



**NSW MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS
LONG DISTANCE**

**Australian MTBO Series Round 1
Australian Team Selection Trials**

**Kevin Evans Oval, Appletree Road, Homesville
Sunday 9:00am 7th April 2019**

**Start window: 9:00-10:30am
Course Closure: 1:00pm**

**Note: Daylight savings ends on Sunday morning. Please remember
to adjust your clocks and get to the event at the correct time.**



Road Directions

From the South: Follow Pacific Motorway/M1 north to the West Wallsend Interchange. Take the Cardiff exit to George Booth Drive/B89. At the roundabout turn right onto George Both Drive towards Newcastle/Cardiff. Follow for approximately 700m, turn right at the roundabout, taking the third exit to Carrington Street. Follow for approximately 1km and turn left into Withers Street. Follow for approximately 1km and turn right into Appletree Road. The event/assembly is approximately 1.2km along Appletree Road.

From the North/Airport: Follow signs to the Pacific Motorway/M1. Follow Pacific Motorway/M1 south to the Newcastle Interchange. Take the Wallsend/Newcastle exit to the Newcastle Link Road/A15. You will be heading east on the Newcastle Link Road. After 500m turn right, at the lights, onto Cameron Park Drive. Follow for approximately 2km, cross the roundabout, taking the second exit to Carrington Street. Follow for approximately 1km and turn left into Withers Street. Follow for approximately 1km and turn right into Appletree Road. The event/assembly is approximately 1.2km along Appletree Road.

Parking

Please park as directed. Parking will be on both sides of Appletree Road.

Please don't park on the cycleway.

Event Arena

The event arena will be adjacent to Appletree Road and parking.



Courses

| Course | Class | Time | Length | Controls | Climb |
|--------|------------------------------|---------|--------|----------|-------|
| 1 | M21 | 105-115 | 25.3 | 18 | 455 |
| 2 | M20,M40,M50 | 100-110 | 22.6 | 19 | 410 |
| 3 | M60,W21 | 100-110 | 19.5 | 16 | 325 |
| 4 | M70,W40,W50, Rec1,E-mtb | 95-105 | 17.6 | 13 | 275 |
| 5 | M16,W20,W60 | 85-95 | 15.1 | 12 | 230 |
| 6 | M12,M14,W12,W14,W16,W70,Rec2 | 80-90 | 11.95 | 11 | 210 |

Registration

Registration will open at 8.00am. Please make sure that all outstanding monies have been paid prior to the event. ALL competitors are required to go to registration before their first event. Your entry details will be confirmed and you will be issued with an SI stick (if hired). If you own an SI or SI Air (SIAC) stick bring it to registration so that the number can be checked. For newcomers, basic instruction will also be available if needed, just ask the officials. If you have requested a hire map board these will also be available at registration.

Event Area

The long courses start and finish on the area used for the sprint on Saturday. The 1:12,500 scale is used to provide clarity of the dense track network. The long course area is a combination of open bushland on the hills and ridges and some thicker forest along the creek lines. The area has several hills and two steep ridges. The area has a network of single track and 4WD tracks. The 4WD tracks are regularly used following rain by locals to test their 4WD skills and consequently are rough and rutted. In some areas the tracks cross and merge into large areas of bare ground.

The Pacific Motorway/M1 cuts through the centre of the map. Riders must not enter the out of bounds area that fringe the Motorway. There are two underpasses of the motorway and all courses and competitors need to use these underpasses.

Motor bikes and four wheel drive vehicles use this area. Competitors should listen for vehicles and get out of their way if necessary.

Wet Weather, Tracks, Bridges and Creeks

Newcastle and surrounds has experienced a number of days of heavy rain in the recent weeks. The area has been checked after the latest heavy rain on Saturday and there are currently no significant issues.

The forecast for the days leading up to the events is for a couple of days with low rainfall and a couple of days with none. Saturday and Sunday are currently forecast to be dry. Times may be longer than planned if the area remains wet.

