

SATURDAY 6TH - MONDAY 8TH JUNE 2009

QUEENS BIRTHDAY 3 DAY

INCLUDING THE NSW SPRINT CHAMPIONSHIPS

SAFETY CONSIDERATIONS

Mobile Phones

We believe that there is coverage on all of the maps so you could carry your mobile phone with you in case of emergency. Finish tent contact number is 0422 471 353

First Aid

We have St Johns First Aid group in attendance on Sat/Sun. Monday's event at the University is close to the Mater Hospital which has a newly renovated emergency department. A basic first aid kit will be available for minor problems.

Personal Safety

Full body cover is recommended for Sat/Sun.

Safety Whistles

We strongly advise competitors to carry whistles and to give 6 short blasts if they suffer serious injury or become distressed and need assistance. There will be whistles available to purchase at cost price from the info tent.

Parental Warning

The arena on Saturday is adjacent to a small waterhole while Sunday's is adjacent to a large dam. Parking on Saturday is along a busy road. Please keep a good watch over your children when in these areas.

Risk Notice

In entering an orienteering event, competitors recognise that the activity has certain inherent risks due to its conduct in the urban and natural environments. Included in these risks are injury due to rough terrain and obstacles and the effects of heat, cold and exhaustion. Competitors are also aware that there is no personal accident insurance on their participation in the sport and that they take part at their own risk.



*On behalf of
Newcastle Orienteering
Club and OANSW I take
great pleasure in
welcoming my loyal
subjects, even those
dreadfully unappreciative
republicans, to this
wonderfully regal 3-day
event.*

*Phil and I would dearly
love to be there but
alas you do not allow dogs
and I cannot bear to travel
without my beloved corgis.*

HRH Elizabeth II

GENERAL INFORMATION

Electronic Punching

Sportident (SI) electronic punching will be used. If a unit fails use the manual punch to mark in the boxes provided on the map.

Rental SI Sticks

Should be picked up on your arrival from the info tent.

Clear & Check

Clear & check stations will be positioned at the pre-start.

Blue Competitor start times

Blue competitors have not been allocated start times. They can start anytime during the start window for that day. Saturday: 12:00–1:30 pm; Sunday: 9:30–11:00 am; Monday: 9:30–11:00 am

Late Starters

Report to the start official who will start you at the next suitable time.

Start Procedures (Note: halve these times for Monday as starts will be 1 minute intervals)

Be at the start at least 6 minutes prior to your listed start.

6 minutes to start – competitor & SI check off

4 minutes to start – collect control descriptions

2 minutes to start – move to box, write name on map

0 minutes to start – begin but do not look at your map until you have registered at the start unit.

Control Descriptions

Can be collected 4 minutes (2 min Monday) prior to starting. They will also be on the back of the map, in English for Blue and Green, symbols for other courses. Orange will have English available at the printed descriptions pick-up.

Control Stands

Numbering will be on top of the control stand. Ignore other numbers including any on the SI unit.

Results

Results will be displayed at the arena and posted on the club website as soon as possible.

Presentations

Presentations will take place as soon as possible after the Sprint event.

Cloth badges will be awarded to first three places in all classes except M/W10N. They will receive certificates of participation. Winners will be calculated by tallying the total elapsed time over the 3 days. Note: there are no separate patches for the NSW Sprint Champs.

Catering

The NSW Carabines squad will provide tea/coffee, cakes and slices on Saturday afternoon. On Sunday they will provide tea/coffee, cakes, slices and a BBQ. Cold drinks will also be available. Please support them.

Planners

Karen Blatchford SL6

David Kitchener SL7

Ian Dempsey SL8

Controllers

Geoff Peel SL6

Russell Rigby SL7

Arthur Kingsland SL8

Sportident

Geoff Todkill

Gear Margaret Peel

Personnel Carolyn Rigby

Landholders

National Parks; Newcastle University; Cessnock City Council

Contact

Geoff Peel 49680977 newo@bigpond.com.au

SATURDAY 6TH FROM 12:00 NOON

SL6 MIDDLE DISTANCE

KITCHENER

Directions

The event location is along Quorrobolong Road, just south of the small town of Kitchener.

