

EUROPEAN RACING WITHOUT THE EXPENSE

ACT Teams Race – Sunday May 12, 2019

Final Instructions and Information

Parking

Parking is off Eucumbene Drive, Duffy on the grassed area adjacent to Narrabundah Hill, as signposted just north of the junction with Warragamba Avenue.

Parking is also available along the EASTERN side of Eucumbene Drive.

Please DO NOT park on the WESTERN side of Eucumbene Drive obstructing the bike lane.

Assembly

Follow signs and tape uphill for 200m from the Eucumbene Drive underpass – identified by the ORIENTEERING Banner.

The underpass is approximately 300m south of the intersection of Warragamba Avenue.

Map

Narrabundah Hill 2018

Scale 1:10 000 5m contours

Registration

Please visit Registration to collect your “loop” running order.

Starts for pre-entered Easy and Very Easy courses are from 10:00 until 11:30am.

TEAMS Event Format

This event is a mass start event with all competitors starting at the same time.

There are 4 loops – named for simplicity A, B, C and D. The loops are between 2.4km and 2.6km long. There are occasional common controls between the loops.

Everyone has been placed either in a team of their request, or with other entrants as necessary.

You MUST go to Registration before starting.

At registration you will receive your loop “running order”. That is – the order in which you MUST run your loops or, if running only one, the loop you MUST run. Failure to comply with this order will result in a MP (mispunch). It is strongly advisable that you take this “running order” with you on your course.

There are no loose control descriptions. Control descriptions are on the map – IOF symbols only for all courses other than Very Easy (Blue) course which has English descriptions as well.

There will be a briefing for all runners at 09:45.

There will be a mass start for all runners at 10:00.

Race Procedure

Remember to CLEAR and CHECK before entering the Start Area.

All runners in a Team will start together – THIS IS NOT A RELAY.

You will be handed your (first) map prior to the Start time. Do not look at your map.

At the end of each loop, drop your map in the box, run through and collect your next map.

At the end of your last loop, run to the “FINISH” and punch the finish unit. Then go to Download.

Water/Refreshments

For those running more than one leg, there will be a water point as you discard your maps. You may leave personal supplies here before the race if you wish.

Course Setters Notes

These are important notes for you to read and comprehend if you want to enjoy your course.

1. The area is generally rough open land with some remnant forest recovering from bushfires in 2003. There are numerous small rock features and mounds.
2. Full leg cover is recommended as the area contains scattered thin blackberry bushes in addition to the patches mapped.
3. The area was mapped by a European, in their style, so it is a bit different to local mapping conventions. The main differences are noted below. The advantage is that you get a European style event without having to pay for the airfare!
4. Blackberry patches are mapped as stripped green (slow run or walk and good visibility). There are often gaps in the patches through which you can pass but bigger thicker patches are worth avoiding. More dense patches are mapped as dark green (fight).
5. Pine forest is mapped as light green (slow run). While it is slightly slower than open Eucalypt forest it is still easily runnable.
6. There are three special tree symbols widely used on the map.
 - an open green circle is a big tree.
 - a green cross is a specific tree or dead tree.
 - a green dot is an isolated pine tree or specific bush.

The symbols are hard to remember while competing and their use is open to interpretation so they have not been used as control points. You should not rely upon these features for navigation but they are occasionally useful, especially once you understand how they have been mapped.

7. Fences are well built but crossable. If you have concerns about crossing them there are gates shown on the map that can be used as reasonable route choices on several legs.