



# Welcome to ACT MTBO Championships 2019



18 OCTOBER - 20 OCTOBER 2019  
ACT CANBERRA

## BULLETIN 1

Organised by Red Roos and OACT\*

\* featuring the first MASS Start ACT MTBO Champ

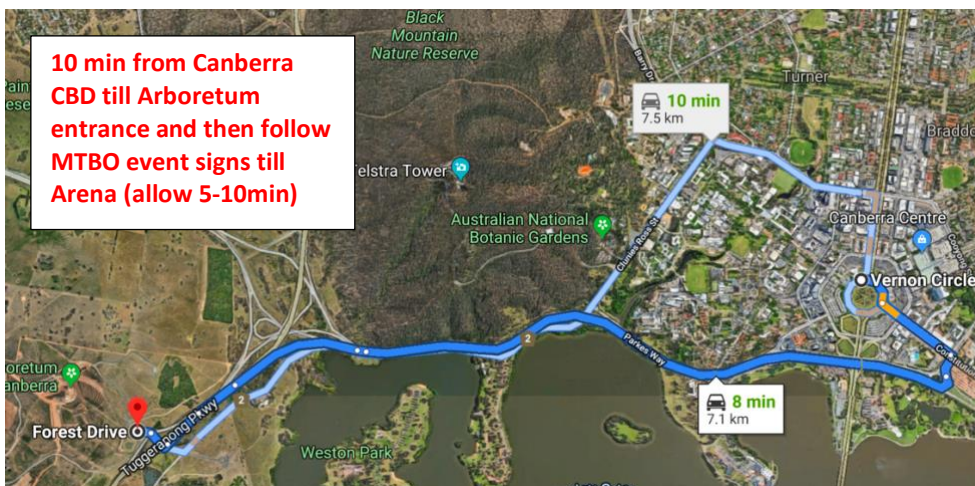
### EVENT SCHEDULE

<b>FRI 18 OCT</b>	<b>Evening (5.30pm)</b>	<b>MASS START CHAMPIONSHIP</b>	<b>East Stromlo via Arboretum</b>
<b>SAT 19 OCT</b>	<b>Morning 10am</b>	<b>MIDDLE CHAMPIONSHIP</b>	<b>Kowen Forest</b>
	<b>Evening 6.30pm</b>	<b>Presentation Dinner</b>	<b>Kingston Hotel, Canberra</b>
<b>SUN 20 OCT</b>	<b>Morning 9am</b>	<b>LONG CHAMPIONSHIP</b>	<b>Kowen Forest</b>

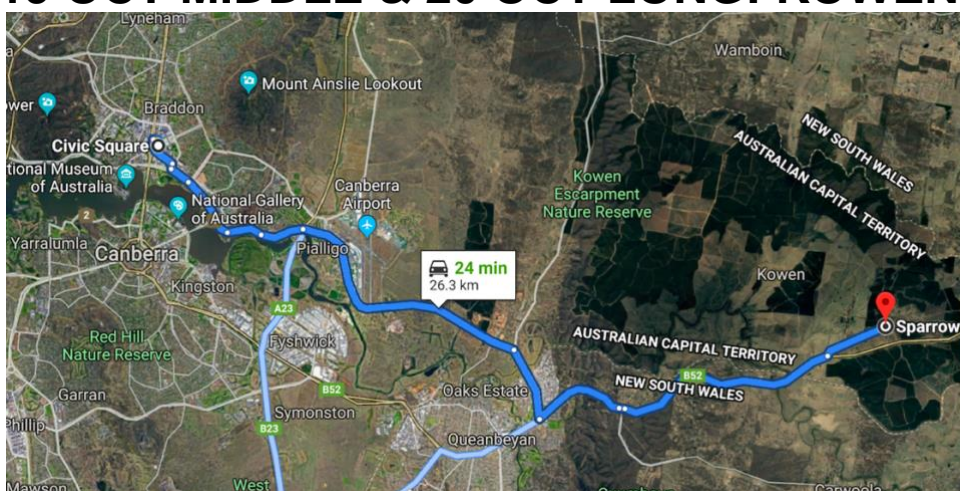


# LOCATIONS OF CHAMPIONSHIPS

## 18 OCT MASS START: EAST STROMLO



## 19 OCT MIDDLE & 20 OCT LONG: KOWEN



**19 OCT 6.30PM CHAMP DINNER & PRESENTATIONS**  
(Celebrate winners and relax with the friends in a great atmosphere!)  
**Enter ACT MTBO DINNER at Eventor (19 OCT, SAT)**



[www.kingstonhotel.com.au](http://www.kingstonhotel.com.au)

73 Canberra Av, Kingston

# ACT MTBO Championships 2019

## COURSES OVERVIEW

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. **MASS START CHAMP** will be the first ACT MTBO Mass Start in recent history at new prepared map adjacent to the National Arboretum. **MIDDLE CHAMP** will challenge competitors with a combination of excellent single tracks and undulating fire roads. **LONG CHAMP** is predominately a network of fire trails with limited single track.

