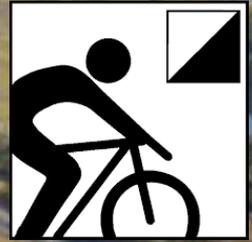




Welcome to ACT MTBO Championships 2019



18 OCTOBER - 20 OCTOBER 2019
ACT CANBERRA

BULLETIN 2



Organised by Red Roos and OACT*

*featuring the first ACT MTBO MASS Start Champ

Dear MTBOers, we are very glad to Welcome you to ACT MTBO Championships 2019!

There will be 3 quality MTBO events offered for experienced and beginner riders over 3 days, featuring the first ACT MTBO MASS Champ taking place on a new MTBO map East Stromlo! Middle and Long Champs will welcome MTBOers in ever exciting and challenging Kowen Forest.

Championship Dinner on Saturday evening will celebrate the winners and will allow to spend time with friends in a great atmosphere.

Also consider the Champs as the best chance to tune up your MTBO skills before AUS MTBO CHAMP in Maryborough a week after.
Enjoy Canberra beautiful tracks!

ACT MTBO Champs 2019

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

ACT MTBO Champs 2019 Entry Fees

Class	MASS	Dinner	MIDDLE	LONG
Senior (> 21)	\$25	\$36	\$25	\$25
Juniors (< 21)	\$15	\$18	\$15	\$15

**Entry on a Day (EOD) will be only available to
Open 3, Open 4, Open 5 and Open 6 classes***

*Open 3-6 classes are non-age classes, where the participant chooses the class based on the level of fitness, not as an age group. EOD is only available to OPEN classes.

ACT MTBO Championships 2019

BRIEF 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

Course Setter: Jim Anderson, **Day Organiser:** ACT MTBO, Marina & Fedor Iskhakov

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, **Day Organiser:** ACT MTBO: Marina Iskhakova

ACT MTBO LONG CHAMPIONSHIP

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

Map: Kowen Forest 1:15,000 5m contours

Course Setter: Jim Anderson, **Day Organiser:** ACT MTBO, Marina & Fedor Iskhakov

Course	Course	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 Rec		30 min	50 min



ACT MTBO MASS START CHAMPIONSHIPS 2019*

(*experience a new MTBO map “East Stromlo” by Andrew Slattery)

Date: Friday 18 October 2019

Start times: 5:30 pm (mass start in 3 waves: 5:30pm - 5:35pm - 5:40pm).

Course Closure: 7:00pm (sharp)

Sunset 7:20 pm

Everyone MUST return to finish by 7pm!!

Map: East Stromlo 1:10,000, 5m contours

Course Setter: Jim Anderson,

Day Organiser: ACT MTBO, Marina & Fedor Iskhakov

Mapper: Andrew Slattery (a new map prepared in October 2019)

Map Size: A4

Punch System: SI Air & SI

Terrain: Fast flat terrain with a network of fast trails, which are predominantly fire roads, single track is limited.

Class	Expected winning time	PRECISE COURSE PARAMETERS	START TIME
M21 M17-20, M40 W21	COURSE 1 50 min	18.3 KM 14 CP	5:30pm
M16, M50, M60 W16, W17-20, W40, W50, Open 3, Open 4; E-Bike	COURSE 2 40 min	11.9 KM 11 CP	5:35pm
M14, M70 W14, W60, W70 Open 5	COURSE 3 30 min	5.6 KM 6 CP	5:40pm

Location: East Stromlo Via Arboretum

Directions to Arena: 10 min from Canberra CBD till Arboretum main entrance (see Google map and precise link from Eventor) and then follow precisely the marked route to the Arena (please allow extra 5-10 min).

