. Group D and the Short Course for Group E have a different start Δ location to the other courses. Group D/Short E will head west from the graveyard; others will head south to their Δ .
7. Groups A, B, C and E Long/medium will pass through a spectator area north of the assembly area approximately 1.5 km before their finish. There will be no announcing of incoming runners. Please watch out for your runners.
8. Groups A and B have part of their courses on the eastern side of the map. After the first river crossing they will cross a deep side-gully. There are a number of small tracks marked on the map which cross this gully – you might consider using these easier/safer crossing places.

MAP SCALES

9. Groups A, B and E Long have 1:10,000 scale.
10. Groups C, D, and E Medium and Short have 1:7500.

RIVER CROSSINGS

11. Groups A and B will cross the Plenty River twice – the first time at a ford on a vehicle track with a fairly even river bottom. The second time is at a compulsory crossing point (marked on the map and on the ground) where the river bottom is more uneven, but river height is less than knee-high. We will provide sticks/poles for those who would like this assistance for crossing. There will be a crossing supervisor here.
12. If the river level is higher than deemed safe for this second crossing, alternative courses will be used. In this case, Group B will NOT cross the river (and their courses will be approx 400m shorter). Group A will have both crossings at the ford (and will have courses up to 900m longer and with approx 50m more climb).
13. A decision will be made on Sunday morning before 10am about the need to use the alternative courses.

COURSE LENGTHS

14. Since publication of expected course lengths, our access to the northern part of the map has been restricted due to environmental concerns.

	Course length	Approx climb	High River option
Group A	7.6 km	220 m	8.0-8.4 km; 280m
Group B	5.7 km	215 m	5.4 km; 185 m
Group C	3.8 km	90 m	
Group D	2.0 km	20 m	
Group E (mixed)	5.8/3.8/2.0	215/90/20	Long: 5.4 km; 185 m

FINAL NOTES FROM THE ORGANISER

1. The assembly area is on a hilltop on open ground and exposed to wind and weather. The forecast is not good. Clubs might consider bringing walls to their shelters. All should bring appropriate clothing. Group A and B runners will get wet feet!
2. There are many kangaroos in the park. Please give them space. If you should encounter a lone joey, please do not disturb it: its mother will return for it when peace descends on her forest again.

Kathy and Ruth. 8 October 2013