



FINAL BULLETIN 2/3 –National Orienteering League Round

South Australian Middle Distance Championships Incorporating NOL Middle Distance Race, Sat April 23rd, presented by Tintookies Orienteers

South Australian Long Distance Championships incorporating the Wildfire Sports NOL Ultra Long which is a World Ranking Event for M/W21E, Sun April 24th, presented by Onkaparinga Hills Orienteering Club and sponsored by



and



Rawnsley Park Middle Distance event Monday April 25th, presented by Saltbush Orienteers



1 Travel to the Events

Events are 430 – 450 km north of Adelaide, South Australia. Allow approximately 5 hours' driving time to the Saturday event. Recommended route is via Balaklava, Clare, Jamestown, Orroroo and Hawker.

Large supermarkets are available in Clare and Jamestown, so you don't need to go through Port Augusta. Note that supermarkets in Adelaide close at 9pm on Friday night although will be open early on Saturday morning. Only a limited range of groceries are available at Wilpena Visitor Centre, Rawnsley Park Caravan Park and Hawker (where the general store is not open on weekends). Hot drinks and light meals are sold during the day at the Wilpena Visitor Centre and dinner can be booked at the Wilpena Pound Resort. Rawnsley Woolshed is open for dinner; bookings recommended.

Fuel is expensive in Hawker and even more so at Wilpena and Rawnsley. Orroroo has no fuel for sale on weekends although service stations in Jamestown and Clare usually do so.

There is no mobile phone reception on any of the map areas, or on the main road between Hawker and Wilpena, or south of Hawker. Wilpena and Hawker have localised Telstra coverage, but Rawnsley Park does not.

Driving on Dirt Roads

During the carnival, some driving on unsealed roads will be required.

The condition of these roads may vary depending on weather conditions, and may include loose and rough surfaces. Other vehicles may raise dust which will reduce your visibility. Hence always drive with caution and at reduced speeds.



Driving at Dawn and Dusk

Kangaroos (and possibly emus) are a hazard on all roads (sealed and unsealed) in this region (including in the farming areas on route) especially around dawn and dusk. You are advised to reduce your speed at these times and drive with care.



2 Weather

Average day time temperatures are in the low to mid 20s for this region for April. However cooler or warmer days to the low 30s may occur at this time of year. Overnight temperatures may fall in the range of 10- 15 degrees.

Registration

Registration at the Saturday event will be open from 12 midday. **All elite competitors in M/W20 E and 21E need to go to registration to collect their chest numbers**, which are to be worn on both Saturday and Sunday (not required for Monday even if the numbers have survived the Ultralong) .

Competitors in other age classes need only go to registration if there are owing monies, collect hire SI Cards, or they wish to leave details of their car registration or contact person in case of an emergency (again, noting the lack of mobile reception in the competition areas).

On Sunday, prior to the Ultra Long, some of the M21E competitors need to collect SI sticks which hold 50 splits; these competitors will be notified directly and asked to go to registration on the morning.

Enter on the day – limited courses available, see individual event information for details

To register for Enter on the Day courses, go to the Registration Tent prior to the times listed for each event and fill out a registration card and sign orienteering waiver.

SI Cards will be available for hire for \$3 each if you do not have your own. You will be issued with a slip recording which course you want to do, chest number, and hire SI Card if necessary.

Walk to the appropriate Start at the times listed above and go to the person in charge of late starters, presenting your slip. The official will give you a start time and the appropriate map as soon as convenient. On completing your course you will punch the finish unit and download in the same way as everyone else. *Any hire SI cards will be collected at the Finish.* Your result will be displayed separately and your map will be returned with all the other maps.

Water

In order to assist organisers and landowners, competitors are requested to bring their own water requirements to events as far as is possible. In the event of warm weather participants should ensure that they drink adequately before commencing their course.

Drinking water will be provided at controls on courses. *Water at controls must be used for drinking only.* Ultra Long competitors may leave personal drinks and snacks at the map exchange.

Water will be provided at the finish at each event. Please consider the needs of others and use this water only as necessary.

