



**2019 NSW ORIENTEERING CHAMPIONSHIPS
+ NOL ROUND 4 - INCLUDING ULTRA-LONG
CENTRAL WEST, NSW
18-19 May 2019**



FINAL BULLETIN

Program:

Saturday 18 May 2019 Wyangala	NSW SL 3: Middle Distance Championships NOL 9: Middle Distance (Elite-classes only)
Sunday 19 May 2019 Willagalong	NSW SL 4: Long Distance Championships NOL 10: Ultra-long Distance (Elite-classes only)

These NOL events will be selection trials for WOC 2019. Both events have been registered as 'World Orienteering Day' events, so all participants will contribute to the IOF's vision of increasing visibility and accessibility of orienteering through the World Orienteering Day annual promotion.

Location:

Wyangala - 42km from Cowra (45mins), 115km from Bathurst (1.5h), 351km from Sydney Airport (4 - 4.5h), 191km from Canberra Airport (2.5h)

Willagalong - Roseberg State Forest is 40mins drive from Wyangala, 25mins from Lyndhurst and 1h from either Cowra or Bathurst.

Terrain:

"Wyangala Waters" is undulating terrain with mainly open fields, but has some forest cover with some steeper and rockier areas. It is generally good running although there are some areas of thicker cypress pine. There is scattered to complex areas of granite rock and cliffs, with some areas quite intense. Excellent views of Lake Wyangala occur regularly across the area

"Willagalong" is spur/gully terrain with a scattering of granite outcrops, providing bare rock, very rocky ground, small rock faces, and many boulders, some over 4 metres in height. Minor watercourses and some termite mounds can be found across the area. The forest is a mix of open eucalypt and mature pine.

Entry Fees:

	Saturday 18 May Middle Champs / NOL Middle	Sunday 19 May Long Champs / NOL Ultralong
Senior	\$30	\$35
Junior (<21y)	\$20	\$25
Sub-junior (<13y)	\$15	\$20
Non-member	Add \$3	
SI Hire Stick	Add \$4	
Family entry fees are capped at 2 senior + 1 junior or sub-junior.		

Enter on the Day:

Some courses will have a limited availability to Enter on the Day (EOD), with the same fees as outlined above. These courses will include EOD HL, EOD HS, EOD M, EOD E, EOD VE. Competitors wishing to enter these classes must

register at the info tent and pay with CASH. Please refer to the specific event pages for exact courses offered and registration times. Competitors in these classes will not be eligible for NSW OY points or Championship status.

NOL bibs:

Competitors entered in the elite classes (M/W21E and M/W20E) must display their race numbers. Bibs will be available for collection from the Info tent. The same bibs will be used for both events. It is your responsibility to keep the bib for both races. Safety pins also will be available at the info tent

Start Procedure:

2 minute intervals with a 6 minute start procedure. This will be the same process for both events.

- 1) At start time -6 min move into the pre-start area. Your SI number will be checked and ALL competitors must punch a CHECK unit.
- 2) At start time -4 min progress into the 2nd area and collect your control descriptions.
- 3) At start time -2 min, progress to the map boxes. There will be a series of countdown beeps; at the last long beep runners can take their map and commence their race.

There will NOT be a start punch. It will be a SILENT START. This means there will be no starting instructions. Any information that could be useful is contained within this document. READ IT CAREFULLY.

Competitors who are late for their start time through their own fault may start as soon as practicable, determined by the Starting Official. They shall be timed as if they had started at their original start time. BE ON TIME.

A punch start will be available ONLY for M/W10N and EOD competitors

Punching system:

SPORTident electronic timing. SIAC Air+ contactless punching will be enabled. SIAC sticks will *not* be available for hire; if you want to use Air+ you will need to bring your own. All control numbers will be displayed on the SI unit. Please disregard any *old* numbers still visible on the flag or stand.

Competitors in the NOL Ultra-long are advised to refer to the 'Course Structure' table and pay particular attention to the number of controls on their course. Ensure your SI stick is capable of meeting the requirements of your course. Older model SI sticks can only hold 30 controls and your course may be very close to that limit or well over (M21E).

Taping Protocol:

The following will be used for both days of the Championships.

