

# Welcome to ACT MTBO Championships 2018

Incorporating  
The National MTBO Series and 2019 World Masters MTBO Series

Please read the following information thoroughly as it contains all the information you need for the weekend. Where information is different for each event it will be outlined separately.

**Middle Distance – East Kowen - Saturday 13 Oct 2018**

**Long Distance – Pierce's Creek – Sunday 14 Oct 2018**

## Registration

Registration is now open at Eventor and will close midnight of October, 10<sup>th</sup> (Wed).

Please secure your registration for Middle here:

<https://eventor.orienteering.asn.au/Events/Show/6187>

Please secure your registration for Long here:

<https://eventor.orienteering.asn.au/Events/Show/6188>

There will be limited Entry on a Day (EOD) available, on Open Courses 3, 4 and 5.

Middle Distance EOD registration will be from 11:30 to 12:00 at the Assembly area.

Long Distance EOD registration will be from 09:00 to 09:30 at the Assembly area.

## SIAC, Map Board HIRE

SIAC (\$5/per day), Map Board (\$5/per day) will be available for Hire.

Please order these with your entry.

Please remember to return to Registration tent after the finish of all your races.

## Public Area Use and Road use

Please be aware that we don't have exclusive use of the event areas. There may be members of the public within the areas. This includes walkers, bicycle riders, horse riders, cars and particularly motor bikers (!). Please watch around, particularly motorbikers who develop high speed and could be less attentive to other road users. Please observe road rules when riding – this means keep left at all times and give way when required. You must wear an approved cycling helmet.

You must remain with your bike on the course at all times. Walking or carrying bike is permitted. You must remain on mapped tracks/roads. Off track riding is not permitted.

On single track, please allow faster riders to pass when you are able. Faster riders, please be considerate to the slower riders and give them time to safely move off track. Two way riding is allowable on Kowen East map single tracks and on all roads at Pierces Creek. Please be aware of riders approaching from the opposite direction.

## **SIAC Timing**

SIAC will be used at the events. If you do not own a SIAC chip, you can hire at time of entry. It is the competitor's responsibility to ensure that you receive a visual or audible signal from the timing unit/chip as an indication of visiting control. Failure to do so will result in a "mispunch". The map has reserve punch boxes which should be used in the case of a SIAC unit not working. Controls must be visited in order.

## **START**

Day 1, 13<sup>th</sup> October, Middle Champ, Allocated start times 12:00pm-2:00pm

Day 2, 14<sup>th</sup> October, Long Champ, Allocated start times 9:30am-11.00am

Start times both days will be at 2 minute start intervals. Start Lists for both days will be available on October 11<sup>th</sup> (Thursday ) at Eventor. Enter on a day will be able to start at vacant minutes.

Please ensure that you do **Clear and Check** before you enter the start. Clear and Check units will be in front of the Start area. Timing will commence once the start unit has been punched. You will have 1 minute to plan your course.

## **FINISH**

All riders **MUST** punch the finish control and **MUST** return to the download table whether they complete the course or not.

## **Course Closure**

Day 1, 13<sup>th</sup> October, Middle Distance Champ – Courses close at 4:00pm

Day 2, 14<sup>th</sup> October, Long Distance Champ, Courses close at 1:30pm

## **WATER**

There is limited water available at the start and finish – please bring your own water. There is no water on the course.

# **ACT MTBO Middle Distance Championships**

**Date:** Saturday 13 October 2018, Kowen East

**Start times:** From 12:00 till 2:00pm. Start Interval 2 minutes.

**Map:** Kowen Forest 1:10,000 5m contours

**Map Size:** A3

**Course Setter:** Jim Anderson,

**Controller and Day Organiser:** Ann Scown

**Assembly Area:** Parking along the road next to Sparrow Hill Mountain Bike parking, Sparrow Hill Rd. Follow Orienteering signs to Assembly area.

Driving directions from Google are available on Eventor. Registration/Assembly Area/Start and Finish are a short walk from car park.

**Course Closure:** 4:00pm. You must return to the finish by this time.

**Course Details comments:**

**The Middle Distance** will challenge competitors with a combination of excellent single tracks and undulating fire roads.

**Course Setter:** Jim Anderson's notes: Like a Rossini Overture – this MTBO course packs a punch with dainty melodies and plinking accompaniment that doesn't take long to erupt into pure fireworks. The scene is set for a boisterous affair with white-knuckle cheeky melodies that build to a thunderous crescendo of trumpet fanfare and cracking snare drums...

