



# Big Foot Orienteers

*Falnash Frolic – the state league that  
isn't a state league!*

*Sunday 1 November 2020*

**Map:** 'Falnash' 1:10,000 with 5m contours for all courses. The map has been remapped in 2020 by Hamish Mackie using Lidar data at ISOM 2017-2.

**Planner:** Mark Shingler

**Controller:** Anna Fitzgerald

**Organiser:** Ewan Shingler Tel: 0435 543218 or [ewanshingler@hotmail.com](mailto:ewanshingler@hotmail.com)

This will be a COVID safe event. DO NOT ATTEND if you are unwell or if you must self-isolate under NSW Health COVID rules.

**Get in, orienteer, have fun and, head home**

## Directions

From Lithgow take the westbound Great Western Highways for 9.7kms. Turn right into Barton Ave (signposts for Wallerawang/Portland). After 2.6kms the road crosses the railway becoming Pipers Flat Road. Continue along this for 4.5kms before turning left into Thompsons Creek Road. After 3kms turn left into Falnash State Forest. Journey time from Lithgow is 25 minutes.

## Parking

Parking will be on the side of bush tracks. If there is an overflow, parking will be along a sealed road with a 100km speed limit. We expect all cars will be parked within 400m of the finish area

## Terrain

The area is all eucalypt forest, with moderately fast running, with a plethora of termite mounds. The terrain varies from moderately steep gullies and spurs through to flat areas with vague contour features.

There are few tracks in the area. There is no green, and the only fences are the ones that border the forest. The main creek has some steep embankments, these have been mapped with tags where space allows.

At time of course setting there were a lot of kangaroos on the area.

## Map – special symbols

X (black cross) Various types of man-made features. These include valves associated with a water supply line, wooden structures and car wrecks.

△ (brown triangle) Termite mound

○ (green circle) [Native cherry tree](#) – cherry trees are control features for some hard courses and the moderate course.

There will be no legend printed on the map. If you are unsure of the new ISOM2017-2 mapping standards, a copy will be available on Eventor.

## Course Information:

Course	Controls	Length	Climb
Hard 1	21	6.2 km	150m
Hard 2	17	5.2 km	130m
Hard 3a	17	4.2 km	100m
Hard 3b	17	4.2 km	110m
Hard 4	13	3.3 km	80m
Hard 5	10	2.4 km	60m
Moderate	10	3.8 km	100m
Easy	10	2.4 km	80m
Very Easy	9	2.2 km	60m

**Course closure is 1.30pm**

## Notes on Specific Courses

*Very easy* There are tapped routes, marked with streamers part way from the start to control 1, and then from controls 1 to 2. Much of the course follows a creek, after the recent wet winter you may get wet/muddy feet!

*Easy* There are tapped routes, marked with streamers part way from the start to control 1, and then from controls 1 to 2 and from controls 3 to 4.

*Hard 1* One control is near some mine shafts that are marked with a black V on the map. These are dangerous, take care.

## Enter on the day

There is no enter on the day.

## **Control descriptions**

Control descriptions will not be provided on the day, they will be available during the week before the event, through Eventor so you can print them at home. Control descriptions will also be printed on the front of the map.

## **Start**

Starts will be 9.30am to 11am. The start for **all** courses is 1.0km from the assembly area along a flattish track. It is a queuing start with 1-minute start intervals. Please ensure you socially distance while you wait. There is no water at the start.

**SI units** will be SI air activated except for the start and the finish; you must punch these.

## **Start Procedure**

Competitors must clear and check their SI stick before entering the start boxes.

-4 mins                      SI stick will be "checked."

-2 mins                      Move forward to the map baskets.

0 mins                      on final beep pick up your map, punch the start control and begin your course

## **Water**

Water will **not** be provided at the start, on course or at the finish, please ensure you bring sufficient for your needs. If the forecast is for hot weather, consider taking water on the course with you.

## **Toilets**

Two portaloos will be available plus a bush urinal for men.

## **O shop**

We are hoping that an O shop will be present, if so, social distancing must be obeyed. Plan any purchases in advance to avoid any crowding; note you won't have the opportunity to try any clothing items on.

## **First Aid**

In-house First Aid services will be provided by suitably qualified personnel. As the area is within mobile coverage, emergency services can be contacted if necessary

## **Dangers**

### *Getting Lost and Being Unable to Find the Finish*

The area is completely surrounded by fences and there are no fences within the forest. If you cross a fence you are going off the map!

All competitors are encouraged to carry a whistle and be aware of the international distress signal.

SAFETY BEARING is west to Thompsons Creek Road. The safety bearing is printed on the map together with the organiser's mobile number.

Competitors who do not know how to find the finish can ask for assistance from another competitor or follow the safety bearing information on the map. Waiting at a control, especially if it is on your course, or staying on a drivable track or roads are sensible options – orienteers' preliminary searches will concentrate on these.

*Injured competitors*, who need assistance, should (if possible) blow their whistle in line with a recognised distress signal or 'cooee' periodically. All competitors are reminded of the requirement to help an injured runner.