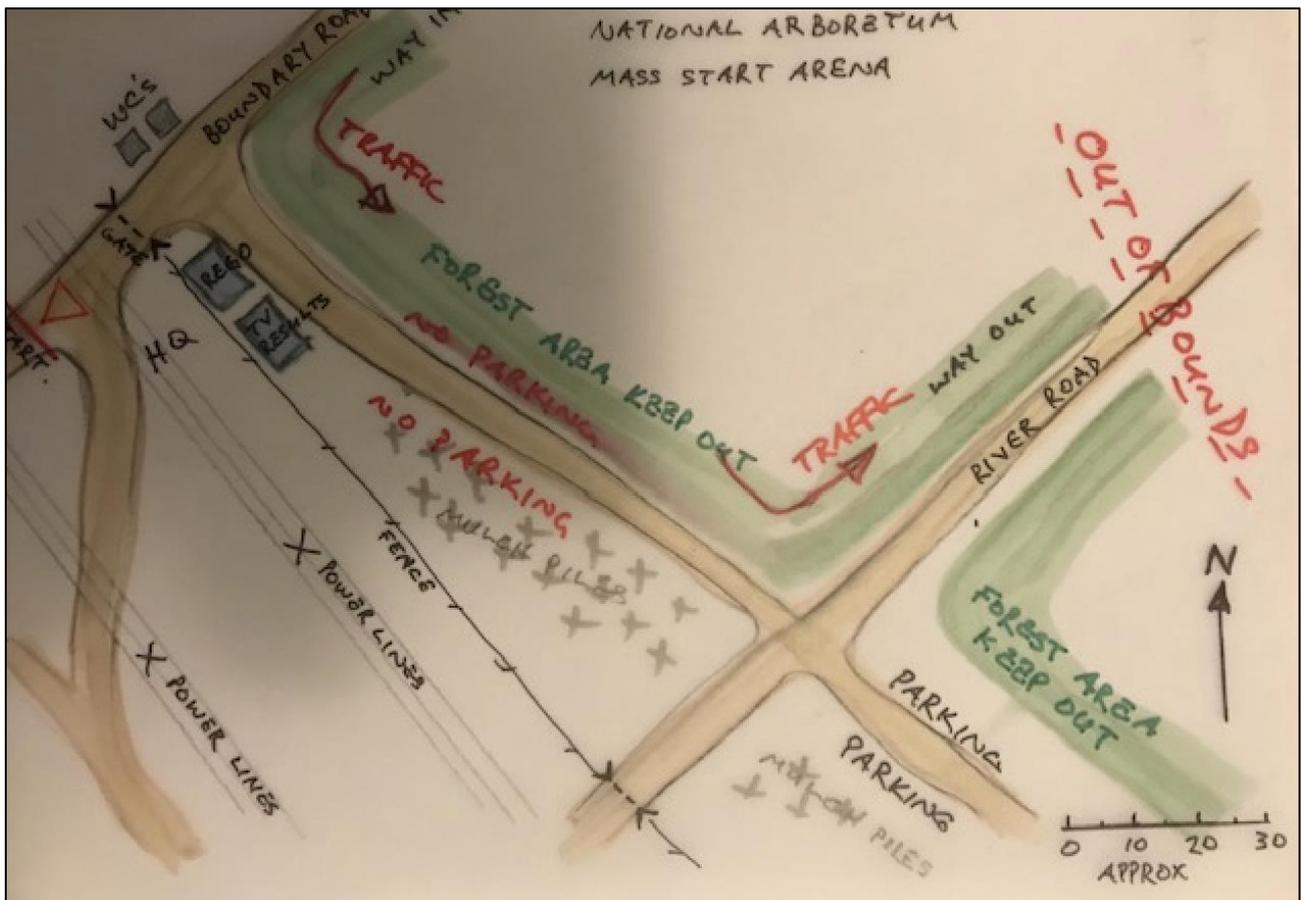


Quick notes from a Course Setter – Jim Anderson:

This is a fast and furious course reminiscent of Strauss's "Fledermaus". The plot is an utterly farcical romp through plantation pine, urban fringe and the illustrious National Arboretum. The course will take riders hither and thither over loose gravel, soft sand, ragged rocks, Newcastle type bogs, prickly blackberries and eroded ruts. Along the way they might encounter bounding kangaroos, swooping magpies, deadly brown snakes, spikey echidnas, dog-walkers, random runners, commuter cyclists and perhaps horses, which of course, they should give way to. Apart from these standard Canberra normalities, this evening event in the new **Daylight Saving Time** will mean a low sun angle, so a helmet peak is recommended!