RED/WHITE for official bunting around Arena, Out of Bounds, Starts and Compulsory Routes

BLACK/GOLD for hazards

PINK for taped routes e.g. Easy & Very Easy

FEDERAL ELECTION:

Saturday 18 May 2019 is the date of the Federal Election. Pre-polling is definitely recommended or else pick a suitable polling station on the way to Wyangala on Saturday morning. Find one to suit your needs here - <https://aec.gov.au>

Accommodation:

[Reflections Holiday Park-Wyangala Waters](#) is located on the Middle Distance map. Options available include cabins, cottages, bungalows, tent and caravan sites. All the cabins, cottages and bungalows have now been booked. Tent and caravan sites remain available. RHP have offered a 10% discount to any orienteer staying that weekend. Check out the details on their website but please call the office to secure your booking. Ph: 02 6345 0877

Woodstock, Lyndhurst, Mandurama, Carcoar and Blayney on the Mid Western Hwy have accommodation options also, as do the larger towns of Cowra and Bathurst.

Food & Water:

There is NO potable water at either location. Water will only be provided on course and at the finish. Please bring enough water for your own requirements.

Food options are limited. NSW Junior Squad will provide basic catering at the events. Wyangala Waters Holiday Park has a small camp store stocking some basic supplies but those staying on site should be prepared to be self sufficient. The only nearby option for eating out is at the [Wyangala Country Club](#), 2 min from Reflections Holiday Park. They offer a standard club Bistro service and are expecting a few orienteers. Further afield, country pubs are possibilities at Woodstock, Mandurama, Lyndhurst, Carcoar and Blayney and of course Cowra and Bathurst.

Mobile Coverage:

Mobile reception is varied. In our experience the Optus network is very good at Wyangala and adequate at Roseberg. Generally, Telstra is not as good and Vodafone is poor.

Temperature:

Be prepared for night time temperatures to fall close to zero. The arena for Sunday, in Roseberg SF, is at an elevation of 900m asl, with minimal sun. Warm clothing is definitely recommended.

Embargoed Areas:

Wyangala Waters - The area bounded by Reg Hailstone Way, Elliotts Lookout Rd and Reflections Holiday Park - Wyangala Waters. Access is permitted to Reflections Holiday Park but is restricted to the immediate Park accommodation area.

Roseberg State Forest - 82km Southwest of Bathurst, through the town of Lyndhurst. Permission to access embargoed terrain shall be obtained from the Organiser if needed.

Previous Use:

The last known use of the Wyangala area was for for QBIII in 1991, using the 'Giant' map. The area being used for the NSW Middle Champs has had dramatic vegetation change and been completely remapped. A section of Roseberg State Forest was last used for the Australian Schools Long Championships 2017. Other sections have been used in 2013 and earlier. Sample maps from these events are available on the champs website.

Training Opportunities:

No specific training is offered.

String Courses:

Will be available at both events. Enquire at the Info tent.

Maximum Adventure:

Australia's leading outdoor adventure events company, hosts a series of large-scale adventure races, sporting and corporate events across the nation. They have generously partnered with us for this Championship weekend and are providing prizes for the NOL Ultra-Long on Sunday.

Furthermore, they are offering an incentive to be part of a brand new trail running event - The Western Sydney Parklands Trail Run on Sat 22 June 2019. Use this code 'NSWORIENT19' to receive \$10 off entry to the event (valid until 19/06 and only for the 11, 19 & 35km categories) <https://westernsydneytrailrun.com.au/>

Wildfire Sports & Trek:

Shoes, clothes, watches, packs, nutrition and heaps more. Wildfire will have you covered, whatever your passion may be. They are once again providing prizes for the NOL Ultra-Long on Sunday and we thank them very much. Do yourself a favour and check them out <https://www.wildfiresports.com.au/>

Website for further information:

<http://who.orienteering.asn.au/nswchamps/>



Saturday 18 May 2019

NSW SL 3 - Middle Distance Championships & NOL 9 - Middle Distance

Location: Wyangala

Key Officials:

Organiser: James McQuillan; 0402032419; jamcquillan@gmail.com

Setter: Rob Bradley

Controller: Rob Vincent

Map: 'Wyangala Waters' 2018 (Rob Vincent) based on 'Giant' 1991 (Gareth Prosser & Chris Wilmott) and digitized by Graeme Hill 2017.