Maps

Previous maps of the areas will be on display at the relevant events and are available on the Orienteering SA web site. All areas covered by the Prelinna/Mannawarra maps are embargoed until after these races and competitors are not permitted to bring a previous version of the map to the competition area. In addition, for the Saturday and Sunday events all maps will be collected at the finish until the last start time, after which they will be available for collection.

Rawnsley Park has many walking trails which are open to the public and it is permitted to wander these at any time, but in the interests of fairness please don't do so with an orienteering map.

3 Start procedure - Saturday & Sunday

Start Procedure for SA Middle Distance and Long Distance Championships (excluding elite classes in the mass start for the Ultra Long)

All starts are in real time. SPORTident CLEAR and CHECK stations will be provided on the route to or at the start. After clearing and checking your SI card, you will be required to be at the start 6 minutes prior to your start time.

If you miss your start time, present yourself to the Late Start official. Your actual start time will be recorded, however, late starters will be timed as if they had started at their original start time unless the organisers subsequently are determined to be at fault.

At 6 minutes prior to your start time

- The start official calls your start time (which will also be displayed as the next start time).
- Present yourself to the start officials so that your SI card number, name and start number can be verified.

At 4 minutes prior to your start time

- Proceed to the pre-start holding area as directed by the start officials, and
- Collect a copy of your control descriptions from the table. It is your responsibility to ensure that you take the descriptions for the correct course.

At 2 minutes before your start time

- Move up to the start area and stand behind the correct start box for your course. *Each start box will be labelled with course number and the classes assigned to that course.*

- Write your name or start number in a legible manner on the back of the map (this is essential in the event of an electronic control unit malfunction as described above on the use of SPORTident electronic punching).
- On the sixth beep of the start clock, competitors may turn over their map and **punch the start unit**, then commence their course by proceeding via the streamered route to the start triangle (marked by a control flag).
- All competitors must pass within 5 metres of the start triangle.

The Rawnsley Park Event will have less formal procedures as competitors are allowed to choose their own start time between 9:30 and 11am. See event information for further details.

4 Competition Rules

The [Competition Rules for IOF Foot Orienteering Events](#) apply to World Ranking Events.

The [Competition Rules for Orienteering Australia Foot Orienteering Events and National Orienteering League Event Organisers' Guidelines](#) apply to the National Orienteering League events. The OA Rules are very similar to the IOF Rules in the context of the Ultra Long.

5 Complaints & protests – Saturday & Sunday

Participants wishing to make a complaint shall lodge this with the registration team no later than 15 minutes after the course closure time or after the results are declared official. The registration team will make a record of the complaint and deliver to the organiser. Any protest about the outcome of a complaint shall also be delivered to the registration team as soon as possible after being notified of the outcome of a complaint. The protest shall be in writing, and preferably on the form provided at Registration. The registration team will contact the appropriate officials to deal with the protest.

Complaints, protests and appeals will be handled by the event organiser and jury in accordance with Competition Rules for Orienteering Australia Foot Orienteering Events. The jury will be selected from available level 3 controllers for M/W 20E and 21E classes, and from available level 2 controllers for all other age classes.

The process for complaints, protests, juries will not apply to Monday's event – and hopefully will not be required for any event!

Important Information – Event Venue Change

Orienteering SA has been in contact with the Department of Water, Environment and Natural Resources since November 2015 in order to obtain permission to hold an event in the Ikara Flinders Ranges National Park. However personnel in this department did not unfortunately contact the local rangers in a timely manner. As a result the local ranger very recently decided that permission could not be given to hold an event in the National Park.

The event will now be held in northern Mannawarra, on a part the map not used on Day 2.

