

SA MIDDLE DISTANCE CHAMPIONSHIPS

COURSE INFORMATION

Course	Distance km	Navigation Difficulty	Classes	Expected winning time
1	7.5	Hard	M21A	30-35
2	6.0	Hard	M20A M35A W21A	25-35
3	5.4	Hard	M45A	25-35
4	4.7	Hard	W20A W35A M16A M55A	25-35
5	4.2	Hard	W45A E55A M65A	25-35
6	3.6	Hard	W16 A W65A M75A	25-35
7	2.9	Hard	W75A M85A W85A	25-35
8	3.4	Moderate	M14A MOB	25
9	2.7	Moderate	W14A WOB	25
10	2.1	Easy	W12A M12A	15-25
11	1.8	Very Easy	W10 M10	15-20

Course Planner: Bridget Uppill

Controller: Simon Uppill

Course Notes: Easy, fast running. Lots of opportunities for parallel errors.

The track on the east of the map (running west-east) is taped in places where it is hard to define. This tape will be red and white.

Courses 10 and 11 have marked taped routes. This tape will be pink.

Course Closure:

12 Noon – please return to the finish by this time event if you have not finished your course

Safety Bearing:

South to the fence or main ridge, follow back to arena.