Scale: 1:10,000; contour interval 5m

Directions:

From Canberra: Take Barton Hwy/A25 and Lachlan Valley Way/B81 to Boorowa (1h 19min, 111km). Take Rugby Rd, Frogmore Rd and Darbys Falls Rd to Reflections Holiday Park (RHP) Office (1h 3min, 76km).

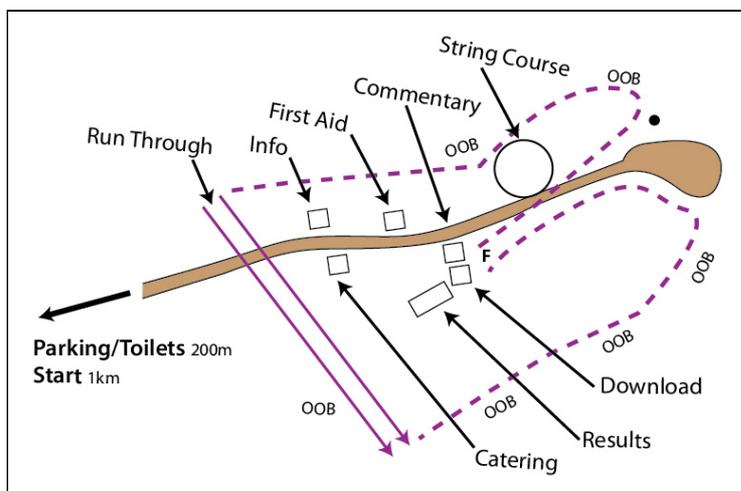
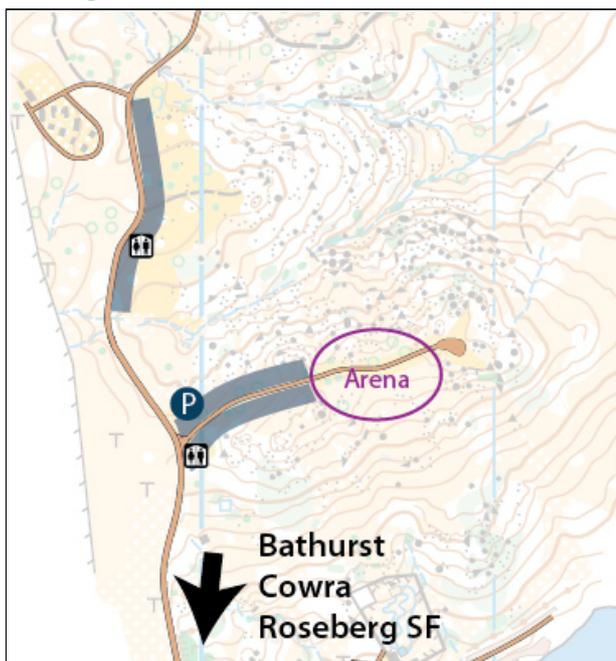
From Bathurst: Take the Mid Western Hwy/Stewart St/A41 through Blayney and Lyndhurst (55min, 81km). Take Purcell Dr and Parkes St through Woodstock and onto Reg Hailstone Way to RHP Office (32min, 34km)

From Cowra: Take Darbys Falls Rd to RHP Office (44min, 43km).

Follow O signage from Reflections Holiday Park Office and park as directed.

Park Entry Fee: For visitors that do not have booked accommodation in the park a \$10/vehicle daily fee is charged. This is payable at the window adjacent to the entry boom gate by cash or card. Carpooling where you are able would be sensible. General public (non-orienteers) are charged \$12/vehicle year round.

Parking/Arena:



Starts: Allocated starts from 12:00pm at 2 min intervals. Refer to pg 2 for full start procedure.

EOD Registration: 12:30pm -1.30pm. Enquire at the Info tent. Cash only please.

Presentations: Approx. 3pm pending results

Course Closure: 4pm

Clothing Return & Water: Water will be available at the start, finish and on all courses except Very Easy. Clothing return will only be offered if weather is particularly nasty.

Out of Bounds/Warm Up:

The main campground and cabins can be accessed before the event.