NOL Round 3-Event 1 SA Middle Distance Championships Saturday 23rd April 2016

Map	Northern Mannawarra. Displayed at Registration.
Map Scale	1:10000
Contour Interval	5m
Mapper	Eric Andrews 2002, minor updates by Adrian Uppill

Organiser	Fi Pahor
Course Planner	Robert Smith
IOF Event Advisors	Robin Uppill and Jenny Casanova
Controller	Gil Hollamby
Terrain	Fast open spur gully, mature <i>Callitris</i> pines, rocky underfoot. Complex minor water courses and knolls.
Directions	Car parking and assembly area is on the eastern side of the road from Hawker to Wilpena, 7 km north of the Rawnsley park turnoff. Please slow down when approaching and take care turning off the road.
Registration	Open from midday (12 noon) Elites all need to pick up chest numbers from registration at the timing tent Hire SI cards to be collected; note that any SI Cards which have been hired for the weekend must be returned at the finish on your final day of racing. EOD courses – enter and pay at registration, start after 2:30pm
Parking	As directed on Eastern side of road. This turnoff is before the entrance to the National Park.
Toilets	North end of car parking
Start	Pre-Start 50m from assembly area
Warm-up Area	Along the road and east of the road, out of bounds area will be marked
Start Times	1.30 pm for most courses, 2.00 pm for Elites in NOL, 2.30 pm for EOD
Start Procedure	First call six minutes before, SI card check. 4 minutes before collect control descriptions. 2 minutes before proceed to map and write name on back. On the 6 th beep start by ‘punching’ START unit.
Course Closure	4.30 pm
Catering	None. Water near finish.
Safety Information	West to fence and beyond to bitumen road
Enter on the Day Courses	Courses 6(hard), 8(mod) and 9(easy) Costs for EOD will be: Junior member \$11, non-member \$15 Senior member \$19, non-member \$23.
Presentation	Winners’ certificates will be presented after the Sunday event

Course-Class Information

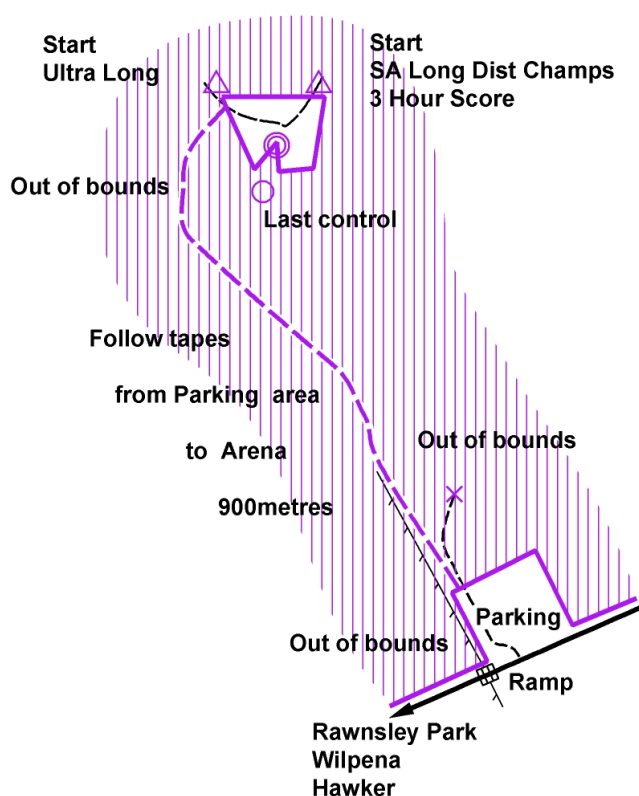
Due to the change in venue, distances and climb may differ slightly at the event.

Course	Classes	Controls	Length	Climb
1	M21E, M20E	20	6.6km	165m
2	W21E, W20E, M21A, M35A	19	5.4km	155m
3	M20A, M45A, W21A, W35A	16	4.4km	115m
4	M16A M55A, W20A W45A	15	3.8km	85m
5	M65A W16A W55A	14	3.3km	90m
6	M75A, M85A, W65A, W75A, W85A, EODH	11	2.3km	55m
7	M14A, MOpenB	16	2.8km	65m
8	W14A, WOpenB, EODM	13	2.5km	55m
9	M12A, W12A, EODE	16	2.2km	45m
10	M10, W10	16	1.8km	40m

**Wildfire Sports Ultra long and SA Long Championships
National Orienteering League – Round 3 – Event 2
Including 3 Hour Score Event**