**The course closes at 7:00pm –
allowing enough time to pack up before 7:20pm sunset.**

ARENA SCHEME (art-work by Jim Anderson for Mass Champ 2019)



IT IS THE FIRST ACT MASS START CHAMP!

**PLEASE WATCH FOR RIDERS
APPROACHING IN ALL DIRECTIONS!!**



**Enjoy Arboretum and
East Stromlo!**



**Conditions of our Event Permit
requests everyone
to leave Arboretum by 8pm (sharp)!**

ACT MTBO Middle Distance Championships 2019

Date: Saturday 19th October,

Start times: 10:00 am - 11:00 am

(start interval 2 min between people in the same class).

Course Closure 1:30 pm

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

Course Setter: Fedor Iskhakov,

Day Organiser: Marina Iskhakova

Map Size: A3

Punch System: SI Air & SI regular

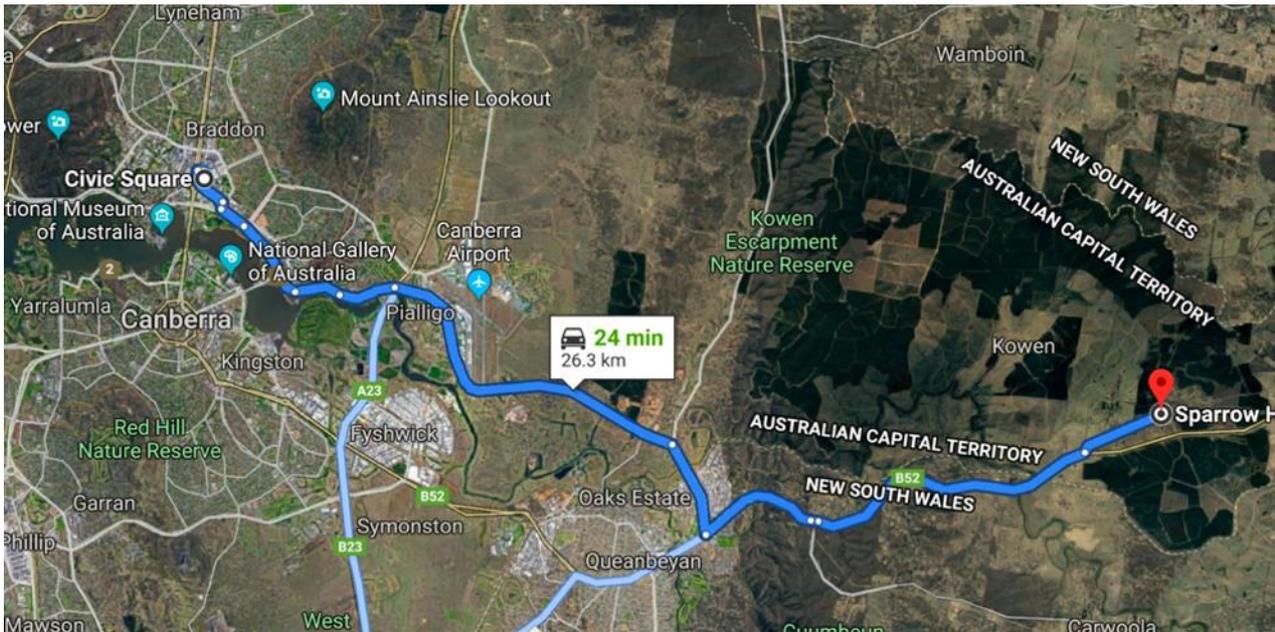
Terrain:

The Middle Distance will challenge competitors with a combination of excellent single tracks and undulating fire roads. Curvaceous single track in established pine plantation, combined with scenic tracks in rollicking open country, is the setting for the Middle Distance ACT 2019 MTBO Champs.

