

ACT MTBO Championships 2019

Mass Start – East Stromlo (via Arboretum) – Friday, 18 October

Middle Distance – Kowen Forest – Saturday, 19 October

Long Distance – Kowen Forest – Sunday, 20 October

The **2019 ACT Mountain Bike Orienteering**, Mass Middle and Long Championships will be held over 3 days and will provide competitors with some excellent single track and fire road riding in two very different locations. **The Mass Start** will be the first ACT MTB Mass Start in recent history at new prepared map adjacent to the National Arboretum. **The Middle Distance** will challenge competitors with a combination of excellent single tracks and undulating fire roads. **The Long Distance** is predominately a network of fire trails with limited single track.

ACT MTBO MASS Start Championships

Date: Friday 18 October, **Start times:** 5:30 pm

Map: East Stromlo 1:10,000 (TBA) 5m contours

Course Setter: Jim Anders on, **Controller and Day Organiser:** ACT MTBO

ACT MTBO Middle Distance Championships

Date: Saturday 19 October, **Start times:** From 10:00am until 11:00am

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

Course Setter: Fedor Iskhakov, **Controller and Day Organiser:** Marina Iskhakova

ACT MTBO Long Distance Championships

Date: Sunday 20 October, **Start times:** From 9:00am until 10:00am

Map: Kowen Forest 1:20,000 5m contours

Course Setter: Jim Anderson, **Controller and Day Organiser:** ACT MTBO

| Course | Course | Expected winning time (MASS START) | Expected winning time (MIDDLE) | Expected winning time (LONG) |
|----------|--|------------------------------------|--------------------------------|------------------------------|
| Course 1 | M21 | COURSE 1 | 55 - 60 min | 105 min |
| Course 2 | M17-20, M40, W21 | 50 min | 50 - 55 min | 85 - 95 min |
| Course 3 | M16, M50, W17-20, W40, Open 3 | COURSE 2 | 45 min | 80 min |
| Course 4 | M60, W16, W50, Open 4; E-Bike | 40 min | 45 min | 80 min |
| Course 5 | M14, M70, W14, W60, W70, Open 5 | COURSE 3 | 40 min | 60 min |
| Course 6 | M12, M80, W12, W80, Open 6 Recreational | 30 min | 30 min | 50 min |

Entry fee: Senior \$25 per event; Junior (under 21) \$15 per event; Map Board for hire: \$5, SI Air \$5.

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

Learn to navigate at higher speed!