Map	Prelinna - Manawarra
Map Scale	Course 1 – 6: 1:15 000 Course 7 – 16: 1:10 000 Score Event: 1:15 000
Contour Interval	5m
Mapper	Eric Andrews 2002, minor updates by Adrian Uppill
Organiser	David Tilbrook
Course Planner	Robin Uppill
IOF Event Advisor and Controller	Jenny Casanova
Terrain	Spur gully terrain with many small knolls. Generally low to moderate relief. Mostly covered with native pines, thicker in places, interspersed with open areas. Complex minor water courses.
Directions	Signs on the east side Hawker to Wilpena Road (Martins Well Rd/Pugilist Hill) approx. 500m north of the Rawnsley Park turnoff. Travel approximately 8 km and park on the left just after crossing the stock grid. Drive with care as this is a gravel road.
Registration	At the assembly area Elites – if you need to collect an SI Card for this event, please go to registration (see below on SI card requirements) EOD courses – enter and pay at registration Fees Members: Senior \$15 Junior \$10 Non Members: Senior \$19 Junior \$14
Parking	Parking immediately off the Martins Well Rd
Toilets	At the arena
Arena	See layout map below – 900m from the parking. Follow tapes along fence to the NW for 700m, then north through the native pines to the arena. All areas adjacent to this route are out of bounds. So you will need to bring all your gear with you.
Start	Ultra Long Start – in the Assembly area <ul style="list-style-type: none"> - Loops 1 and 2 pass back through the same start to collect maps for Loops 2 and 3 respectively - Elites may leave drinks at the start/map change-over - Maps will be identified with name and running number SA Long Championships and Score Event – 50 m along track NE of assembly area
Warm-up Area	Along the track from the elite start to the SA Long start and in the area immediately east of this track. Respect any out of bounds signs.
Start Times	Ultra Long M21E: 9:30 AM W21E: 9:35 AM M20E: 9:40 AM W20E: 9:45 AM 3 hour Score Event: 9:30 AM - Map Distribution in Quarantine Area to allow 30 mins planning. So please be there a few minutes before 9:30 AM for instructions 10:00 AM - Start

	<p>SA Long Championships: from 10:30 AM</p> <p>EOD Courses: from around 11:15 after championship entrants on the same courses have started. Last start 12 Noon.</p>
Start Procedure	<p>Elite Courses: Mass start as above</p> <ul style="list-style-type: none"> - Please be at the start at least 5 mins before you are the start time for your course <p>Score Event: Maps will be distributed at the start at 10 AM. This will be in a special quarantine area adjacent to the start. You cannot leave this area after you have received your map. If required you can leave your gear in this area.</p> <p>SA Long Championships:</p> <ul style="list-style-type: none"> -6 mins – call up to start line -4 min – collect control descriptions - 2 mins – move to map boxes 0 mins - start
GPS	Elite classes are advised of the requirement with respect to carrying GPS devices “GPS data loggers with no display or audible feedback can be used.”
Course Closure	2 PM
Spectator Viewing	All elite courses pass through the start area for their course at the end of the 1 st and 2 nd loop. Many competitors should finish their first loop before the first starts of the SA Long Championship
Catering	The Junior Arrows are providing catering as follows: Cheese Toasties, Crisps, Hot and Cold Drinks and other delicious edible items.
Safety Information	<p>Head south until you reach the SE trending fence on the south west side of the map and follow it SE, or the Martins Well Road, and then head back to the parking area.</p> <p>Please carry a whistle.</p>
Other Course Information	<p>Courses 15 and 16 – some streamered routes; these will use pink tape.</p> <p>Score Event:</p> <p>Finish time is 1 PM</p> <p>10 points are deducted for every one minute late</p>
Enter on the Day Courses	Courses 11, 14 and 15
Presentation	<p>As soon as possible after 1 PM</p> <ul style="list-style-type: none"> • Elite Class Placegetters • SA long Championship Placegetters • Score Course Placegetters • Spot Prizes



Course Class Information

[illegible]

Course	Navigational Difficulty	Classes	Winning Times Mins	Distance	Climb m	Controls
17	Hard to Moderate	3 Hour Score Event	180			Max 30

Elite Courses – Extra Information and Loop Details

All courses have 3 loops, variable splitting occurs on each loop. All loops are similar distance for all competitors. The approximate lengths in km for each loop are as follows:

Course	Loop 1	Loop 2	Loop 3
1	8	10	10
2	6	7	5
3	6	8	6
4	3.5	4.5	4.5

Elites may leave drinks by their map location at the map change-over.

