



AUSTRALIAN MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS 2010
IOF WORLD RANKING EVENTS
NATIONAL ORIENTEERING LEAGUE (MTBO) SERIES ROUND 3
Saturday 23 October 2010 – Middle Distance (am), Sprint Distance (pm)
Sunday 24 October 2010 – Long Distance

BULLETIN 3

This is the final bulletin for the 2010 Australian MTBO Championships weekend. It will be emailed to participants in the lead up to the event. Some of the details in the earlier bulletins have been included again for your convenience.

WELCOME

Welcome to all riders and their 'pit crews' as we return to Central Victoria where the World MTBO Championships were held in 2004. One of the maps to be used this weekend (and now extended) was first used for the World Championships. The other two areas are new to MTBO.

We have a variety of terrain which, at the time of writing, is still fairly wet and soft or slippery after the September rains. Please ride according to the conditions and don't get too distracted by the colourful wattle and other wild flowers.

We have entrants from all mainland States and a strong contingent from New Zealand. The competition should be keen, as befits Australian Championships and World Ranking Events.

We hope you will enjoy these events which are brought to you by Yarra Valley Orienteers, Melbourne Forest Racers, and Bayside Kangaroos Orienteering Club. Many of our helpers are not mountain bike orienteers – we thank them for coming out to assist with these events.

THE ORGANISING TEAM

Event Coordinator:	Peter Cusworth (BK)
Day organisers:	Toby Cooper (YV) (Saturday), Peter Cusworth (BK) (Sunday)
Course Setters:	Dion Keech (MFR) – Middle Distance Event Cormac McCarthy (YV) – Sprint Distance Event Jonathan Sutcliffe (BK) – Long Distance Event
Controllers:	Jonathan Sutcliffe (BK) – Saturday, Kathy Liley (YV) – Sunday.
Event Treasurer:	Ruth Goddard (YV)
Commentary:	Blake Gordon (EU), Blair Trewin (YV)
SportIdent:	Bruce Paterson (BK)

FIRST AID

St John's Ambulance personnel will attend on each day.

There is a hospital in Castlemaine and a bush nursing hospital in Daylesford. In both cases, go to the centre of town, turn north and watch for signs.

INFORMATION PLACE

You must report to the Information Place (a tent on Sunday, maybe in a building on Saturday) on arrival at the event **IF ...**

- you have requested to hire or purchase an SI stick.
- you have not yet paid for the events
- you have not yet paid for the dinner
- you have changed the SI stick number which you indicated on your entry form.

TECHNICAL STUFF

Sport Ident electronic timing will be used for all events. If you have arranged to hire or purchase an SI stick, please go to registration before your first event to collect these. Hire sticks must be returned to the Finish Tent at the completion of your final event.

SI sticks must be attached to your bicycle. The recommended method is using a 'zinger' (retractable cord) with the zinger attached to the handlebars. Alternatively use a piece of elastic. SI boxes will be at the usual-control height but in the Sprint event will be attached to trees or posts instead of on a control stand. At the other events, orienteering control stands will be used.

Before starting your course you must **CLEAR** your SI stick – insert it in the box on the CLEAR station which will be located just prior to the start at each event, and wait until it flashes and beeps. Just before your start, an official will ask you to insert your SI stick in the CHECK box. In addition to checking that your stick has cleared correctly, it will also be our record that you have started the course.

When you insert the stick into the box at the control, there should be a beep and a light flash from the control box. (Either a beep or a flash indicates that you have correctly registered your presence at the control.) If the box fails to indicate, you should use the manual punch on the control to mark the piece of card that you will be given before the start. If you have used a manual punch, you should hand in this card at the Finish and explain to the official which control did not function correctly. (Competitors who use the manual punches without due cause may be disqualified.)

You must visit the controls in the correct sequence marked on your map: 1-2-3 etc. If you accidentally visit, say, #4 before #3, then you must then go to #3 and return to #4 before proceeding to #5. If you accidentally punch an incorrect control then simply continue to the correct control. Any incorrect punches are ignored provided that overall you have visited your controls in the correct sequence. If the correct sequence is not recorded, a mis-punch will be registered.

For the Middle Distance and Long Distance event, standard orienteering control stands and control markers will be used. For the Sprint event, see the special note about control set up.

All riders must report to the finish and insert their SI stick in the 'download' box even if they have abandoned their course, so we know you are safely out of the forest. We do not want to call out the rescue party for riders who are already down town in the coffee shop!

START PROCEDURE

At all events the start is some distance from the assembly area. Be sure to check the instructions about reaching the start (distance, climb) so you will arrive in time. (Late arrivals may not be allowed to start until a gap in the start list so there may be a considerable delay.)

For the **Middle and Long Distance events**, riders will start at 2 minute intervals.