Some of the tracks and paths in the event area are clay based and can become sticky or slippery depending on how wet they are. The sprint area is less affected by rain than the middle and long area. As a general rule for the area paths are less impacted by rain than the major 4WD tracks.

The bridges in the long area are all still in place and above water. One bridge is signed on either side as it has challenging approaches and mark as a hazard on the map. It is able to be ridden, depending on your riding ability.

There are several creek crossings on the long map that currently have water in them. The water is currently shin deep. You will get wet feet. The crossings will be inspected prior to start and indicated on the display and an update provided at the start briefing if necessary.

Map

The map is printed at A3. Scale is 1:12,500 for all courses, contour interval 5 metres.

The legend will be on map.

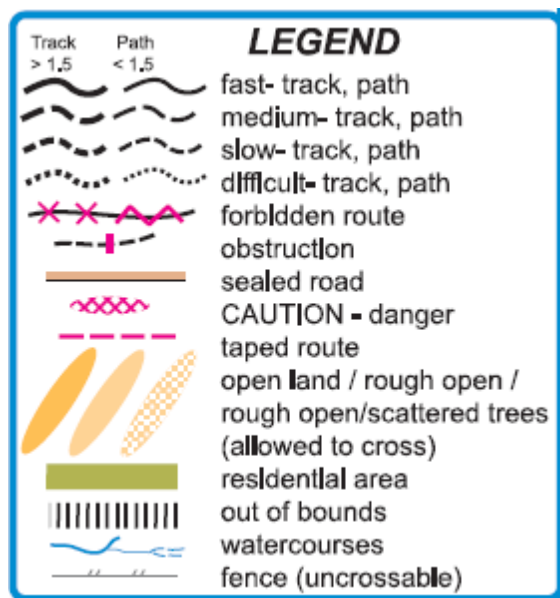
The tracks and paths vary in visibility with the main cross country route being well worn.

Tracks and paths are mapped based on size and riding speed. Mapping is not based on visibility.

As a general rule only tracks and paths that have bare earth as the base are mapped.

Updating of the map was completed two weeks prior to the event. The area is very "active" and new tracks and paths could have appeared since the map update was completed.

The previous version of the map will be on display at registration and a PDF copy available via eventor.



Permitted Riding

Riding is permitted on mapped tracks and paths.

For the events in the 2019 NSW MTBO Championships riders are allowed to cross open, open with scattered trees, rough open and rough open with scattered trees.

For the events in the 2019 NSW MTBO Championships two type of tape are being used.

- Blue and white striped tape is used where tracks are difficult to see. You may ride on tracks marked with blue and white tape.
- Red and white striped tape is used to block crossing where tracks come close together but do not join. Crossing between these tracks is not permitted and may result in disqualification.

Riders can use all tracks on the map in any direction. Many of the paths and tracks in the area have signs, arrows, tapes of various colours and other items to guide riders around the cross country track.



Water

Everyone is urged to drink plenty of water before starting their ride. There is no water out on the course, so you must take all water you require for the event with you. Please bring your own water for use before and after the event.

Clear & Check

Clear & check units will be available at the registration desk and in the start staging area.

The check unit will turn on SI Air sticks. A SI Air test unit will be located in the start staging area for you to check or practice using SI Air.

It is the competitor's responsibility to ensure they have correct SI or SIAC and that it is cleared before the start.

Note: Once your SI Air stick is switched on do not approach the start unit until you start. The start area will be set up to prevent this happening.

Start

The start is approximately 150m from the parking and assembly area.

All classes will use a start control. You must record the start control by dipping your normal SI stick or waving your SI Air stick.

Start times will only be allocated for elite classes, W20, M20, W21 and M21.

For all other classes you may start at any time in the start window. Please report to the start official who will mark off your name and allocate you a time/position in the line.

You should ensure that you start at a time that allows you to finish the course prior to course closure.