COURSE	CLASS	Expected winning time MIDDLE	COURSE PARAMETERS	CLIMB
Course 1	M21	55 - 60 min	22.0 KM 20 CP	500 m
Course 2	M17-20, M40, W21	50 - 55 min	17.5 KM 16 CP	400 m
Course 3	M16, M50, W17-20, W40, Open 3	45 min	14.0 KM 14 CP	300 m
Course 4	M60, W16, W50, Open 4; E-Bike	45 min	13.5 KM 16 CP	250 m
Course 5	M14, M70, W14, W60, W70, Open 5	40 min	7.5 KM 9 CP	150 m
Course 6	M12, M80, W12, W80, Open 6 Rec	30 min	4.0 KM 6 CP	100 m

Directions to the event:

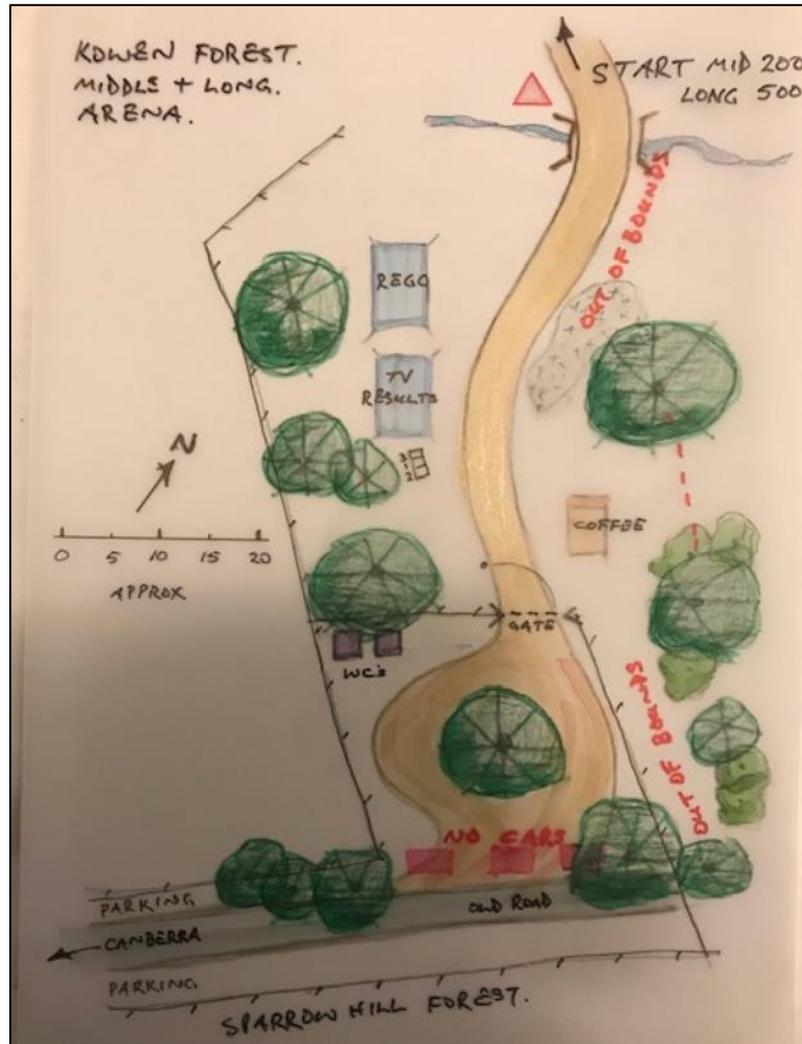
Allow about 25-30 min from Canberra CBD to Kowen Forest. Take Kings Hwy and follow Google maps to Sparrow Hill MTB parking area at Sparrow Hill Rd, drive another 300m straight and park at the end of Sparrow Hill Rd as directed by Parking marshal. Registration/Arena are a short walk from parking.