Be at the start **6 minutes before** your designated start time. Queue up in the line for your course. Collect your manual punch card.

4 minutes prior – have your SI stick number checked and insert your stick into the CLEAR box.

2 minutes prior – move forward to the map boxes. . Listen to the recorded instructions.

1 minute before the start time you will be given your map.

At GO, you must immediately insert your SI stick into the START box. Your time starts now.

For the **Sprint Distance events**, riders will start at 1 minute intervals.

Be at the start **5 minutes before** your designated start time. Queue up in the line for your course. Collect your manual punch card. Move forward to the 4 minute line.

3 minutes prior – have your SI stick number checked. insert your stick into the CLEAR box.

2 minutes prior – Move forward and listen to the recorded instructions.

1 minute before the start time move forward to the map boxes and collect your map.

At GO, you must immediately insert your SI stick into the START box. Your time starts now.

Ride to the start triangle on the map, which will be marked by a standard orienteering marker in the terrain. There is no SI unit to ‘punch’ at this place, but you must ride past this control.

AT THE FINISH

The race finishes when you punch at the control labelled FINISH. Then proceed to the Finish tent (which may be some distance from the finish control)

At the finish tent, insert your stick into the download controls as instructed by the officials. Collect your splits printout. Immediately take the splits printout to the Results Board where an official will write your finish time onto the Results slat and put it on the board.

Please move bikes away from the finish/results area promptly to make way for later finishers. Then come back to see how your results compare!

COURSE CLOSURE TIME

The course closure time varies with each event. Please check the event details. You are required to report to the finish by course closure time even if you have not completed the course. Control collection will commence from course closure time for each event.

RULES

The IOF Competition Rules for MTBO apply for M/W21 Competitors in the Middle Distance and Long Distance events which are World Ranking Events. In all other instances, the Australian MTBO Competition Rules apply. Note that for all riders in all events competitors the Australian rules regarding riding off tracks (see below) will apply.

Where can you ride?

You must ride only on tracks/roads which are marked on the map OR it is also permitted to ride on all types of mapped yellow areas of open land and semi open land. Note that rough-open land (50% pale yellow symbol) is slower and more difficult to ride. Riding across areas that are marked as out of bounds with vertical red or black stripes is not permitted.

The Australian MTBO Competition Rules (3.1 and 3.2) state in part: “This applies even if the **terrain or road conditions force riders to dismount and push or carry their bikes. No off track short cuts through the bush are permitted.** If competitors inadvertently take an indistinct track which is not marked on the competition map, they should retrace their route to the previously known point – and **not continue cross country to the nearest marked track.**”

To preserve the integrity of our sport, we need to ensure that we obey the rules, so that the sport is fair for everyone.

MAPS and CONTROL DESCRIPTIONS

Maps, course markings and additional overprinting have been drawn according to the IOF International Specifications for MTBO maps incorporating the newly adopted 2x4 track classification. See event details for further map details.

Note that there will be no control descriptions issued. All controls will be beside the track in the centre of the circle as marked on the map. The control number will be indicated beside the control sequence number on the map. Eg 1-140, 2-143, 3-78 etc. Please check that the control you are visiting has the number on it that you were expecting for your course!

Maps are printed on paper and are not in plastic bags. However plastic bags will be available at the start if you wish to take one.

Where applicable, previous orienteering maps of each competition area will be displayed at the event assembly area. You are not permitted to bring a previous version of the map to the competition area.

COMPLAINTS AND PROTESTS

Complaints, protests and appeals will be handled by the event organisers and jury in accordance with the Competition Rules.

In the first instance, in the event of a problem arising, a formal complaint should be made to the event organiser. A protest can then be made against the organiser’s decision about a complaint. A protest should be made in writing to the Controller as soon as possible after the organiser’s decision about a complaint. There is no fee for a protest.

The controller will chair the jury which will decide on the outcome of the protest.

The jury will be selected from Blake Gordon (Vic), Michael Wood (NZ), Peta Whitford (Vic), Tim Hatley (Vic).

OTHER IMPORTANT STUFF

SAFETY

All riders must wear a helmet. It is your responsibility to check that your bike is roadworthy. You should carry water. All events will largely be conducted on public roads where fast moving local traffic might be encountered – and on forest roads where other users might not be expecting to meet bicycles. It is your responsibility to follow the rules of the road and to ride defensively. On narrow tracks, downhill riders should give way to uphill riders.

BIKE SHOPS

There are two bike shops in Castlemaine (one on the Midland Highway north of the main intersection, the other on the next street parallel to and east of the Midland Highway) but they both close around 12.30 on Saturdays.

The Melbourne Bicycle Centre will provide a selection of spare parts which will be available for purchase from Stephen Cusworth after the Middle Distance event (between 1pm and 2pm) and for a short time after the Sprint Distance event. This is a 'Do It Yourself' service: We are not able to offer a formal mechanic service.