From Sydney

Leave the F3 at the Cessnock/Coalfields exit, and travel 3 km along Freemans Drive to Freemans Waterholes, then 8km toward Cessnock. Turn left into Sandy Creek Rd for 12.5km (one lane bridge across Wallis Ck at 6km), turn right into Quorrobolong Road, 4.8km to the event.

From Cessnock

From Vincent St/ Aberdare Rd traffic lights at southern end of Vincent St travel 4.5 km toward Kitchener along Vincent St / Quorrobolong Rd (railway crossing at 1.2km). Travel <1km past Kitchener.

From elsewhere

Use Google maps, a GPS or a road map.

Parking

Parking for this first day is not ideal. It is along the edge of Quorrobolong Road which is signposted at 80 km. Please use extreme caution when slowing down and parking. We hope to have some officials assisting but please take no risks. Be careful of traffic at all times and supervise any children.

Arena

The arena is an easy flat walk 250m from the access point. How far you'll be from that access point depends upon your arrival time and how far up the road you will be parked.

Toilets

There are only 2 port-a-loos and most likely a male urinal available on site. For those wishing to avoid queues there are public toilets in "Poppet Head" park less than 1 km away at Kitchener.

Start

There is one start for all courses. It is an easy mostly flat 650m walk from the property access point. Don't depend on water being at the start as it's a long carry to get it there. There will be no toilet. A clothing return may operate if very wet or cold conditions. (it isn't high on our priority list) If so it will be signposted at the property access point.

Map

"Southam's Road - West"

1:7500 for Blue & Green, 1:10000 for all others

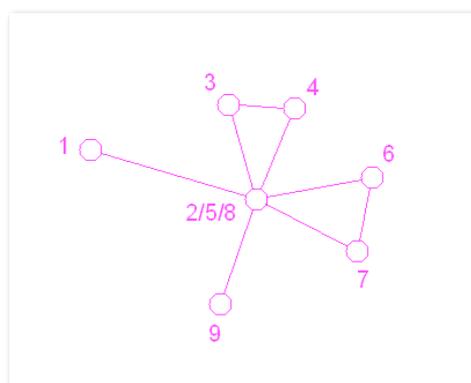
Control descriptions and emergency contact phone number will be on the back of the map. A copy of the previous version will be on display at the arena.

Loops and Pivot controls

Some courses utilise pivot controls and loops. You must visit the pivot control more than once in the correct sequence and punch it on each occasion.

Terrain

Some hills, mostly flat to gently undulating, punctuated with sections of intricate, and at times steep, erosion gully detail. In general, run ability is good, though visibility is restricted in slow run areas.



Fences

Some broken fence lines are quite difficult to actually see in the field but have been left on the map as a safety awareness feature rather than a navigational aid.

Vegetation

The vegetation has increased slightly since the map was updated. It is still quite good for run feasibility estimation but should not be relied upon for navigational purposes. Cherry trees no longer appear on the map. A few trees have fallen across tracks used by Blue and Green competitors. They are easily crossed or gone around and should not impede or even deter passage.

Termite mounds

All ant nests and termite mounds have been taken off the map as they were unreliable as finch breeders destroyed many of them.

Minor Tracks

Some now disused tracks that are very hard to make out on the ground have also been removed.

