

# ACT MTBO CHAMPIONSHIPS 2020 21-22 NOVEMBER, Kowen

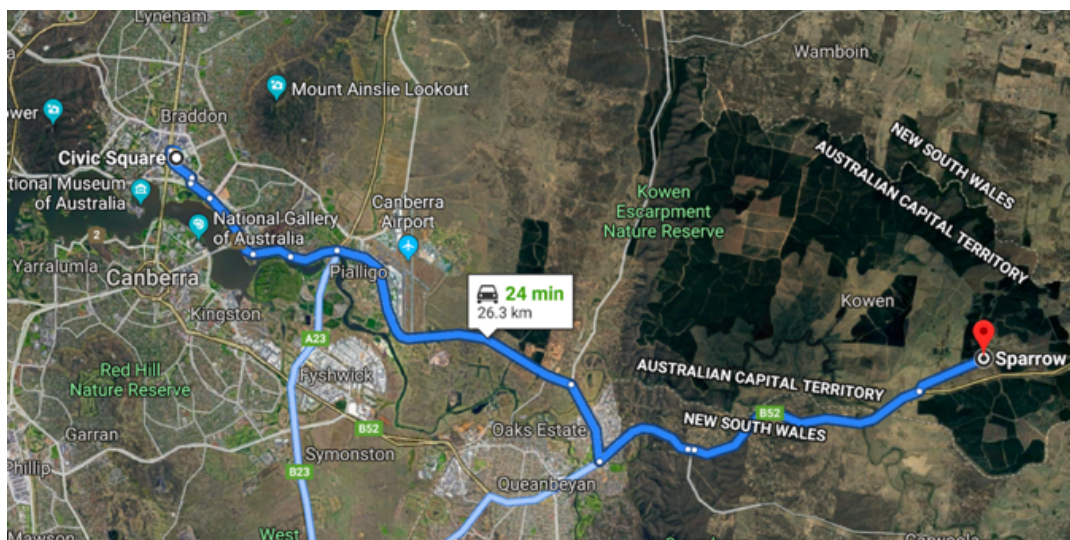


## Bulletin 2

### EVENT SCHEDULE

<b>SAT 21 NOV</b>	Morning 10am	<b>SPRINT CHAMPIONSHIP</b>	<b>Kowen Forest</b>
<b>SAT 21 NOV</b>	Afternoon 2pm	<b>MIDDLE CHAMPIONSHIP</b>	<b>Sparrow Hill</b>
<b>SUN 22 NOV</b>	Morning 9am	<b>LONG CHAMPIONSHIP</b>	<b>Kowen Forest</b>

# LOCATIONS OF CHAMPIONSHIPS KOWEN FOREST & SPARROW HILL



## Directions to the Event:

All 3 Events will have the same Assembly. 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 and Coffee van** are a short walk from parking.

**ENTRY DEADLINE is**

**19 November 2020, 11.59pm**

<https://eventor.orienteering.asn.au/Events/Show/9100>

<https://eventor.orienteering.asn.au/Events/Show/9101>

<https://eventor.orienteering.asn.au/Events/Show/9102>

(Only limited Entry on a Day is available to Open 3, Open 4, Open 5 and Open 6)

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

Class	SPRINT	MIDDLE	LONG
Senior (> 21)	\$20	\$25	\$25
Junior (11 - 21)	\$10	\$15	\$15

# ACT MTBO Championships 2020

## COURSES OVERVIEW

**Sprint Champ - Kowen Forest - Saturday, 21 NOVEMBER (morning)**  
**Middle Distance - Sparrow Hill - Saturday, 21 NOVEMBER (afternoon)**  
**Long Distance - Kowen Forest - Sunday, 22 NOVEMBER (morning)**

The 2020 ACT Mountain Bike Orienteering, Sprint, Middle and Long Championships will be held over 2 days in neighbouring fantastic locations of Kowen and Sparrow Hills. **Sprint, Middle and Long Distance Championships** 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 10:00am until 11:00am

