

## Final Bulletin SL15 Saturday 22<sup>nd</sup> September 2018 Mount Sugarloaf



Newcastle Orienteering Club is pleased to present to you the penultimate NSW SL event for 2018. You will encounter challenging sandstone terrain with significant variation in runnability, visibility and level of rock detail. The terrain is generally undulating to steep. The shorter courses have been set to avoid most of the rough, steep and thick areas. There are a couple of roads and a track network close to the picnic area and tv towers that have been used for the easier courses. Course lengths for Hard courses are somewhat shorter than normal due to the physical nature of the area. There are great views of the surrounding countryside from the adjacent lookouts and along the walk to the start.

**Map** Mount Sugarloaf **1:7500** for all courses, 5m contours. An ancient map that has been significantly updated by Rob Vincent during July 2018. The map was last used for a SL event many years ago! Course descriptions will be printed on the front of the map but there will be no legend. An old map and a legend will be on display at the EOD/enquiry tent.

**Prominent Landform Feature** (brown triangle) represents "Very large distinctive tree root mounds. However, not all tree root mounds have been mapped, especially less distinctive small ones, or where they are grouped together so unable to be distinguished."

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**Controller:** Rob Vincent

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**Enter on day** A limited number of maps for: Moderate, Easy, Very easy - \$13, Hard 4 \$25. SI stick hire \$3. EOD is available from the EOD/enquiry tent from 12 o'clock onwards.

**Timing** SportIdent - AIR enabled.

Manual punching to your map should be used if the electronic punching has failed.

**Toilets** There is a council-maintained toilet block south of the picnic area (look for sign). Best to stop in the car park next to it before heading north to the event parking area on the other side of the picnic area.

**Start** Queueing starts from 12:30 – 2:30 Competitors should allow enough time to either complete their course or abandon so that they are back at the finish by **course closure time of 4pm**. There will be two starts: Start 2 for Hard 4 and Hard 5 is 100m east of the arena. Start 1 for ALL other courses has a pleasant 1km flat to gentle downhill walk to the start, first along a tar road and then along a good track. Blue/white streamers will mark the way. See the map below. There will be no clothing return. There will be no water available at either start. Clear and check units will be provided at the pre-start. Competitors will move forward at 1-minute intervals for: name checking, control description collection through to standing behind the CORRECT map box. You will need to punch the start units before moving off to the start triangle.

**Water on Course** all courses visit one drinks control which will be indicated on the control descriptions.

**Finish** There will be a common last control with two SI units available for punching. A blue/white streamer finish chute will lead to the Finish which is marked by a red banner.

**Map collection** Maps will not be collected at the finish. Competitors are trusted not to show their map or discuss with anyone who is yet to start.

**First Aid** Qualified club members will be available at the info area to provide basic first aid treatment.

**Catering** Members of the NSW Junior Squad will be offering their normal range of eats and drinks.

**String Course** A free, non-competitive string course will be available 100m from the assembly area and close to Start 2. Please visit the info desk to register between 12:00 and 3:00 pm

**Accommodation** Closest accommodation for Friday night is IBIS Motel at Wallsend. For Saturday night ready for Sunday: anything in the townships of Cessnock, Kurri Kurri, Maitland.

**Courses/Classes** The table below lists the standard courses and age classes for a NSW Middle Distance SL event. Distance and climb are now finalised

Course	Men's classes	Women's classes	Length (km)	Climb (m)
Hard 1	M21A, M35A		4.3	200
Hard 2	M20A, M40A, M45A, M50A, M55A	W21A	3.4	160
Hard 3A	M16A, M60A, M65A, M21AS	W35A, W40A, W45A	2.9	140
Hard 3B	M70A, M35AS	W16A, W20A, W50A, W55A, W60A	2.6	120
Hard 4	M75A, M45AS, M55AS	W65A, W70A, W21AS, W35AS W45AS, W55AS	2.3	80
	EOD-H4			
Hard 5	M80A, M85A, M65AS	W75A, W80A, W85A, W65AS	1.9	60
Moderate	M14A, M Open B, M Junior B	W14A, W Open B, W Junior B	2.4	0
	EOD-MOD			
Easy	M12A	W12A	2.6	90
	Open Easy, EOD-E			
Very Easy	M10A, M10N	W10A, W10N	2.2	90
	Open Very Easy, EOD-VE			

Note: The **Very Easy** course has 2 taped routes - from control #8 to #9 and heading out of #10.