Enter on Day (EOD)

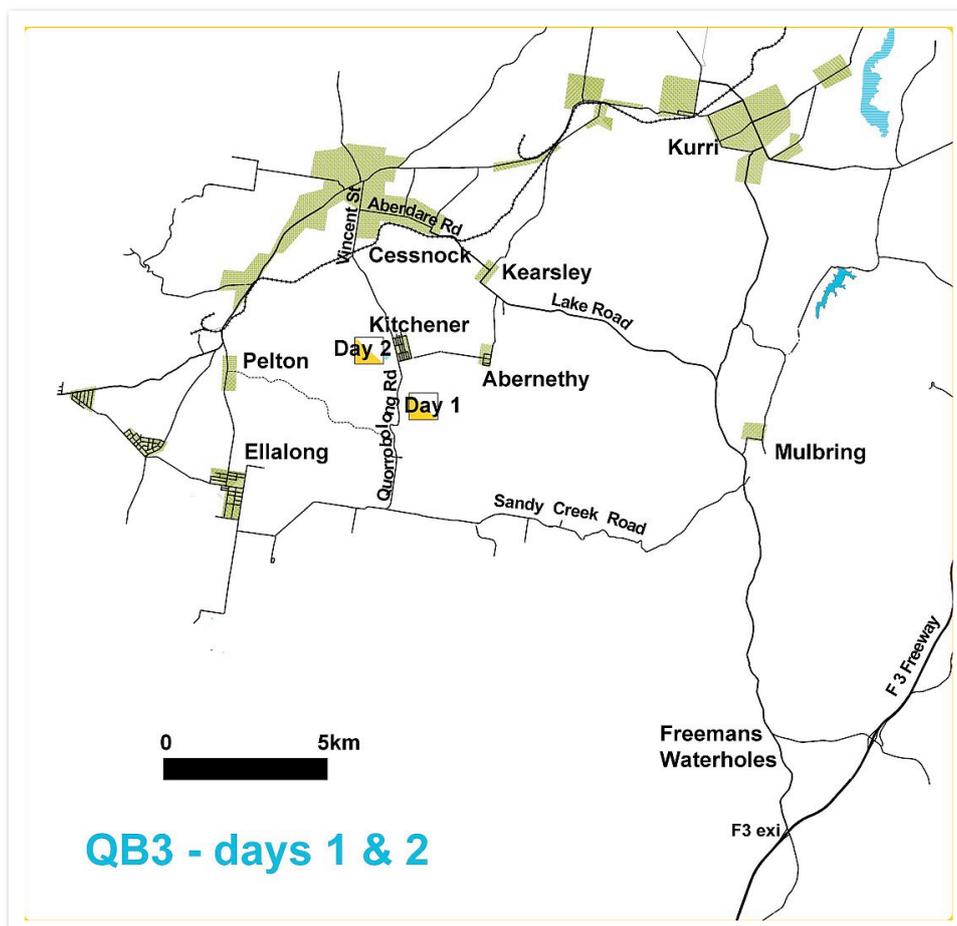
Blue, Green, Orange and Red7. Please register at info tent from 9:30 am. Start times 10:00–11:30 am.

Course Closure: 4:00 pm

At this time you should abandon your course and head back to the finish.

Safety Bearing

West to main road on the edge of the map.



SUNDAY 7TH FROM 9:30 AM

SL7 LONG DISTANCE

KITCHENER

Location

The event location is “Poppet Head Park” in the small town of Kitchener.

Directions

From Sydney

Leave the F3 at the Cessnock/Coalfields exit, and travel 3 km along Freemans Drive to Freemans Waterholes, then 8km toward Cessnock. Turn left into Sandy Creek Rd for 12.5km (one lane bridge across Wallis Ck at 6km), turn right into Quorrobolong Road, 5.5km to Kitchener – parking on left

From Cessnock

From Vincent Street/ Aberdare Road traffic lights at southern end of Vincent Street travel 4.5 km toward Kitchener along Vincent St/Quorrobolong Rd (railway crossing at 1.2km) – parking on right.

From elsewhere

use Google maps, a GPS or a road map.

Parking

Please park as directed (front to fence) along park fence on western side of road.

Arena

The dominant features of the park are the old mine poppet head (Aberdare Central Colliery) and the colliery dam. The poppet head is surrounded by a high fence and is out of bounds. There is a small shelter shed with one electric barbecue, and a children's playground, plenty of grass and some tree cover. The park is open to the general public throughout the event.

