



QLD Middle Distance Champs



Assembly Location Corner of Collins Rd and Old Northern Rd, McDowall

Map Bunyaville East 2020 1:10000 Colour

Event type

Terrain

Date

Starts

Course Close

Foot – Bush

Spur Gully, mostly quite fast, steeper on the longer courses

Sunday 30 August 2020

9am – 10am allocated (tbc) (2 minute intervals)

11.30am

COURSE	LENGTH	CLASS
Hard 1	5.6km	M21A
Hard 2	4.8km	W21A, M20A, M35A
Hard 3	4.0km	W20A, M16, W35A, M45A
Hard 4	3.5km	W16, W45A, M55A
Hard 5	3km	W55A, M65A
Hard 6	2.5km	W65A, M75A, Open Hard
Hard 7	1.6km	W75A, M85A, W85A
Moderate	3km	W14A, M14A, Open Moderate
Easy	2.3km	W12A, M12A, Open Easy
Very Easy	1.6km	W10A, M10A, M/W10-N, Open Very Easy

Those students wishing to be considered for the QLD Schools Team should run their age class, except those born 2008 need to run M/W14 (Moderate)



**You MUST PRE ENTER and PAY by 8pm Thursday 27 AUGUST.
THERE IS NO ENTER ON THE DAY.**

COVID: Arrive, Compete, Leave

Safety Guidelines must still be maintained at events for competitors, family members, organisers and volunteers

- If you are feeling unwell, stay home
- Do not to come to an event if you have any Covid-19 symptoms or have been in recent contact with someone who has Covid-19 or you are awaiting a COVID-19 test result.
- Wash your hands thoroughly before leaving home and as soon as you return
- Practise safe respiratory hygiene (coughing and sneezing into elbow etc) and no spitting
- Avoid touching your eyes, nose and mouth
- Avoid contact with others. Social distancing (1.5m between people)

<u>Cost</u>	Type (member/non-member)
	Adult (\$16.00/\$24.00)
	Junior (\$10.00/\$15.00)
	Family (\$42.00/\$63.00)

Start The start is approximately 400m, mostly gentle uphill from the assembly area.

Out of Bounds All of Bunyaville State Forest, to the east side of the Jinker Track, apart from the taped route to the start, is out of bounds prior to the race.

Facilities There is a public toilet approximately 800m west down Collins Rd on the south side from the assembly area at Alfredson Park.

Water: There will be no water on course or at the finish. BYO Water.

SPORTident: SPORTident Air+ will be used (normal punching still works),
Hire fee for SIAC sticks \$5.00. Non SIAC Hire \$2

Course Planner

Krystal Neumann

Controller

Tony Bryant

Contact person

Tony Bryant 0410428003

Contact email

enqoritb@gmail.com

Directions and Parking:

DO NOT ENTER BUNYAVILLE BY CAR.

Parking is along northern side (facing east) of Collins Road across gutter. Please do not park under the power lines at the assembly area. Keep this area clear for organisers and social distancing.

There is also on street parking on the eastern side of Old Northern Road, south of Collins Road near the intersection opposite the Steve Jones Hardware and Q Crete.

Presentations: There will be no presentations or results display. A live link to downloaded results may be set up.