

Western Australian Middle Distance Championships

Date: Sunday 21st July 2019.

Location: Avon Valley National Park (Quarry Road).

Directions: from Tonkin Highway take Toodyay Road for 40km, through Gidgegannup and continuing to Morangup Road where you turn left. Proceed for 5km and turn left into the Avon Valley National Park. Continue for approximately 8.5km and just before you reach the old airstrip turn right into Quarry Road. The assembly area is 1km down this road. Note that the last 9.5km is on dirt roads which are currently heavily corrugated – please drive with care.

Map comments: The map is at 1:10,000 scale.

The competition area comprises a laterite plateau with a fairly steeply incised drainage system and local rock detail. Vegetation varies from very open forest in upland parts to patchy slow running 'green' areas along the main drainages. Mapping dates back to the 1988 carnival, and consequently rock detail is represented by an older style of mapping. The vegetation has changed over time (generally more open than before), and the map has been updated locally to reflect the more important changes in vegetation, loss of minor tracks and disappearance of several minor earthworks. However, the vegetation mapping should not be relied upon for detailed navigation.

Championship Courses and Classes:

Course	Difficulty	Men	Women	Distance (km)	Climb (m)
Course 1	Hard	M20, M21, M35		4.5	160
Course 2	Hard	M16, M45, M55	W20, W21, W35	3.5	115
Course 3	Hard	M65, M70	W16, W45, W55	2.8	110
Course 4	Hard	M75, M80, M85	W65, W70, W75, W80	1.9	65
Course 5	Moderate	M14, MOpen B	W14, WOpen B	2.2	85
Course 6	Easy	M12, M14B	W12, W14B	1.9	55
Course 7	Very Easy	M10	W10	1.8	55

Entry: Championship participants must pre-enter through Eventor – entries close at midnight on Sunday 14th July. Costs are standard championship rates as advised on the OWA website, ie. \$17 for adult and \$12 for Junior club member entrants; concession and family rates are available. Start times will be published by Wednesday 17th July.

Enter on the day: enter on the day is available for four courses – a Very Easy, an Easy, a Moderate and a Hard navigation course. Enter on the day competitors should register at the caravan from 9:30am and will start their courses after all of the championship competitors have started.

Timing: for Championship competitors Pre-Entry via Eventor is required. Starts from 09:30.

Enter on the Day participants can register from 9:30 – 10:30, with starts available once Championship competitors have started.

Courses close at 1.00pm sharp. Please return to the assembly area by that time even if you have not completed your course.

Presentations will follow as soon as possible after all competitors have returned.

Assembly and parking: assembly is immediately adjacent to (south of) the Pre-Start area and registration caravan about 1.2km down Quarry Road. Parking is available along the west side of Quarry Road adjacent to the caravan (see Parking flyer). Vehicles should proceed through the boom gate and continue north for approximately 1.8km to the turning point at South Break Road before returning to park on the right (west) side of the road in the parking area as marked on the ground by cones.

Out of Bounds: the areas east of Quarry Road and also north beyond the registration caravan are out of bounds to competitors.

Park payment: for those without an annual National Park pass, a park usage fee is payable at the registration caravan – do NOT pay a fee at the park entry gatehouse. The fee is \$13 per car or \$6 per person, whichever is less (concession \$7 per car or \$2 per person).