Toilets

There are public toilets in the park and they will be supplemented by two port-a-loos.

Poppet Head Dam

The dam at the assembly area has ducks and deep water. Ensure your children are supervised.

Start

800m flat walk from the assembly area. Allow 10–15 min. There will be water, but no toilets. Clothing return will be provided in the event of bad weather but competitors may reach the finish before their clothing if the weather is really bad.

Enter on Day (EOD)

Blue, Green, Orange and Red7. Please register at info tent from 9:30 am. Start times 10:00–11:30 am.

Map

Red 1–2	“Astley’s Tower” (revised 2009)	1:10000, A3
Blue and Green	“Poppet Head” (revised 2009)	1:7500, A4
All other courses	“Poppet Head” (revised 2009)	1:10000, A4

A copy of the previous map of the area will be on display at registration.

TRIVIA QUESTION

WHAT IS QUEEN ELIZABETH II ACTUAL BIRTH DATE?

Terrain

Most of the area has been transferred from Aberdare State Forest to part of Werakata National Park. There are traces of former timber-cutting and grazing, and of mining exploration. The terrain is spur gully, with some deeply eroded creek systems in the steeper southern part of the map and low-lying marshy areas in the north. There is an extensive track network.

Vegetation

The map has significant areas of slow run and walk vegetation which may affect route choices on Red and Orange courses. Due to frequent rainfall over the past year, the vegetation may be slightly thicker than mapped, especially around watercourses and low-lying areas. Full body cover is recommended due to patches of prickly scrub.

Creeks

The creeks are muddy after recent rains, and water depth may be difficult to gauge, so if in any doubt, **stay out!** Some creek banks are very steep and deeply eroded in the southern part of the map and will be slippery and potentially unstable in wet weather.



Trail Bikes

If you encounter trail bikes take care as they may not have seen you! New tracks can appear almost overnight, while less used paths become less obvious. While every effort has been made to ensure map accuracy, be alert to the possibility of new tracks, or existing tracks being less distinct than expected.

Fences

Fences are being removed, especially those alongside the major tracks. Others are in a state of disrepair, but may still be mapped as fences, as opposed to fence lines. Where your course crosses a fence or fence line, please watch out for stray wires.

Ant Mounds - Termite Nests

Many older termite and meat ant mounds have been destroyed by rain or echidnas, and some new ones have arisen. While they have been checked in the immediate vicinity of control sites, they should not generally be used as a reliable navigation feature.

Mine Related Activity

You may encounter survey lines and silt fences associated with mine exploration. These have not been mapped. There is active exploration in the SE corner of the map, outside the competition area. If you end up in this area, avoid any current drill sites.

Course Closure: 2:00 pm

At this time you should abandon your course and head back to the finish.

Safety Bearing

East to main road on the edge of the map.

“AND WHAT DO YOU DO?”

QUEEN ELIZABETH II TO FOUR BRITISH GUITAR GREATS, ERIC CLAPTON, JIMMY PAGE,
JEFF BECK AND BRIAN MAY, AT RECEPTION FOR THE BRITISH MUSIC INDUSTRY
AT BUCKINGHAM PALACE, MARCH 2005

MONDAY 8TH FROM 9:30 AM

SL8 NSW SPRINT CHAMPS

NEWCASTLE UNIVERSITY

No Metal Spikes

Metal studs or spikes are not permitted at this event.

Directions

Travel to University Drive, Callaghan to the main university entrance at the roundabout. If you're traveling along the Sydney–Newcastle Freeway, exit at the Newcastle Link Road and continue towards Newcastle through to Thomas St. and then Newcastle Rd (about 2 km from end of the link road). Follow Newcastle road past the next two sets of traffic lights then turn left at the large roundabout onto Main Rd. (to Maitland and Sandgate) and take the first exit (about 800m). Turn right at the overpass roundabout onto University Drive and travel about 200m to the main university entrance.

Parking

Once in the university follow signs to parking.

