2019 VICTORIAN CLUB RELAY CHAMPIONSHIPS

Mt Lofty (near Redesdale / Lake Eppalock) **- Sunday April 7**

Course planner: Rex Niven **Event advisor:** Sheila Colls (Yarra Valley)

There are four courses ranging in length and difficulty, plus a mixed (combination) course.
Each team consists of three competitors usually from the same club.
Club Event managers will arrange your club's teams.

Courses:

- Course 1 – 4.8 km, hard physical / hard navigation;
  for men's and women's elite, and juniors who are used to running hard courses
- Course 2 – 3.7 km, hard physical/ hard navigation;
  for those who normally run courses 2 or 3 at a VicAutumn Series event
- Course 3 – 2.5 km, moderate physical / hard navigation;
  Course 4 – approx. 1.2 km, easy physical / easy navigation;
  for novices and youngsters
- Course 5 – Mixed:1 short leg, (course 4);1 long leg (course 2), 1 moderate leg (course 3)
  Course 5 will be run in that order for all runners.

The faster runners on the longer courses are expected to take 30-35 minutes per leg.

Eventor Entry Process:

Entry is paid by your club's Team Manager, NOT by individuals.
Team managers will enter team details into Eventor and organise a direct payment to Nillumbik Emus

Your club will contact you for details, and you will pay your club team manager for your entry.

Entry fees: Members: **$20 per adult** (i.e. $60 for a team of 3 adults), $12 per junior (u-21).
Members' family cap: $52

Non-members can only compete if they are members of a club and Orienteering Victoria
OV membership fees are $35 for adults and $6 for juniors.
Clubs have their own range of free or very minimal membership fees.

Map: Mt Lofty - first used in 2018, mapped by Alex Tarr and conforms with ISOM 2017 specifications

Map Scale: 1:10,000 with 5 metre contours.

Mt Lofty is managed by Parks Vic and is beautifully maintained. It is popular with mountain bike riders. The KONA MTB event is held here every few years in the greener areas.

The terrain is typical of areas around Lake Eppalock, mostly very open running. There are some steeper slopes with 100m fall across the map, and vegetation on 20%. There are plenty of rock features but not many tracks and no gold mining.

Travel Directions:
From Melbourne take Calder Highway exit onto Heathcote/Eppalock Rd at Kyneton.
Follow C326 north to Barfold and then Redesdale (toilets, fuel).
Turn left towards Lake Eppalock. After 4km turn left at the roundabout onto Racecourse Rd (O sign).
After 1.6km turn right onto Mt Lofty Rd (O sign).
After 600m enter forest and follow O signs for 2km.

From Bendigo take C327 via Strathfieldsaye and Lake Eppalock to roundabout.
Follow O signs as above and park as directed.

From Ballarat travel via Creswick and Chewton.
Take Golden Point Rd, cross freeway to pick up Faraday Sutton Grange Rd and then Redesdale Rd to roundabout and follow O-signs as above.

Start time: Registration opens at 10am.

Competitor briefing at 10.45am. First leg runners start at 11am.
Second mass start (for competitors not yet started) at 1pm.

Catering: The Junior squad will provide limited basic catering - cakes and refreshments.

Toilets: There will be portaloos at the event. There are public toilets in Kyneton and Redesdale.

Prizes: There will be a prize ceremony**.**

Please contact the organiser if you would like us to offer a string course or similar activity for your youngsters.
Organiser: Robert Edmonds rob.edmonds@bigpond.com