### ACT MTBO MASS MASS START CHAMPIONSHIP

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

**Map:** East Stromlo 1:10,000 5m contours (\*new map by Andrew Slattery)

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

### ACT MTBO MIDDLE CHAMPIONSHIP

**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 CHAMPIONSHIP

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



A scenic landscape photograph of a dirt trail winding through a wooded area with various trees and a blue sky with light clouds. The text is overlaid in the center.

# ACT MTBO Championships 2019 ENTRY FEE OVERVIEW

**ENTRY DEADLINE is 14<sup>th</sup> October 2019, 11.59pm**  
(Only limited Entry on a Day is available  
to Open 3, Open 4, Open 5 and Open 6)

<b>Class</b>	<b>MASS</b>	<b>Dinner</b>	<b>MIDDLE</b>	<b>LONG</b>
<b>Senior (&gt; 21)</b>	<b>\$25</b>	<b>\$36</b>	<b>\$25</b>	<b>\$25</b>
<b>Junior (11 - 21)</b>	<b>\$15</b>	<b>\$18</b>	<b>\$15</b>	<b>\$15</b>

**HIRE: Map Board - \$5 /day, SI AIR - \$5 /day.**

**ENTER ACT MTBO CHAMP**

**& MTBO Presentations Dinner here:**

<https://eventor.orienteering.asn.au/Events/Show/7527>

# RULES

These events are organized under the Orienteering Australia Competition Rules for MTBO 2019 <https://orienteering.asn.au/wp-content/uploads/2017/10/OA-MTBO-RULES-2019.pdf>

## PUNCHING SYSTEM

SIAC system will be used at the events (SI-Air, touchless SI system). If you do not own a SIAC chip, you can hire at the time of entry. The range will be set up as 30 sm, so to get control recorded you have to pass it by on a distance no more than 30 sm and at the speed less than 40km/h. You are still allowed to use a traditional contact SI.

## START

Event 1, 18 OCT MASS START, allocated start times by Groups between **5.30-5.50pm**

Event 2, 19 OCT MIDDLE, allocated start times **10.00am -11.00am, 2 min interval**

Event 3, 20 OCT LONG, allocated start times **9.00am -10.00am, 2 min interval**

Start Lists for both days will be available on October 16<sup>th</sup> (Wednesday) at Eventor.

Enter on a day will be available to start at vacant minutes, only for MIDDLE and LONG.

## WATER

There is limited water available at the start and finish – please bring your own water. There is no water on the course.

## WEATHER

Before heading to Canberra, please check the weather and bring warm clothes in spite of the forecast© <https://www.weatherzone.com.au/act/act/canberra>

## AWARDS AND PRESENTATIONS

Awards will be given in each declared Class for 3 places. Presentations for MASS and MIDDLE will take place on Saturday at 7pm at Kingston Hotel (Canberra av, 73).

Presentations for LONG will take place right after the winners are determined after LONG.

## ACCOMODATION

There is plenty of great accommodation in ACT.

Suitably located and great Tourist Parks are here:

### CRESTVIEW TOURIST PARK

81 Donald Road, Queanbeyan, NSW 2620

<https://canberracaravanpark.com.au>

### ALIVIO TOURIST PARK

20 Kunzea Street, O'Connor ACT 2602

<http://aliviogroup.com.au>

**Details on camping at Kowen Forest will be provided in the Bulletin 2.**

## BIKE SHOPS

There are several fantastic bike shops in Canberra:

**The Cyclery** 28 Pirie St, Fyshwick ACT 2609

[www.thecyclery.net.au](http://www.thecyclery.net.au)

(02) 6173 5100 *Open Hours: M-F: 9-5.30pm, Sat: 9-4, Sun: Closed*

**Lonsdale Street Cyclery** 9/7 Lonsdale St, Braddon ACT

(02) 6257 7885 *Open Hours: M-F 8-6pm, Sat 10-4, Sun 11-3.*

**PUSHYS** 70 Newcastle St, Fyshwick ACT 2609

[www.pushys.com.au](http://www.pushys.com.au)

(02) 6280 4984 *Open Hours: M-F 8.30-5.30pm, Sat 8.30-4, Sun 10-3.*

## MUST RIDE 4 QUALITY EVENTS!



australian  
**MTBO**  
championships  
2019 Maryborough, VIC

BULLETIN 2

Friday 25 October to  
Sunday 27 October 2019

*Incorporating:*

- 2019 National MTBO Series, Round 3
- 2019 Australia-New Zealand MTBO Challenge
- 2020 World Masters MTBO Series, Round 1

Organised by Bayside Kangaroos, Eureka and Yarra Valley Orienteering Clubs  
on behalf of Orienteering Australia and Orienteering Victoria..

<http://www.ausmtbochamps.com>

More information on ACT MTBO:

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

Further enquiries on ACT MTBO Champ:

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