SUSTENANCE

On both days there will be a mobile coffee van (also selling hot chocolate and biscuits) at the events.

On **Saturday**, we will be only 1.5 km from the centre of Castlemaine so you should have time between the events to buy lunch etc if required, or to pick up some goodies beforehand. There is a bakery on the Midland Highway north of the main intersection, and a Bakers Delight in the foyer of the Supermarket adjacent to the Info Centre.

On **Sunday**, you may want to collect lunch supplies before coming out to the event

SATURDAY NIGHT DINNER and PRESENTATIONS for Sprint & Middle Distance events

7:00 pm at Bedolla's@Savoia, Savoia Hotel, 69 Main Road, Hepburn Springs. Take the road to Hepburn Springs from the centre of Daylesford and go north for 3 km. Check your name off on the list at the entry.

Entertainment during dinner will include photos and videos from the day. Presentations for the Saturday events will take place from around 8.30 pm – you are welcome to come for the presentations even if you are not booked in for the dinner. Pay for your own drinks.

If you have not yet booked for the dinner but wish to go, check at Registration on Saturday morning to see if there are any spare places. Cost for the meal is \$23.

ENTER ON THE DAY

If you have friends who now wished they had entered, we will accept Enter on the Day for recreational (ie non-championships) riders on Courses 2 and 4.

Cost: Middle Distance Senior \$32, Junior \$22 plus cost of SI hire stick if required.
Sprint Distance: Senior \$25, Junior \$15
Long Distance: Senior \$35, Junior \$25.

Start times will be allocated at Registration.

SATURDAY 23 OCTOBER

The same assembly area will be used for both the Middle Distance and the Sprint Distance events.

DIRECTIONS

The Assembly area is at the Wesley Hill Sports Reserve, McGrath Street Castlemaine: between Castlemaine and Chewton. VicRoads Map 287 S7.

From Melbourne, take the Castlemaine exit from the Calder Freeway and proceed through Chewton to Castlemaine. Towards the top of Wesley Hill, there is a sign pointing left to Loddon Regional Prison. From here, continue along the main road towards Castlemaine for a further 0.9 km. McGrath Street is a sharp left turn near the bottom of the hill. (Orienteering sign). Please enter McGrath Street from the west.

From central Castlemaine: from the traffic lights on the Midland Highway in the centre of town, take the Pyrenees Highway east towards Melbourne. After 1.2 km, turn right into McGrath Street (Orienteering sign).

Facilities at the Wesley Hill Sports Ground:

Toilets, mobile coffee van.

Please park as directed. We are sharing the Sports Reserve with a cricket match. There is ample parking, but please keep the area adjacent to the cricket pitch free for them to use and access.

SAFETY WARNING

During this day, both in competition and in moving to/from the assembly area on your bike, you will be sharing the roads with local and through-town traffic. It is important that you ride with traffic-awareness and follow the rules of the road. Your safety, the safety of other road users, and the good name of MTBO are at stake.

EMERGENCY CONTACT NUMBER FOR TODAY: Toby Cooper 0418 180 293

MIDDLE DISTANCE CHAMPIONSHIPS

Map: Old Quartz Hill. Scale: 1:15,000. Contour Interval: 5 m

Map prepared for MTBO 2004 (A.Slattery & R.Smith) and updated and extended 2010 (A.Slattery)

A3 size.

Terrain: Hilly with track-types including unsealed roads, rocky vehicle tracks and some single track. Gold mining areas with eucalypt and pine forest. Some urban areas.

There are a number of very steep tracks which should be ridden with due caution. Exercise caution on single track to avoid head-on collisions with other competitors or park users. This area is popular with walkers and dog-walkers. There are a number of out of bounds areas and prohibited routes marked on the map – you must not cross these areas or use these routes.

Start times from 11:00 am.

The Start is 3km from the Parking/Assembly area. Follow orange streamers. The first section is on a flat road, then a gradual 1.5 km uphill on a dirt road. This climb before the start is to prevent excessive climb on the courses. Advice is to allow at least 30 minutes. Course 5 competitors will be offered a lift (with bikes) up the 1.5 km hilly section – please arrive at the bottom of the hill in good time – we will be taking 2 riders at a time.

Courses:	Course 1	16.8 km	390 m. climb
	Course 2	14.5 km	325 m
	Course 3	12.4 km	265 m
	Course 4	10.3 km	210 m
	Course 5	8 km	150 m

The distance from the Finish back to the assembly area is approx 2 km. You must report to the download area to record that you are out of the forest and register your result.

Course closure time: 2.00pm

SPRINT DISTANCE CHAMPIONSHIPS

Map: Clinkers Hill Scale: 1:10,000 Contour Interval: 5m

Prepared for MTBO2010 by Andrew Slattery with assistance from SUTMAP.