Course Setter comments:

The courses are set to maximize the riding on single tracks, including the scenic recent tracks in the logged parts of the East Kowen forest on longer courses. The more technical trails in the steep section of the forest have been avoided, although in courses 1, 2 and 3 may be viable options for route choice. Please, always ride to your ability. All courses will require some riding on open land mapped with the intensive 100% yellow. Note that patches of bush which are too small to be mapped to scale are not shown. A number of connecting tracks added specifically for the event are mapped with dotted paths and may be harder to spot than regularly used single tracks.

ARENA Scheme (art-work by Jim Anderson
for Middle/Long Champs 2019)



Selected image of Middle Champ Terrain



ACT MTBO Long Distance Championships 2019

Date: Sunday 20th October,

Start times: 09:00 am -10:00 am (start interval 3 min between people in the same class).

Course Closure 1:30 pm

Map: East Kowen 1:15,000, 5m contours

Course Setter: Jim Anderson

Day Organiser: Marina & Fedor Iskhakov

Map Size: A3. **Punch System:** SI Air & SI regular

Course Setter comments: The abstract expressionism of this course brings to mind Kandinsky's lithograph "Violett" from 1923 where the excitement of contrasting geometric shapes in a lyrical style of point and line Criss-cross the map. Innovative trails will bring out the best in MTBO adventure racers. Ranging countryside on fast fire-trails combined with areas of compact activity brings together a balance of functionalism and suprematism in a space that is recovering from logging operations. Earth tones are evident in eroded gullies, tangled windrows, weathered ruins, remote ponds, and soft pine needles. This is a rejuvenating forest waiting to be explored. Route options have been carefully planned to balance just enough pinchy climbing and technical riding with breathing room along the way. Keep an eye out for elusive local Shingleback Lizard.

COURSE	CLASS	Expected winning time LONG	COURSE PARAMETERS	CLIMB
Course 1	M21	105 min	36 KM 21 CP	TBA shortly
Course 2	M17-20, M40, W21	85 - 95 min	27 KM 18 CP	TBA shortly
Course 3	M16, M50, W17-20, W40, Open 3	80 min	21 KM 16 CP	TBA shortly
Course 4	M60, W16, W50, Open 4; E-Bike	80 min	17 KM 15 CP	TBA shortly
Course 5	M14, M70, W14, W60, W70, Open 5	60 min	11 KM 12 CP	TBA shortly
Course 6	M12, M80, W12, W80, Open 6 Rec	50 min	7.5 KM 8 CP	TBA shortly



Champ Dinner and Presentations

19th October 2019, Saturday 6.30pm

For 7pm Dinner start and 7.30pm Presentation Start

Championship Dinner on Saturday evening will celebrate the winners and will allow to spend time with friends in a great atmosphere (book a dinner place here

<https://eventor.orienteering.asn.au/Events/Show/8949>

by 11th Oct)



73 Canberra Ave, Canberra ACT 2603

www.kingstonhotel.com.au

RULES

These events are organized under the Orienteering Australia Competition Rules 2019 for MTBO

<https://orienteering.asn.au/wp-content/uploads/2018/11/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.**

SIAC, Map Board HIRE

SIAC (\$5/per day), Map Board (\$5/per day) will be available for Hire.

Please order these with your entry at Eventor.

Please remember to return hired items to Registration tent after the finish of all your races.

START

Day 1, 18th October, Mass Champ, Mass Start, 3 waves - 5:30pm, 5:35pm, 5:40pm

Day 2, 19th October, Middle Champ, allocated start times 10:00am -11.00am

Day 3, 20th October, Long Champ, allocated start times 09:00am -10.00am

Start Lists for Middle and Long will be available on October 16th (Thursday) at Eventor.

Enter on a day (EoD) will be able to start at vacant minutes in OPEN 3-6 classes only.

Please ensure that you do **Clear and Check** before you enter the start. Clear and Check units will be in front of the Start area. Timing will commence once the start unit has been punched. You will have 1 minute to plan your course.

FINISH

All riders with SI-Air stick **MUST** pass within 3m of the finish flag to have their finish time recorded wirelessly. If you are using standard SI stick, you **MUST** punch the finish control. All riders **MUST** return to the download table whether they complete the course or not.