**Map:** Kowen Forest 1:7,500, 5m contours

**Course Setter:** Fedor Iskhakov, **Controller:** Marina Iskhakova, **Day Organiser:** Marina Iskhakova

### ACT MTBO Middle Distance Championships

**Date:** Saturday 21 November, **Start times:** From 2:00pm until 3:00pm

**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 21 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

**Mapper:** Andrew Slattery **Technical support::** Ann & John Scown

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 M, E-bike W.	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

# ACT MTBO SPRINT Championship 2020

## ACT MTBO Sprint Championships

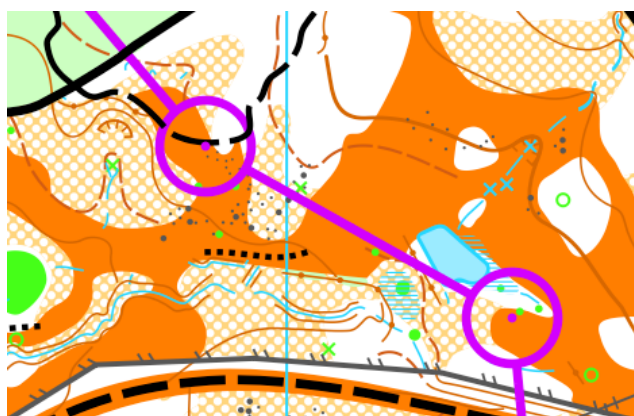
**Date:** Saturday **21 November**, **Start times:** From 10:00am until 11:00am

**Map:** Kowen Forest 1:7,500, 5m contours; **Map Size:** A3 for all Courses

**Course Setter:** Fedor Iskhakov, **Controller:** Marina Iskhakova, **Day Organiser:** Marina Iskhakova

## Course Setter Comments:

Sprint courses offer a ton of fun with fast navigation while riding over a combination of open land, single tracks and fire trails. All trails are two-directional, so be aware of possible oncoming traffic, including non-orienteer riders. For your enjoyment we have remapped the rideable open areas, which are marked with visible orange. All shades of yellow are not rideable!



There are a number of new and old barb wire fences in the area that you should be aware of. In two places they cross the road, with sections cut out to allow through passage. These places are marked with "crossing" symbol, be aware of the fence posts on the sides of the road. Several old fences are located in the area and marked on the map, be aware of possible wire on the ground. Erosion gullies along the creeks and water courses may be dangerous if fallen into. Be aware of them in the open areas.

Start and Finish are next to the Assembly Area.

Course	CLASS	Expected winning time (SPRINT)	Length (optimal)	CP	Climb
Course 1	M21	20-25 min	9.5 km	13 CP	100 m
Course 2	M17-20, M40, W21	20-25 min	8.2 km	11 CP	80 m
Course 3	M16, M50, W17-20, W40, Open 3	20-25 min	7.5 km	10 CP	80 m
Course 4	M60, W16, W50, Open 4; E-Bike MW	20-25 min	5.6 km	10 CP	30 m
Course 5	M14, M70, W14, W60, W70, Open 5	20-25 min	3.2 km	8 CP	20 m
Course 6	M12, M80, W12, W80, Open 6	16- 20 min	2.7 km	6 CP	20 m

# ACT MTBO MIDDLE Championship 2020

## ACT MTBO Middle Distance Championships

**Date:** Saturday **21 November**, **Start times:** From 2:00pm until 3:00pm

**Map:** Sparrow Hill 1:10,000, 5m contours; **Map Size:** A3 for all Courses

**Course Setter:** Jim Anderson, **Controller:** Belinda Allison, **Day Organiser:** Marina Iskhakova

## “Check it Out”

### Course Setter Comments:

Classic Sparrow Hill trails carved out of the rugged rock with pick & shovel around the turn of the century by The Kowalski Brothers will be the scene of the Middle Distance Champs this year. Following abundant rain and more expected towards the weekend the going will be a wee bit slick. The dams are full, the flowers and orchids are out and the blackberries have a new lease of life. Shingle Back lizards have been seen sunning themselves...