Fast, graded fire-trails in rollicking open country combined with curvaceous single track in established pine plantation, interspersed with gnarly native forest paths is the setting for the Middle Distance ACT 2018 MTBO Champs.

The steep sections of East Kowen have been avoided to enable fast times on well-worn flowing trails, still allowing a wide selection of route choice on terrain that provides a mixed bag of riding conditions. Experienced riders on Course 1 should expect ride times of 55mins, and 35mins for novice riders on Course 5. Topographic elevation varies in the scope of 740 - 880m.

After a long dry Winter, Spring conditions will greet the riders in this area of prized mountain-biking that has seen numerous epic mtb marathon events over recent years. The vast clear-felled area of *Bald West* and *Bald East* is now exposed and rugged. It has been rejuvenated by a unique trail building partnership set-up by the **Kowen MTB Resurrection Track Rebuilding Group** and the **ACT Parks & Forestry Department**. This is an Australian first in the multiple-use of forests for recreational use, which, Mountain Bike Orienteers get to share and enjoy.

This is the first time that Sport Indent Air Controls **SIAC** is to be used for a MTBO event in the ACT. Where possible, depending on route choice, the controls will be set up to enable riders to stay on the saddle and keep riding past the controls without stopping to punch. Proximity of 30cm is required for the *swipe* to be effective – as well as common sense to ensure the *reader* has registered with an appropriate *ping*. Competitors patience and co-operation is sought in the nursery phase of trialing this new system.

<b>Course</b>	<b>Class</b>	<b>Distance</b>	<b>No of Controls</b>	<b>Expected winning time (Middle)</b>
<b>Course 1</b>	<b>M21, M17-20, M40</b>	<b>17 km</b>	<b>14</b>	<b>55 minutes</b>
<b>Course 2</b>	<b>W21, W17-20, W40, M16, M50, Open 2</b>	<b>15 km</b>	<b>12</b>	<b>45 minutes</b>
<b>Course 3</b>	<b>W16, W50, M60, Open 3</b>	<b>13 km</b>	<b>10</b>	<b>45 minutes</b>
<b>Course 4</b>	<b>W14, W60, W70, M14, M70, Open 4</b>	<b>11.5 km</b>	<b>10</b>	<b>35 minutes</b>
<b>Course 5</b>	<b>W12, W80, M12, M80, Open 5</b>	<b>10 km</b>	<b>8</b>	<b>30 minutes</b>

## Facilities:

It will be no shelter facilities; Mobile Toilets will be provided

## Emergency Contact Number

Call Jim 0417 651 174, in an emergency

## Presentations

Awards for Place getters in all classes (except Open), will be made as soon as results are finalised.