E-BIKES

E-bikes is an emerging category in ACT, there is no gender division in E-bike class this year. Men and Women are competing in one E-Bike class.

LIVE RESULTS

Live Results will be available all 3 days here <http://act.orienteering.asn.au/live/> Feel free to share this link with your family and friends who can't accompany you to the Champ and feel supported during your ride☺

PRESENTATIONS

Awards for placegetters in all classes for MASS Start and MIDDLE Champs (except Open) will be made during the Awards Dinner on Saturday night at Kingston Hotel (with the start of Presentations at 7.30pm). Awards for placegetters in all classes for LONG will take place as soon as all winners are defined on Sunday, closer to 1pm.

FACILITIES

It will be no shelter facilities; 2 Mobile Toilets will be provided.

EMERGENCY CONTACTS

Call 0412 308 310 in an emergency.

WATER

There will be limited water available at the start and finish – please bring your own water. There will be no water on MASS course. It will be a couple of water points at MIDDLE and LONG courses.

EOD

Entry on the Day is available at Registration tent only to OPEN3, OPEN4, OPEN5 and OPEN6. Registration Tent will be open for **MASS from 4.30pm to 5pm**, for **MIDDLE from 9am to 10.45am**, for **LONG from 8am to 9.45am**, at the Event Center.

Hired Map Boards and SI AIR collection is at the registration tent.

WEATHER

Weather forecast for our MTBO weekend is moderate temperatures with a few showers, within the range 5-18C on Saturday and 7-19C on Sunday. The most probable you are heading to ACT from warmer places, so take extra clothes for early morning and evenings. <http://m.weatherzone.com.au/act/act/canberra>

COFFEE :)

COFFEE van will be available at the Event Center on Saturday and Sunday events. So just come and enjoy a great morning coffee. It will be no food kiosks available, so please bring own food. Coffee will be available at Middle from 8.30 until 10.30am, at Long from 8am until 10am.

Public Area Use and Road use

Please be aware that we don't have exclusive use of the event areas. There may be members of the public within the areas. This includes walkers, bicycle riders, horse riders, cars and motor bikers. **Please watch around, especially at MASS START!** Please observe road rules when riding – this means keep left at all times and give way when required. You must wear an approved cycling helmet.

You must remain with your bike on the course at all times. Walking or carrying bike is permitted. You must remain on mapped tracks/roads. Off track riding is allowed only on bright yellow. On single track, please allow faster riders to pass when you are able. Faster riders, please be considerate to the slower riders and give them time to safely move off track. Two way riding is allowed on Kowen East map on all roads and single tracks and on all roads at East Stromlo. Please be aware of riders approaching from the opposite direction.

BIKE WASH

It will be no bike wash at the event centre. Conveniently located Car Self-wash stations could be used after MASS / MIDDLE / LONG.

Nearest Car Self-Wash stations after MASS

Classic Car Wash

101 Lathlain St, Belconnen ACT 2617

www.classiccarwash.net.au

Open 24 hours. Have cash and coins with you.

Nearest Car Self-Wash stations after MIDDLE and LONG

Guns n Hoses Queanbeyan

155 Crawford St, Queanbeyan NSW 2620

<https://www.gunsnhosesqueanbeyan.com/>

Open 24 hours. Have cash and coins with you.

BIKE SHOPS

There are several fantastic bike shops in Canberra:

The Cyclery 28 Pirie St, Fyshwick ACT 2609

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

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

ACCOMODATION

There is plenty of great accommodation in ACT.

Some of 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>

MUST RIDE 4 QUALITY MTBO 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>

START PLANNING YOUR MTBO2020 Season!

ACT MTBO Calendar 2020

<http://act.orienteering.asn.au/mtbo>

**ACT MTBO Team is very much looking forward
to welcome you at the Championships!
Have great rides!**

**ACT MTBO Team,
4th October 2019**

Further enquiries on ACT MTBO Champ:
0412 308 310 Marina.Iskhakova@gmail.com