The mass of squiggly trails and fire roads on the map will have you thinking that you've turned over a Jackson Pollock work of art, though like 'Blue Poles', look more carefully and you will see numerous links joining these squiggles to fire trails. You'll go to places never ridden before, so long as you use the contours to your advantage.

Pinch climbs and varying open terrain reminiscent of the 'Dark Side of the Moon' will have you panting like William Barton in his cut; 'Not Too' Late from his album 'Birdsong at Dusk'. This ancient ear worm will play back through your brain as you push your body and bike though this course that is short, fast and loud. Set predominantly in Pine Plantation, with brief sojourns in Native Bush.

A rollicking roll-a-coaster... “Check it Out”

Oh, and be aware of the swooping Magpie near the Start and Finish.

Start is

Course	CLASS	Expected winning time	Length (optimal)	CP	Climb
Course 1	M21	55 - 60 min	16.1km	20 CP	300m
Course 2	M17-20, M40, W21	50 - 55 min	13.7km	16 CP	220m
Course 3	M16, M50, W17-20, W40, Open 3	45 min	11.6km	14 CP	170m
Course 4	M60, W16, W50, Open 4; E-Bike MW	45 min	11.2km	12 CP	140m
Course 5	M14, M70, W14, W60, W70, Open 5	40 min	5.8km	9 CP	110m
Course 6	M12, M80, W12, W80, Open 6	30 min	3.5km	6 CP	80m

# ACT MTBO LONG Championship 2020

## ACT MTBO Long Distance Championships

**Date:** Sunday **22 November**, **Start times:** From 9:00am until 10:00am

**Map:** Kowen Forest, 1:20,000 and 15,000, 5m contours

**Course Setter:** Cath Chalmers, **Controller:** Eoin Rothery, **Day Organiser:** Marina & Fedor Iskhakov

### Course Setter Comments:

Expect some long legs with plenty of route choice to keep you on your toes and thinking. Look ahead and analyse before committing.

**Mud and water** - Expect plenty! We have revised the courses to keep you out of the worst of the mud and trail-bike ruined tracks, but each of these are changing on a daily basis so be prepared for some bonus fun. Take care in areas where there are dams, marshes and watercourses marked on the map. These are all carrying much more water than usual, some dams are overflowing and watercourses are flowing fast.

**Track grading** - MTB specific single tracks have been mapped as solid line where these are relatively easily rideable. Solid single track is slower than dashed fire road. This has been done for the purposes of map legibility and to differentiate between the rideability of some tracks.

**Rideable open areas** - It is permissible to ride off track only in areas marked in solid orange on the map.

**Gates** – there are many on the map. Open gates are not marked. Gates that may be closed (but not locked) are marked on the map with a purple barrier symbol. All of these are on a latch and riders may open these to pass through. Please leave gates as you find them.

**Shooting range** – the gun club has an event scheduled. Courses 1 through to 4 may have a route choice that uses the shooting range access road. Please be aware of the range and do not leave the track in this area. Please also take care in this area as there may be extra vehicle traffic accessing the gun club. The shooting range is marked in purple stripes and is Out Of Bounds.

**Start** – is located within 200m of the assembly area. Follow signs.

**Finish** – is located within 300 m of the assembly area. The finish is located slightly off the track, in an open, rideable area. Take care when exiting the track towards the finish. Also take care not to ride past the finish on your course as your SI-Air stick will turn off. There is no reason you should be riding near the finish on-course.