# ACT MTBO Long Distance Championships

**Date:** Sunday 14 October 2018

**Start times:** From 9:30am till 11:00am

**Map:** Pierce's Creek 1:15,000 5m contours

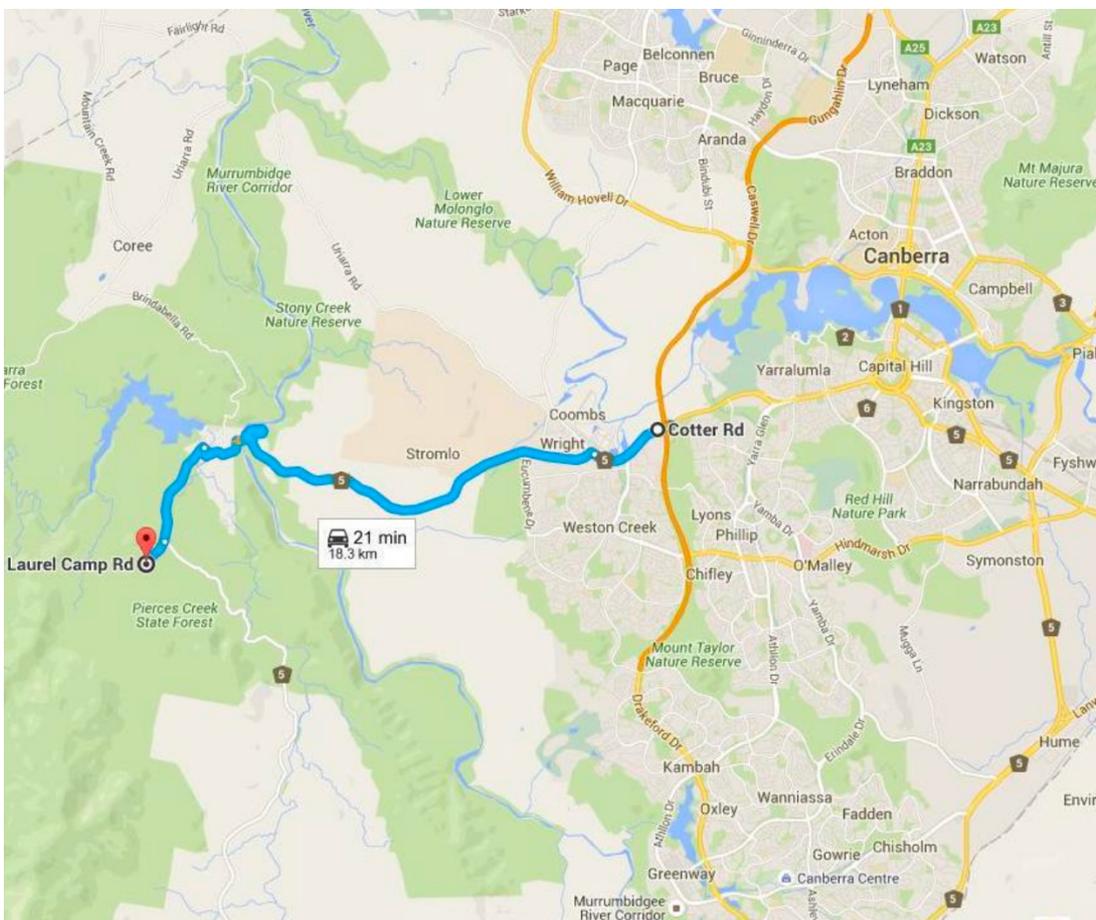
**Map Size: A3**

**Course Setter and Day Organiser:** Marina Iskhakova

**Controller:** Fedor Iskhakov

**Assembly area:** Laurel Camp Road, Pierces Creek.

**Directions from Canberra:** take the Cotter Rd towards Cotter Dam. After crossing the river (at the long bridge with traffic lights) continue along Cotter Rd (which becomes Paddy's River Rd) for 4.3km and take a right turn into Laurel Camp Rd. This turn will be signposted. Travel for approx. 700m and the assembly area is on your left. Please watch out for cyclists when entering and leaving the area. Please park in the car park near the assembly area. Administration / Assembly Area / Start Control and Finish all a short walk from car park.



Registration/Assembly Area/Start and Finish are a short walk from car park.

Driving directions from Google are available on Eventor

<https://eventor.orienteering.asn.au/Events/Show/6188>

**Course Closure:** 1:30pm. You must return to the finish by this time.

**Course Setter:** Marina Iskhakova's notes:

**The Long Distance** is predominately a network of fire trails with limited single track. The single track has been made for motor bikes, but mostly nice and sandy bits have been used for courses; rough single tracks are limited, but still single tracks of not of the same top standard experienced at East Kowen at Middle and a bit slower. Majority of legs in each class offers a route choice. In Elite a significant climb is offered (see table below). Stay alert for motorbikes. Watch for the riders approaching in the opposite directions at fire trails and particularly at single tracks. Change of speed, change of direction, a balance of fast fire trails with slower but enjoyable single tracks will be offered. At longer courses fantastic views are incorporated in courses design as well. Be prepared to long simple physically challenging legs mixed with navigationally more demanding legs. Lengths of the courses along with the climb satisfy winning time requirements. Enjoy your course!

Course	Class	Distance	No of Controls	Elevation gain	Expected winning time
Course 1	M21, M17-20, M40	23.4 km	21	800	105 min
Course 2	W21, W17-20, W40, M16, M50, Open 2	19.0 km	18	600	85 min
Course 3	W16, W50, M60, Open 3	16.3 km	15	350	85 min
Course 4	W14, W60, W70, M14, M70, Open 4	11.4 km	12	200	65 min
Course 5	W12, W80, M12, M80, Open 5	7.7 km	8	150	60 min

**Facilities:**

It will be no shelter facilities; Mobile Toilets will be provided.

**Emergency Contact Number**

Call Marina 0412 308 310, in an emergency

**Presentations**

Awards for Placegetters in all classes (except Open), will be made as soon as results are finalised.

**More information on ACT MTBO:**

<http://act.orienteering.asn.au/event-series/mountain-bike-orienteering/>

**Learn to navigate at higher speed!**