Arena

The Arena is 100m north from parking.

Toilets

We have the luxury of using real toilets. Please keep them tidy.

Start

One start for all courses and it is adjacent to the arena.

Out of Bounds

All of the university except for the entrance road, event car park and the arena, is out of bounds.

Terrain

Complex campus terrain with overpasses and building pass-throughs in an open woodland setting. Terrain is gently undulating.

Map

1:5000 with 2.5 metre contours.

Control descriptions printed on the back of the map. Legend not on map.

IOF Standards for Sprint Orienteering Maps 2007 will be used. A non-standard version of the map was used for the 2007 Xmas 5 Days. This map, along with the IOF standard legend for the current map, will be on display at each of the QBIII days.

Local Hazards

An extensive network of pebblecrete paths exist around the campus which can be slippery when wet.

Enter on Day (EOD)

Blue, Green, Orange and Red6/7. Register at info tent from 9:30 am. Start times 9:30–11:00 am.

Course Closure: 1:00 pm

At this time you should abandon your course and head back to the finish.



TRIVIA ANSWER

ELIZABETH ALEXANDRA MARY; BORN 21 APRIL 1926

COURSE DISTANCES & CLIMB

SL6 – Middle Distance

Saturday 6th June

Course	Class	Distance	Climb
Red 1/2	M21A, M-20A, M35A	6.0 km	130m
Red 3/4	M40A, W21A, M-18A, M45A	5.6 km	125m
Red 5	M50A, W-20A, W35A, W40A, M21AS	4.8 km	110m
Red 6	M-16A, M55A, W45A	4.5 km	80m
Red 7	M60A, M65A, W-18A, W50A, M35AS	4.0 km	80m
Red 8	M70A, W-16A, W55A, W60A, M45AS, W21AS	3.2 km	85m
Red 9	M75A, W65A, W70A, M55AS, W35AS, W45AS	2.8 km	50m
Orange	M-14A, W-14A, M Open B, W Open B	3.2 km	75m
Green	M-12A, W-12A, M/W Open C	2.1 km	50m
Blue	M-10A, W-10A, M/W-10N	1.7 km	45M

SL7 – Long Distance

Sunday 7th June

Course	Class	Distance	Climb
Red 1/2	M21A, M-20A, M35A	9.9 km	170 m
Red 3/4	M40A, W21A, M-18A, M45A	7.5 km	115 m
Red 5	M50A, W-20A, W35A, W40A, M21AS	6.8 km	105 m
Red 6	M-16A, M55A, W45A	5.8 km	90 m
Red 7	M60A, M65A, W-18A, W50A, M35AS	5.1 km	80 m
Red 8	M70A, W-16A, W55A, W60A, M45AS, W21AS	4.4 km	55 m
Red 9	M75A, W65A, W70A, M55AS, W35AS, W45AS	4.2 km	40 m
Orange	M-14A, W-14A, M Open B, W Open B	4.1 km	35 m
Green	M-12A, W-12A, M/W Open C	2.5 km	25 m
Blue	M-10A, W-10A, M/W-10N	2.0 km	15 M

SL8 – NSW Sprint Championships

Monday 8th June

Course	Class	Distance	Climb
Red 1/2/3	M21A, M-20A, M35A, M40A, W21A	3.2 km	45 m
Red 4/5	M-18A, M45A, M50A, W-20A, W35A, W40A, M21AS	2.9 km	40 m
Red 6/7	M-16A, M55A, W45A, M60A, M65A, W-18A, W50A, M35AS	2.5 km	35 m
Red 8/9	M70A, W-16A, W55A, W60A, M45AS, W21AS, M75A, W65A, W70A, M55AS, W35AS, W45AS	2.2 km	35 m
Orange	M-14A, W-14A, M Open B, W Open B	2.3 km	30 m
Green	M-12A, W-12A, M/W Open C	2.1 km	20 m
Blue	M-10A, W-10A, M/W-10N	2.0 km	20 m