

## Final Bulletin SL16 Sunday 23<sup>rd</sup> September 2018 Kitchener



Newcastle Orienteering Club is pleased to be able to bring you the final SL event for 2018. The event is being held south of the township of Kitchener. The terrain varies from gently undulating in the west and north to steep in the south-east. The flatter areas include subtle gully and watercourse features. Some of the major watercourses are deeply eroded with intricate erosion detail (as pictured above). Overall, the area provides for fast running and there is an extensive track network. Although there are some fences throughout, and they are easily crossed, we recommend you take care as some mapped fences are in poor repair and may be difficult to see. We also recommend full body cover for the occasional foray you'll make into thicker vegetation.

**Map** Southams Road West **1:10000** for most courses, **1:7500** for Hard 7, Hard 8, Easy, Very Easy. Contour interval 5m. Map last used for a SL event in 2003: Middle Distance event for NSW Champs.

Course descriptions will be printed on the front of the map but there will be no legend. All maps A4 size. There will be a map exchange (turn map over) for course Hard\_1 and Hard 2. An old map and a legend will be on display at the EOD tent.

**Planner** Ian Dempsey  
**Controller** Rob Vincent

**Contact** Geoff Peel 0422471353  
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**Enter on day** Limited maps for: Moderate, Easy, Very easy - \$13; Hard 5 - \$25; SI stick hire \$3. EOD is available from the EOD/enquiry tent from 10 am onwards.

**Timing** SportIdent - AIR enabled. Manual punching to your map should be used if the electronic punching has failed.

**Toilets** There will be two port-a-loos at the event. There is also a council maintained toilet block at Kitchener Park (about 800m north of parking) which you might utilise on the way to the event.

**Water on Course** Longer courses will have drinks control(s) as indicated on the control descriptions.

**Start** Queuing starts from 9:30 – 11:30. 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 2pm**. There is a single start for all competitors 200-400m from parking and about 700m from the arena, with a gentle 10m climb. Follow streamers along the fence adjacent to the eastern side of the road. There will be some water at the start but no clothing return. 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 and standing behind the right map box.

**Finish** There are multiple last controls and a streamer finish chute leading to the finish marked with a red banner. The areas to the north of this streamer are out of bounds. SI stick download will be adjacent to the finish.

**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 adjacent to the assembly area. Please register at the info tent from about 9:30 am.

**Accommodation** Closest accommodation 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 Long-Distance SL event. Course length and climb are now finalised.

Course	Men's classes	Women's classes	Length (km)	Climb (m)
Hard 1	M21A		12.5	280
Hard 2	M20A, M35A, M40A		9.6	220
Hard 3	M45A	W21A	7.6	165
Hard 4	M50A, M21AS	W20A, W35A, W40A, W45A	6.5	160
Hard 5	M16A, M55A, M60A, M65A, M35AS	W50A	5.6	100
	EOD-H5			
Hard 6	M70A, M45AS	W16A, W55A, W60A, W21AS	4.6	85
Hard 7	M75A, M55AS	W65A, W70A, W35AS, W45AS, W55AS	3.9	60
Hard 8	M80A, M85A, M65AS	W75A, W80A, W85A, W65AS	1.8	20
Moderate	M14A, M Open B, M Junior B	W14A, W Open B, W Junior B	4.3	80
	EOD-MOD			
Easy	M12A	W12A	2.5	75
	Open Easy, EOD-E			
Very Easy	M10A, M10N	W10A, W10N	2.1	40
	Open Very Easy, EOD-VE			

## DIRECTIONS

**From Newcastle** Head north-west along the Newcastle Link Road, straight ahead through 2 roundabouts and onto the M15. Take the Main Road: Kurri Kurri, Maitland & Cessnock exit and turn left, go up the hill into the centre of Kurri Kurri, turning right at the roundabout. From there, follow the signs to Cessnock, through Weston & Abermain. At the second set of traffic lights, turn left into Vincent Street and follow this straight through the centre of town. Keep going straight, past the sports field and over the railway line (becomes Quorrobolong Road), follow this road to Kitchener. About 700-800 m past the Poppethead Park in the centre of town, prepare to park on the eastern (left) side of the road.

**From Lake Macquarie** Head south on the M1, take the Palmers Road: Toronto & Cessnock exit, turn right towards Cessnock, then another right to Freemans Drive at Freemans Waterhole (becomes Leggetts Drive). Approx. 9.2 km north of the top of Brunkerville Gap, turn left (at roundabout) onto Lake Road. Follow this for 7.3 km, then turn left onto Kearsley Road (signposted to Abernethy). Note this turn is shortly *after* Kearsley Selections Road. Proceed a further 1.9 km, turn right into Abernethy Street (signposted to Kitchener), follow this 2.5 km to the end. Turn left onto Quorrobolong Road and after 300-400 m prepare to park on the eastern (left) side of the road.

**Alternately:** as you drive along Freemans Drive (which turns into Leggetts Drive), about 9.5km past the roundabout at Freemans waterhole you will see a left turn signposted Sandy Creek Road, Quorrobolong. Follow this pleasant country drive for approximately 12.5km and turn right towards Cessnock. Note: this route contains a windy section and a single lane, no passing, wooden bridge.

**From Sydney & the south:** Head north on the M1, taking the B82 Freemans Drive: Kurri Kurri & Cessnock exit, then turn left and proceed straight through Freemans Waterhole (becomes Leggetts Drive). Approx. 9.2 km north of the top of Brunkerville Gap, turn left (roundabout) onto Lake Road. Follow this for 7.3 km, then turn left onto Kearsley Road (signposted to Abernethy). Note this turn is shortly *after* Kearsley Selections Road. Proceed a further 1.9 km, turn right into Abernethy Street (signposted to Kitchener), follow this 2.5 km to the end. Turn left onto Quorrobolong Road and after 300-400m prepare to park on the eastern (left) side of the road.

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**From Cessnock:** Leave Cessnock heading south via the main street, Vincent Street. Keep going straight, past the sports field and over the railway line (becomes Quorrobolong Road), follow the road to Kitchener. About 700-800 m past the Poppethead Park in the centre of town prepare to park on the eastern (left) side of the road.

**Coordinates** -32.886652 151.368158

**Parking** Please follow the directions of parking officials on arrival. Parking will be mostly on the east side of Quorrobolong Road. Parking will be 200-400m from the start and 300-600m from the arena (see event layout map below).

**SAFETY** Several sections of the Very Easy course have been streamered with black/yellow tape to keep juniors away from steep embankments. One very steep erosion gully on this course has been marked with red/white out of bounds tape. Please let juniors in your care know of this.

Quorrobolong Road is 100 km/hr speed limit adjacent to the parking and competition areas. Competitors should exercise due caution when parking, exiting/entering cars, walking to the start and arena, and when leaving the venue. Preferred parking is on eastern side of road (same as event area). Parents please ensure your children are supervised.

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.

Areas of dense and scratchy vegetation are present. Protective clothing is recommended for those undertaking the more advanced courses.

There are many sections of ruined fences in the area. While these fences are shown on the map, they are not always obvious in the field and may be a trip hazard. Sections of ruined fence will be marked with coloured tape in high traffic areas.

There are several watercourses in the competition area that have deep erosion gullies and slippery rock or gravel surfaces. The map detail shows the locations where there is significant erosion. You should take care in these areas.

## EVENT LAYOUT