Course	CLASS	Length (Optimal)	Climb	Controls	Scale	Map Size
1	M21	30 km	575 m	13 CP	1:20 000	A3
2	M17-20, M40, W21	24 km	400 m	10 CP	1:20 000	A3
3	M16, M50, W17-20, W40, Open 3	18 km	290 m	9 CP	1:15 000	A3
4	M60, W16, W50, Open 4; E-Bike MW	14 km	225 m	8 CP	1:15 000	A3
5	M14, M70, W14, W60, W70, Open 5	9 km	160 m	5 CP	1:15 000	A4
6	M12, M80, W12, W80, Open 6	5 km	50 m	8 CP	1:15 000	A4

# 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>

## COVID RULES

Please read the latest **Orienteering ACT (OACT) Return to Play Plan in a COVID-safe Environment**: <http://act.orienteering.asn.au/wp-content/uploads/2020/05/OACT-Return-to-Play-Plan-in-a-COVID-Safe-Environment-200531.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 when entering at Eventor (ADD SERVICE button or on a day). The range is 30 cm, to record a control you have to pass within a distance no more than 30 cm at a speed less than 40km/h. You are still allowed to use a traditional contact SI. If we run out of SI-AIR for HIRE, SI still will be available for EoD.

## Entry-on-a-Day (EOD)

Entry on the Day is available at Registration tent only to OPEN3, OPEN4, OPEN5 and OPEN6 courses and will start at vacant minutes.

Registration Tent will be open **SPRINT from 9am to 11am**,

**MIDDLE from 11am to 3pm**, **LONG from 8am to 10am** at the Event Center.

## SI-AIR, MAP BOARD HIRE

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

Please order these with your entry at Eventor (ADD SERVICE button).

Collection is at the registration tent.

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

## START TIMES

Event 1, **21 NOV** SPRINT, allocated Start times **10.00am -11.00am, 1 min interval**.

Event 2, **21 NOV** MIDDLE, allocated Start times **2.00pm - 3.00pm, 2 min interval**.

Event 3, **22 NOV** LONG, allocated Start times **9.00am -10.00am, 2 min interval**.

Start Lists for both days will be available on October 23<sup>rd</sup> (Friday morning) at Eventor and sent by email.

## CLEAR & CHECK & START

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. You will be called for 2 min in advance of your start time. You will have 1 minute to plan your course. It is No-punch start, you are starting at allocated minute.

## FINISH

All riders with SI-Air stick **MUST** pass through the FINISH GATE 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. Don't pass the FINISH gate during the course, it will switch your SI-AIR off.

## E-BIKES

E-bikes is an emerging category in ACT, this is the first time when we have a gender division with E-bike Woman and E-bike Man categories.

## LIVE RESULTS

Live Results will be available all 3 days here <http://act.orienteeing.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! And ride well!

## AWARDS AND PRESENTATIONS

Awards for place getters in all classes (except OPEN) for SPRINT and MIDDLE Champs will be made **on Saturday after Middle Champ, between 4pm-4.30pm.**

Awards for place getters in all classes for LONG will take place as soon as all winners are defined **on Sunday, around 12pm.**

**Medals and Diplomas** will be given in each declared Class for 3 places. The format of presentations will be in compliance with COVID-19 regulations.

## FACILITIES

It will be no shelter facilities; 2 Mobile Toilets will be provided. Additional permanent toilet is will be near Middle Champ start (at Sparrow Hill MTBO park).

## EMERGENCY CONTACTS

Call 0412 308 310 in an emergency.

## WATER

Due to COVID restrictions there will be no water available at the start and finish – please bring your own water. It will be no water points at SPRINT, MIDDLE and LONG courses. It is strongly recommended to have your own filled Water bottle at each course, particularly for MIDDLE and LONG.

## WEATHER

Weather forecast for our MTBO weekend is moderate temperatures within the range 13-21C on Saturday and 11-16C on Sunday with a high chance of a few showers during the day. Please take extra clothes for early morning and evenings.

<http://m.weatherzone.com.au/act/act/canberra>



## HERE'S THE COFFEE

“HERE'S THE COFFEE” van will be available at the Event Center on Saturday and Sunday events. So just come and enjoy a great morning coffee. Coffee will be available between 9am and 3pm on Saturday and between 7.45am – 10am on Sunday. Some snacks and beverages will be available too. For a proper refuel between Sprint and Middle, please bring your own food or consider a trip to Queanbeyan between Sprint and Middle.

