ACT MTBO Championships 2020

Sprint Champ - Kowen Forest - Saturday, 21 November (am)
Middle Distance - Sparrow Hill - Saturday, 21 November (pm)
Long Distance - Kowen Forest - Sunday, 22 November (am)

The 2020 ACT Mountain Bike Orienteering, Sprint, Middle and Long Championships will be held over 2 days and will provide competitors with some excellent single tracks and fire road riding in neighboring fantastic locations of Kowen and Sparrow Hills. **Sprint, Middle and Long Distance Champ** will challenge competitors with a combination of excellent single tracks and undulating fire roads and will be a true mix of interesting, challenging, tricky and very much enjoyable MTBO.

ACT MTBO Sprint Championships
Date: Saturday 21 November, **Start times:** From 10 am until 11am
Map: Kowen Forest 1:7,500, 5m contours
Course Setter: Fedor Iskhakov, **Controller and Day Organiser:** Marina Iskhakova

ACT MTBO Middle Distance Championships
Date: Saturday 21 November, **Start times:** From 2 pm until 3 pm
Map: Sparrow Hill 1:10,000, 5m contours
Course Setter: Jim Anderson, **Controller:** Belinda Allison, **Day Organiser:** Marina Iskhakova

ACT MTBO Long Distance Championships
Date: Sunday 22 November, **Start times:** From 9:00am until 10:00am
Map: Kowen Forest, 1:15,000, 5m contours
Course Setter: Cath Chalmers, **Controller:** Eoin Rothery, **Day Organiser:** Marina & Fedor Iskhakov

Course	Course	Expected winning time (SPRINT)	Expected winning time (MIDDLE)	Expected winning time (LONG)
Course 1	M21	20-25 min	55 - 60 min	105 min
Course 2	M17-20, M40, W21	20-25 min	50 - 55 min	85 - 95 min
Course 3	M16, M50, W17-20, W40, Open 3	20-25 min	45 min	80 min
Course 4	M60, W16, W50, Open 4; E-Bike	20-25 min	45 min	80 min
Course 5	M14, M70, W14, W60, W70, Open 5	20-25 min	40 min	60 min
Course 6	M12, M80, W12, W80, Open 6	16- 20 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!