As it is a non-competitive course, participants in **M/W10N** can receive assistance prior to beginning and are able to be shadowed around the course. Shadowers should move into active care mode when approaching road crossings.

## DIRECTIONS

**From Newcastle** Head west from Wallsend along the Newcastle Link Road, straight ahead through 2 roundabouts. At the major intersection with Cameron Park Drive / Woodford Street (traffic lights), turn LEFT. Continue 1.8 km along Cameron Park Drive, then RIGHT at the next roundabout onto George Booth Drive. Proceed straight ahead across the M1 Motorway and into Seahampton. 1.2 km from Seahampton Fire Station (on the bend), turn left at the blue Recreation Reserve sign. From here, it is approx. a 3.4 km climb to Mount Sugarloaf Reserve. **Watch for runners crossing the road as you approach the top of the mountain.** Parking will be north of the picnic area.

**From Sydney / M1 (northbound)** Take the Cardiff exit from the M1 (that's the exit *before* the Newcastle exit), turn LEFT onto George Booth Drive and proceed into Seahampton. 1.2 km from Seahampton Fire Station (on the bend) turn left at the blue Recreation Reserve sign. From here, it is approx. a 3.4 km climb to Mount Sugarloaf Reserve. **Watch for runners crossing the road as you approach the top of the mountain .** Parking will be north of the picnic area.

**From the M1 (southbound) or M15** Take the Newcastle exit from the M1 or M15, and move into the RIGHT-most lane as soon as possible, so that you can turn right at the first intersection with Cameron Park Drive / Woodford Street (traffic lights). Continue 1.8 km along Cameron Park Drive, then RIGHT at the next roundabout onto George Booth Drive. Proceed straight ahead across the M1 Motorway into Seahampton. 1.2 km from Seahampton Fire Station (on the bend), turn left at the blue Recreation Reserve sign. From here, it is approx. a 3.4 km climb to the Mount Sugarloaf Reserve. **Watch for runners crossing the road as you approach the top of the mountain.** Parking will be north of the picnic area.

**From Kurri Kurri** Take John Renshaw Drive to Buchanan, turn right and head towards Cardiff on George Booth Drive. Approx. 6.9 km after the intersection with Richmond Vale Road, turn right into Mount Sugarloaf Road. From here, it is approx. a 3.4 km climb to the Mount Sugarloaf Reserve. **Watch for runners crossing the road as you approach the top of the mountain.** Parking will be north of the picnic area.

**COORDINATES:** -32.889486 151.539735

**Parking** Will be amongst the trees on the northern side of the picnic area. We are trying to not totally invade the general picnic area and its parking, so please follow directions of any parking officials..

**SAFETY** Safety Bearing is North, head uphill until you see TV towers to relocate, then North to Picnic Area.

Trail bikes and 4WD vehicles are active in the area. Listen for their approach and **KEEP OUT OF THEIR WAY** by moving off tracks. It is safest to assume that they have not seen you.

All competitors need to cross the main tarred access road; **look both ways, don't just dart out onto the road.** All courses will also cross a gravel road. Marshals will be in place to help Very Easy and Easy competitors (please follow their instructions for your own safety). Others competitors to use common sense and caution.

"Sections of old cattle fence still exist in the area. These are shown on the map. Where they are not obvious in the field, and on a route likely to be followed by a competitor, they will be marked with coloured tape. This particularly affects Hard 1. Take care."

**VERY HIGH CLIFFS** are located on the edge of most boundaries of this map and should not be approached as the ground above them can be slippery or crumbly making the surface unstable!

Areas of dense, scratchy vegetation are present. Protective clothing and eye protection are recommended for those undertaking the more advanced courses. There are several watercourses in the area that have deep erosion gullies and slippery rock surfaces. The map detail shows the locations where there is significant erosion and where the sides are vertical. Loose rocky surfaces, slippery embankments and slopes are present in some areas of the map. Competitors are advised to take care, especially in wet conditions.

Also....TICKS are active in the area, so competitors should check for these after their run.

## EVENT LAYOUT