## 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 SPRINT 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 “visible orange” (see FAIR PLAY page)** 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. 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 SPRINT / MIDDLE / LONG.

### Nearest Car Self-Wash station

#### Guns n Hoses Queanbeyan

155 Crawford St, Queanbeyan NSW 2620

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

Open 24 hours. Have cash and coins with you

## ACCOMMODATION

There is plenty of great accommodation in ACT. Suitably located and great Tourist Parks are:

### CRESTVIEW TOURIST PARK

81 Donald Road, Queanbeyan, NSW 2620

<https://canberracaravanpark.com.au>

### ALIVIO TOURIST PARK

20 Kunzea Street, O'Connor ACT 2602

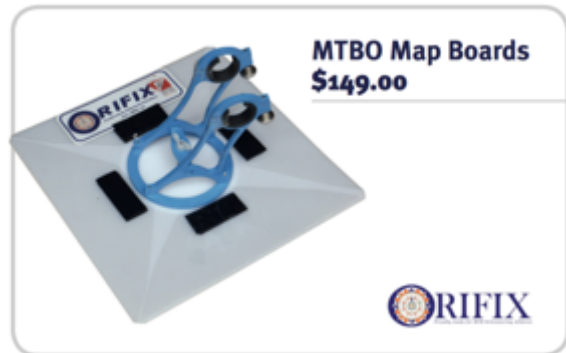
<http://aliviogroup.com.au>

# MAP BOARDS and SI-AIR on sale

[www.aussieogear.com](http://www.aussieogear.com)



*SI AIR - \$65 (second-hand)*



*Map Board - \$149*

*Colin Price*

[www.aussieogear.com](http://www.aussieogear.com)

Australian Distributor of **Sportident** Timing Equipment.

Australian agent for **TRIMTEX** Performance clothing.

Importer of clothing & equipment for Orienteers, Rogainers and Adventure Racers;  
[Trimtex](#), [Vavry](#), [Orifix](#), [Siven/Bryzos](#), [Vapro](#) and [Moscompass](#).

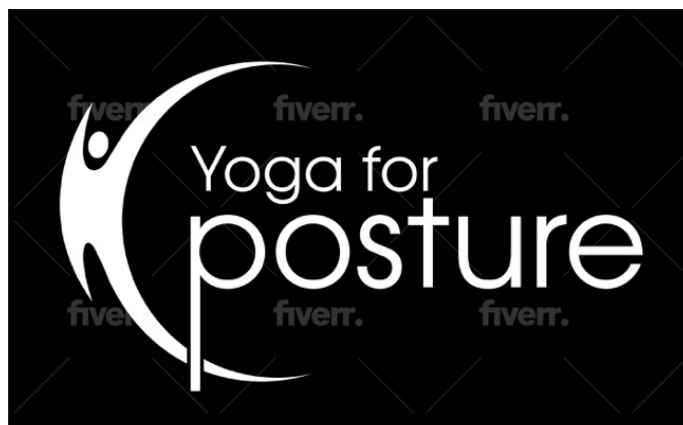
**Mobile: 0415210339**

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**Welcome to our Well-being Partner company “Yoga for Posture”**

**Elena Amani**, owner of Yoga for Posture  
will be providing 10 min express massage-sessions  
on Saturday afternoon after MIDDLE Champ  
from 2pm to 5pm

<https://www.yogaforposture.com.au>



## **“HERE’S THE COFFEE”**

will be serving us with the best coffee before all 3 Champs,  
starting 8.30am on Saturday and 7.30am on Sunday



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## **START PLANNING YOUR MTBO2021!**

**ACT MTBO Calendar 2021**

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

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

**ACT MTBO Team,  
18th October 2020**

**Further enquiries on ACT MTBO Champs:  
0412 308 310 [Marina.Iskhakova@gmail.com](mailto:Marina.Iskhakova@gmail.com)**