



WELCOME TO **PARADISE**

MIDDLE DISTANCE OY EVENT
Saturday 17th August 2019

COURSE NOTES AND HINTS FOR BEGINNERS

COURSE NOTES

1. There will be plastic crates placed to help competitors cross fence near the last control. This will be a non-compulsory crossing point, so feel free to use it or not. It will be visible from the event Arena. It will NOT be required for those on Moderate, Easy and VE Courses.
2. Vegetation along the major creek, Newikie Creek, is seasonal, and not well mapped. In general, it will be easier to run along ridges and spurs rather than along Creek or creek banks, which may have patches of green, and will be muddy and slippery after rain.
3. None of the area shown on the 2017 map will be used this year. 2019 terrain is generally similar, but with more white, less yellow, and I think a bit more intricate and interesting. Much has been OOB until recently.

HINTS FOR BEGINNERS (Thanks, Erica!)

Control descriptions for Easy and VE courses are of course in English. Those doing Moderate courses have both.

VE Course will follow tracks, watercourses and fences, with a short 50m stretch pink taped. Easy course similar but with opportunity to take short cuts. It will be very important to make sure you know where you are on the creeks. You will probably have to follow them to do your course.

There are a lot of side creeks going off of the big creeks. It will help for you to have your map orientated and to watch the creeks as you pass them so that you know when you get to the right one. Notice any special signs that help you to check where you. Look on your map to see if there are black rocks (cliffs) along the creek or earth banks (they look a bit like brown cliffs). These will help you to know where you are on the creek. So will the bends.

If you have a compass and can use it then it is useful to know that the creek is going the way you expect it to go (orientate your map to north and make sure). If it is going in the wrong direction then you are in the wrong place. Those on Moderate courses will need compass skills. They can also often choose to follow linear features or to take shortcuts or red line it if more confident.

Course Planner and Organiser: Aylwin Lim, Controller: Des Norman

COURSE INFORMATION:

| COURSE | LENGTH | CLIMB | NAVIGATION | CLASSES |
|--------|--------|-------|------------|----------------------------------------------------------------|
| 1 | 6.2 | 210m | HARD | M21A, M35A |
| 2 | 5.2 | 190m | HARD | M20A, M45A, W21A |
| 3 | 4.5 | 145m | HARD | M16A, M21AS, W35A |
| 4 | 3.7 | 130m | HARD | M45AS, M55A, M65A, W20A, W21AS, W45A |
| 5 | 3.4 | 105m | HARD | M55AS, M75A, M85A, W16A, W545AS, W55A, W55AS, W65A, W75A, W85A |
| 6 | 3.0 | 100m | MODERATE | MOB, M14A, M Junior B |
| 7 | 2.5 | 95m | MODERATE | WOB, W14A, W Junior B |
| 8 | 2.3 | 45m | EASY | M12A, W12A |
| 9 | 1.9 | 40m | VERY EASY | M10, W10 |

Beginners should do Courses 8 or 9. If you have Pre-entered on Eventor, go straight to Start. A map with your name on it will be there for you.

Starts from 11am - 12.30pm. COURSE CLOSURE is 2pm
Make sure you are back by then, please.

ENTRY FEES:

| Entry fees | Sub-Junior (<14) | Junior (14-20) | Senior (≥21) | Groups |
|------------|------------------|----------------|--------------|--------|
| Member | Free | \$5 | \$15 | \$20 |
| Non-Member | \$15 | \$15 | \$25 | \$40 |

- Seniors doing Easy and V. Easy courses are charged at the Junior rate.
- Kids from member schools are all **members**. One parent can shadow each child for free. Others charged.
- Groups are 2 or more going together. Fee includes 2 maps.
- \$2 for extra map.

DIRECTIONS TO MULGA VALLEY:

Head back along White Fields Road, travel 7km.

Turn left into Mt Bryan East Road, travel 5km.

Turn right into Razorback Road (shortcut), travel 6km.

Turn right into Barrier Hwy (A32), travel 32km.

Turn right just after Whyte-Yarcowie.

Allow 1 hour travel time.

People with 4WDs and good navigation skills may wish to explore the scenic back roads. Camping is available on Friday and Sat nights at Mulga Valley, although it seems most people will be driving up from Adelaide only on Saturday morning.