The following areas are out of bounds before and during the event:

- The competition area commences at the bottom of the steep hill on the northern side of the camping area/cabins.
- All areas off the road to the assembly area from the parking area.
- Parking will be adjacent to the road to the assembly area/start. Competitors must not enter the forest or cleared areas beyond where cars are parked.
- All areas off the road/taped route to the Start, except the toilet building about 20 metres off the road on the way to the Start. The forest/cleared areas beyond the toilets are out of bounds.
- All areas outside the taped assembly area.

Competitors can warm up on the road/taped route to the start and in the gully below the Pre-Start.

Flagged Routes:

All Hard Courses, the Moderate Course and the Easy Course have a compulsory flagged route between two spectator controls immediately adjacent to the assembly area. This route will be marked by RED/WHITE striped tape. The route is crossed when walking from/to the parking area and on the way to the Start. Check for and give way to competitors moving through the flagged route.

There is also a flagged route for the Easy course away from the second spectator control and into the last control. This will be marked with PINK tape. Competitors on the Hard and Moderate courses should ignore this flagged route.

The Very Easy course has two flagged routes between controls. These will be marked with PINK tape

All flagged routes are listed on the control descriptions.

Eye Protection: The forest contains areas of cypress pine, normally noted on the map in a shade of green. The cypress can be hazardous to competitors' eyes. Eye protection is recommended.

Walk to the Start: The walk to the Start is 1km and will be signposted from the Assembly area. There is a 35 metre climb towards the end of the walk. Allow at least 15 minutes to walk to the Start.

Start Triangle: The map trays will be at the Start Triangle.

Goats: We have seen a lot of goats while out on the map. They tend to move away when approached so should not present a problem. In case the goats show an interest in the flags on our control stands and steal them we will be leaving some shredded paper on the ground where the control stand should be. Hopefully they won't eat the shredded paper too!

The Map

There are extensive rock features on the map. Competitors who are not familiar with the way rock features are mapped should familiarise themselves with the mapping standards for rock features particularly: boulders; boulder clusters; and, boulder fields.

Rock faces

Only significant cliffs/rockfaces have been mapped, but generally >1.5m in height and 5-9m+ in length

Boulders

These vary from 1m high to greater than 8m high. In very rocky areas only prominent boulders have been mapped, while other rock is shown with either boulder field triangles, rocky ground dots or both in combination.

Wyangala Dam

It is very low (40%) at the moment. The Eastern border of the competition area is marked as "Uncrossable body of water" at its High Water Mark. The actual water level is well below this. Parental supervision of children is recommended once you leave the competition as the water depth can vary greatly, and submerged objects occur in many areas (eg. rocks, logs).

Prominent Trees

Large isolated trees have been marked with a green circle (o), while smaller prominent trees, generally a large Cypress Pine, have been marked with a green dot.

Traffic

A number of roads, both sealed and unsealed, occur across the competition area. Some 4WD activities and general vehicle use of these may occur during the competition. Take care when in the vicinity of all trails.

Course Structure

NSW Middle Distance Championships & NOL Middle					
Course	Classes	Winning Time (min)	Length est (km)	Climb (m)	Controls
Hard 1	M21E	30-35	5.5	265	26
Hard 2	M20E, M35A	30-35	4.8	260	23
Hard 3	W21E	30-35	4.4	220	21
Hard 4	W20E	30-35	3.6	180	20
Hard 5	M40A, M45A, M50A, M55A	30-35	3.9	180	19
Hard 6	M16A, M60A, M65A, M21AS, W35A, W40A, W45A	30-35	3.5	155	19
Hard 7	M35AS, M70A, W16A, W50A, W55A, W60A	30-35	3.1	140	16
Hard 8	M75A, M45AS, M55AS, W21AS, W65A, W70A, W35AS, W45AS, W55AS	30-35	2.6	120	14
Hard 9	M80A, M85A, M65AS, W75A, W80A, W85A, W65AS	30-35	1.7	70	12
Moderate	M14A, W14A, MOpenB, WOpenB, MJuniorB, WJuniorB	25	2.7	135	13
Easy	M12A, W12A, Open Easy	25	2.3	130	13
Very Easy	M10A, W10A, M/W10N*, Open Very Easy	20	1.7	85	10

* Shadowing is allowed for this class. Start anytime. Times are not recorded

Enter on the Day Courses available: Hard 4, Hard 9, Moderate, Easy, Very Easy

Note:

M21A, M20A, W21A and W20A classes will not be offered. The corresponding elite classes will accrue points in the NOL and compete in the 2019 NSW Middle Distance Championship at the same time