Map size: approx 25 x 27 cm.

Terrain: A mixture of urban area and hilly eucalypt forest with gold mining areas. Track types include bitumen roads, unsealed roads, rocky vehicle tracks, and single track. Be aware that there are old gold mine workings in the bush areas – another reason to keep to the marked tracks! Look out for and give way to pedestrians. Some courses pass through the grounds of a school – take care on blind corners around the buildings.

It is permitted to ride across all yellow areas as indicated above. Some open areas have low gorse-like bushes and a foot orienteering green ‘undergrowth’ screen is used to illustrate these.

The main Bendigo-Melbourne railway runs through the map. For legibility purposes, this has not been marked with the red-cross ‘forbidden route’ symbol – but the railway line is out of bounds and must not be crossed except via road bridges or underneath via a marked culvert.

Start times from 3:00 pm.

The Start is 2.2 km slightly uphill ride from the Assembly area, on bitumen roads. Follow O/start signs on McGrath St from the entry to the sports ground. Along this route at the first right turn, there is a ‘No Right Turn’ sign at the corner. Please dismount to negotiate this corner.

Courses:	Course 1	9.4 km	135m. climb
	Course 2	7.8 km	100m
	Course 3	6.2 km	80m
	Course 4	5.1 km	75m
	Course 5	4.4 km	70m

The finish is at the assembly area.

Course closure time: 5.00pm

Special Note

The Sprint event will largely take place in suburban and near-suburban areas. To ensure the security of controls, we will be using SI units locked to trees/posts at around 1 m height above ground level. The locking wire will pass through the ‘hole’ in the SI unit where the SI stick registers. There is sufficient gap to allow the SI stick to register, but you may find it a little slower to register than with the normal control set-up. Please be sure that you take time to hear the beep/see the flash before continuing to the next control. A sample control set-up will be demonstrated at the assembly area. All controls will have standard control markers.

SUNDAY 24 OCTOBER – LONG DISTANCE CHAMPIONSHIPS

DIRECTIONS

From Daylesford, take the A300 signed Castlemaine. After 1.2km at the Farmers Arms Hotel, avoid the turn off to Castlemaine (Midland Highway) and continue straight ahead on the A317 for a further 1.1km. Turn left at Leitches Creek Rd and continue 2.2km to the Parking/Assembly area.

From Castlemaine or Malmsbury, travel to Daylesford. When you reach the C317 Daylesford to Trentham Road on the outskirts of Daylesford, with Farmers Arms Hotel on its intersection, turn left and follow instructions as above

From Melbourne, leave the Western Freeway at Ballan, head north towards Daylesford on the C141. Once in Daylesford, follow directions above.

The **assembly area** is on a grassed area on private property and along the adjacent roads. If the area is very wet, we will limit riding on the property. Please respect plantings and stay clear of the house. A portaloos will be provided and the mobile coffee van will attend. Please bring your own water supplies.

We are grateful for the assistance of local landowner Peter Rogers for use of the parking area.

EMERGENCY CONTACT NUMBER FOR TODAY: Kathy Liley 042 9802 583.

Map: Wheatsheaf Scale: 1:25,000 Contour Interval: 10 m
Prepared for MTBO 2010 by SUTMAP.
A3 size.

Terrain: Eucalypt forest. Tracks include unsealed roads and bush tracks, many of which are covered in leaf litter or small branches so caution is advised. Some indistinct track junctions have been marked with red/white or orange tape. The area was badly affected by fallen trees in recent winter storms. The area was mapped prior to these storms. Fallen trees where they are an obstruction, were identified as part of the course setting process but it is possible that more fallen trees exist.

The Bullarto Reservoir has been undergoing maintenance. The dam wall has been repaired but construction is still taking place. Some tracks have been shown as out of bounds in this area.

In other places where tracks have been closed to vehicle access for construction purposes or seasonal closure, it is permitted to ride bikes and the bikes can be manoeuvred around the closure barriers.

Note that the bitumen road at the southern boundary of the map is out of bounds and has been marked as a forbidden route.

Start times are from 9.30 am. The start is an undulating 1.5 km ride on dirt roads from the Assembly/Parking area. Slower riders should allow at least 20 minutes.

Courses:	Course 1	35.8 km	720 m. climb
	Course 2	30.0 km	570 m
	Course 3	25.5 km	500 m
	Course 4	17.0 km	340 m
	Course 5	14.8 km	260 m

Course closure time: 2.00pm

Presentations will take place from 1:00 pm. This will include individual place getters for the Long Distance event, NOL winners*, and the State Shield for the champion state, decided over the three events.

*The Australian Middle Distance and Long Distance Championships are the final events in the 2010 National MTBO League (NOL) Elite and Masters Division series.