Start Procedure

Arrive at the start at least 6 minutes before your start time.

Clear and Check your SI unit prior to entering the start.

At 6 minutes your name will be called or marked off.

At 4 minutes move forward and have your SI unit checked, move up to the tent.

At 2 minutes enter the start tent/enclosure and line up beside your course map tray.

Pick up your map, fix to map board and move to start line, prepare to start.

Start time, punch start unit and move away from start area.

LONG START 3 minutes between starts

Rider Check



6 minutes



Instructions



4 minutes



Pick up map



2 minutes



Punch Start

Start

Controls

For the events in the 2019 NSW MTBO Championships two types of controls will be used.

- Standard orienteering control stands mounted on the ground.
- Corflute controls mounted on trees.



Control numbers can be found on the control stand, corflute backing and SI unit.

All controls have a standard orienteering flag attached.

All controls will be secured by a cable and lock to keep them secure. The cable passes through the hole in the SI unit and can sometimes make it slightly slower to insert your SI stick. Please make sure that your stick registers.

If the SI unit is not working please use the pin punch attached to the control in one of the punch boxes on your map.

Finish

At the finish, if you have a SI Air Stick wave it over the finish unit as you pass, or if you have a standard SI stick insert it into the Finish unit. Please move away promptly from the finish unit to allow following riders to access the finish control. Make your way to the finish tent to have your stick downloaded. If you have hired a SI stick, we will retrieve this from you after your last race. Results will be displayed in the finish area. Posted results will be preliminary, until all competitors are in and any protests are resolved.

If you decide not to finish your course, you **must** visit the finish and then the Download tent **to avoid a search being mounted for you!**

The finish control will turn off the SI Air stick.

Safety

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to registration for assistance, if possible. Mobile phone coverage is generally available on course and assembly area.

Bring your own medical items for pre-race treatments.

There will be a trained first-aider in the assembly area.

Safety Bearing – The safety bearing is indicated on the map. The number of the mobile phone held at the assembly area is also printed on the map.

Course Closure

The course closes at 1:00 pm.

If you have not finished your course at this time, you must abandon your course and return to the assembly area as quickly as possible **AND REPORT TO THE FINISH TENT**. The SPORTident units are programmed to turn off at set times so you may be unable to punch controls if out after the closure time.

Presentation

The presentation for the sprint and middle events will be held along with the presentation for the middle event, following the completion of the middle event.

Complaints and Protests

Complaints must be lodged, in writing, within 15 minutes of the last finisher in any class. Complaints must be made in the first instance verbally with the Event Organiser via the Registration Desk. The Organiser will assess the complaint and make a ruling. If the complainant is still dissatisfied, they may lodge a formal written protest with the Registration Desk. The Event Organiser will then appoint a

three person jury to assess the complaint. The Event Organiser will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final.

Catering

There are take away shops in the nearby suburbs of Barnsley and West Wallsend. West Wallsend also has a small IGA supermarket.

Toilets

There is a toilet at Kevin Evans Oval.

Control Collection

Many hands make light work. The organisers for this event would very much appreciate it if competitors could provide some assistance after the event collecting controls. If everyone assists by collecting the controls from within one small "region" of the map we will have them all in very quickly. **Please don't be shy in volunteering for this activity!**

Thank you to the event officials

Event Organiser: Greg Bacon

| | Sprint Distance | Middle Distance | Long Distance |
|---------------|-----------------|------------------|---------------|
| Setter | Tim Hackney | Malcolm Roberts | Steve Todkill |
| Vetter | Andrew Haigh | Carolyn Matthews | Nicole Haigh |
| Day Organiser | Greg Bacon | Greg Bacon | Greg Bacon |
| Controller | Andrew Power | Andrew Power | Andrew Power |
| Sport Ident | Tim Hackney | Malcolm Roberts | Jeff Guy |

Anything else you want to know

Then contact Greg Bacon email: gregbacon63@gmail.com
Ph: 0401889688