Sunday 19 May 2019

NSW SL 4 - Long Distance Championships & NOL 10 - Ultra-long Distance

Location: Roseberg State Forest

Key Officials:

Organiser: James McQuillan; 0402032419; jamcquillan@gmail.com

Setter: Steve Dunlop

Controller: Rob Vincent

Map: 'Willagalong' 1999 (Bruce Cooper & Chris Wilmott). Re-mapped 2018 (Rob Vincent)

Scale: 1:15,000 (elites); 1:10,000 (all other hard and moderate classes); 1:7,500 (Easy, V Easy)
contour interval 5m

Directions:

From Canberra: Take Barton Hwy/A25 and Lachlan Valley Way/B81 to Boorowa (1h 19min, 111km). Take Rugby Rd, Frogmore Rd, Reg Hailstone Way and Clements Rd to entrance of the State Forest (1h 31min, 101km).

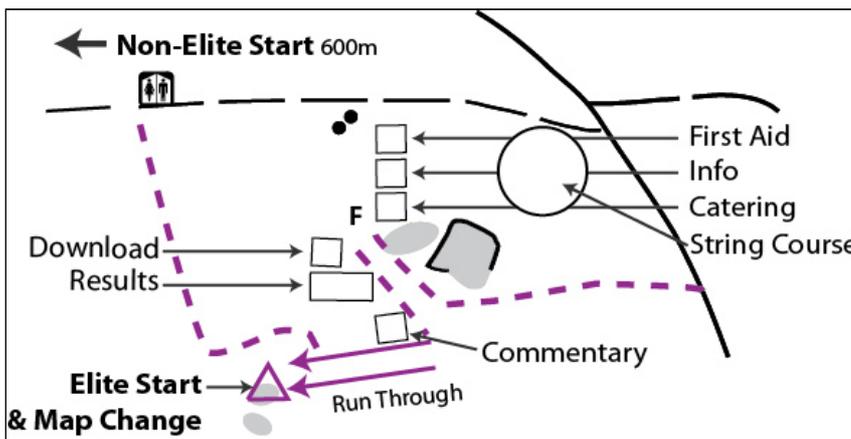
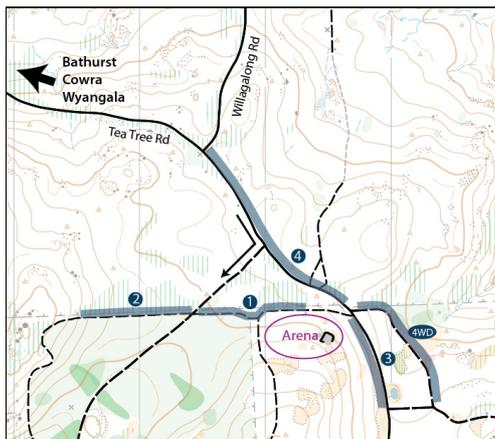
From Bathurst: Take the Mid Western Hwy/Stewart St/A41 through Blayney (42min, 61km). Take Mt McDonald Rd, which turns into Garland Rd to the entrance of the State Forest (19min, 15km).

From Cowra: Take Grenfell Rd/Mid Western Hwy/B64 to Lyndhurst (44km). Immediately after Lyndhurst, take Mt McDonald Rd, which turns into Garland Rd to the entrance of the State Forest (19min, 15km).

From Wyangala: Take Reg Hailstone Way, turn right into Clements Rd and left into Quartpot Rd to entrance of the State Forest (35min, 30km).

At the entrance of the State Forest (junction of Garland/Quartpot/Tea Tree), take Tea Tree Rd and follow this for 3.5km. Park as directed.

Parking/Arena:



Ultra-long Start/Map Change: 9:30am mass start for all elite classes (immediately SW of the arena). Arrive ready to race, allowing at least 10mins. Upon entering the start area, your SI number will be checked and ALL competitors must punch a CHECK unit. Competitors will assemble in rows in the following order: M21E, M20E, W21E, W20E. Maps will be distributed face down at your feet. All classes will start at the same time - 9.30am.

Maps for subsequent loops will be clearly hung in this area too. Maps will have your BIB NUMBER and your NAME printed on the back. Take extra care at the map change over to take the correct map. The consequences of taking an incorrect map will be a DISQUALIFICATION. It's a long race, don't ruin it at the map change.

Water/Supplement Station: Ultra-long courses are comprised of 3 Hageby style loops. Water will be available at the start/map change location. Competitors are welcome to bring their own supplement drinks or gels to this station for use during the event.

Non-Elite Start: Allocated starts from 10am at 2 min intervals. Refer to pg 2 for full start procedure. The walk to the Start is 600m and will be signposted from the Arena. There is a 15 metre climb towards the end of the walk. Allow at least 10 minutes to walk to the Start. Water and clothing return will not be available at the Start.

EOD Registration: 10am - 11am. Enquire at the Info tent. Cash only please.

Presentations: Approx. 1pm pending results

Final Loop Cut-off: 1pm. Courses for the Ultra-long event (NOL competitors only) will have Hageby style loops. A cut-off time of 1pm to begin the final loop will be enforced. Competitors not making this cut-off will not be permitted to continue their courses and will officially be recorded as a DNF.

Course Closure: 2:30pm

Out of Bounds/Warm Up: All areas outside the taped assembly area are out of bounds. Competitors may warm up on the road to the assembly area. Cars will be parked on one side of this road, so be careful.

Spectators: The Ultra-long course will start with a mass start for ALL classes immediately SW of the Arena. Competitors will pass through this area two more times as their courses are comprised of 3 loops with map changes for each loop. Spectators are encouraged to listen to the commentary and keep an eye out for these runners as they come past. Some of the other courses also may pass through this area.

Flagged Routes: The Easy and Very Easy courses have flagged routes between controls. These will be marked with PINK tape. All flagged routes are listed on the control descriptions.

Eye Protection: The forest contains areas of pine, in some cases quite dense. Consequently eye protection is recommended.

Start Triangle: The map trays will be at the Start Triangle.

Wildlife: Deer, sheep, kangaroos and pigs have been seen whilst mapping and setting.

The Map

Boulders

Have been mapped for size, with larger boulders being shaped.

Termite Mounds

Mapped with the ISOM2017 symbol of an open brown triangle.

Water

Water courses and pools will only have water in them if it rains beforehand

Storm Damage

Various areas of the forest have sustained significant storm damage. Consequently some areas are thick with fallen timber and in some cases dead hanging branches. Areas of fallen timber that may be more difficult to run through are marked by green stripes.

Traffic

A number of roads, both sealed and unsealed, occur across the competition area. Some 4WD activities and general vehicle use of these may occur during the competition. Take care when in the vicinity of all trails.

Course Structure

NSW Long Distance Championships & NOL Ultra-long					
Course	Classes	Winning Time (min)	Est. Length (km)	Climb (m)	Controls
Hard 1	M21E	150	24.3	1100	43
Hard 2	M20E	110	17.3	590	29
Hard 3	W21E	110	14.6	480	28
Hard 4	W20E	95	10.0	335	20
Hard 5	M35A, M40A	65	10.5	365	17
Hard 6	M45A	60	8.3	285	15
Hard 7	M50A, W35A, W40A, W45A, M21AS	60	6.8	225	11
Hard 8	M16A, M55A, M60A, M65A, W50A, M35AS	50	6.0	230	11
Hard 9	M70A, W16A, W55A, W60A M45AS, W21AS	50	4.7	190	9
Hard 10	M75A, M55AS, W65A, W70A, W35AS, W45AS, W55AS	50	4.3	160	10
Hard 11	M80A, M85A, M65AS, W75A, W80A, W85A, W65AS	50	3.0	95	11
Mod 1	M14A, MOpenB, MJuniorB	40	5.0	170	11
Mod 2	W14A, WOpenB, WJuniorB	30	3.6	115	9
Easy	M12A, W12A, Open Easy	25	2.8	85	12
Very Easy	M10A, W10A, M/W10N*, Open Very Easy	20	1.8	65	11

* Shadowing is allowed for this class. Start anytime. Times are not recorded

Enter on the Day Courses available: Hard 6, Hard 11, Moderate 2, Easy, Very Easy

Note:

M21A, M20A, W21A and W20A classes will not be offered. Competitors in the corresponding elite classes will compete in the NOL Ultra-long and be eligible for the 2019 NSW Long Distance Championship at the same time.