Maps will be labelled with competitors name and number.

If you take the wrong map (apart from potentially messing up some-one else) you will be disqualified.

SI Card Requirements: Courses 1, 2, and 3 need to use SI card capable of registering more than 30 controls. Si Cards 5 (number range <499,999) and SI Card 8 (2,000,000 to 2,999,999) cannot be used. Course 4 has 30 controls, and a newer SI card is preferred for this class also. If you do not have an appropriate card, one will be provided for this event. Affected competitors have been advised by email.

Prize Money for Elite Courses

This comprises

1. \$500 for the winner of each class
2. An additional \$500 for the competitor with the fastest relative run rate, the calculation is the similar to previous Ultra Long races, with run rates adjusted for this terrain as follows
 - a. Ratios of running rates based on the base rates defined in the 2015 Ultra Long with M21E given factor of 1
 - b. Run Rate Ratios are

M21E	1
W21E	0.838
M20E	0.964
W20E	0.769

- c. The Wildfire Sports Ultra-Long runners' kilometre rates will be calculated to produce relative run rates as follows – Competitor's run rate * Run Rate Ratio. The competitor with the lowest result will win the prize.
- d. E.g. if run rate for competitor 1 is 5:30 for an M21E competitor and 5:45 for an M20E competitor the results are 5:30 Mins/km for the M21E competitor and 5.75×0.964 for the M20E competitor = 5.543 or 5:33 mins/km, giving the prize to M21E.

Rawnsley Park Middle Distance Event Monday 25th April 2016	
Map	Rawnsley Park 2014, copyright Tjuringa Orienteers. Displayed on the table holding the control descriptions.
Landowners	Rawnsley Park
Map Scale	1:10000
Contour Interval	5m
Mapper	Paul Hoopmann
Organiser	John Paterson home – (08) 8645 9697, mob. 0478 624 765
Course Planner	Adrian Watson
Vetter/ Controller	Jason Munday and John Brockhurst
Terrain	Undulating to steep spur gully terrain with variable cover of Australian native pines with an intricate drainage network.
Directions	Turn west into Rawnsley Park from the main highway to Wilpena Pound. Bypass Woolshed and cabin accommodation and proceed to the parking area which is signposted towards the left, before reaching the main Rawnsley Park camping area.
Registration	Enter On Day competitors are to enter and pay at registration and collect an SI card if required. Pre entry competitors should already have an SI unit but can report to registration if there is a problem. Note that any SI Cards which have been hired for the weekend must be returned at the finish on this day.
Pre-start Procedure	Saltbush Orienteers ask that all competitors proceed to the table where there will be sheets where you can choose your own start time(s). Control descriptions are to be collected here also. A blank map of Rawnsley Park will be on display
Parking	There will be a sign on the dirt road to direct vehicles to parking. Signs from the parking will direct you to the event assembly area approximately 400 metres south-west.
Toilets	Near the start.
Start	The assembly and start area is located south-west of the parking area through the large gap in the hills. The start is south of the bunkhouse.
Start Times	There will be sheets at a table separate from the registration desk where you can choose your start times. Starts will be between 9.30 am and 11.00 am and at 1 minute intervals.
Start Procedure	Please get your name ticked off as you arrive at the start and confirm which course you're doing. Make sure you have cleared and checked your SI card and collected control descriptions. 1 minute before your chosen start time, proceed to map boxes. Make sure you collect the correct map! Start by 'punching' the START unit.
Course Closure	1 pm
Catering	None. Water near finish.
Safety Information	Safety bearing: north over the range, towards Rawnsley Park
Water	There will be limited water provided on courses but water will be available at the start and finish areas.
Enter on the Day Courses	EOD courses are course 3, 5 and 6. Costs are – member – senior \$12, Junior \$7; Non-member – senior \$16, junior \$11. Extra map - \$2.
Presentations	There will be no presentations

Rawnsley Park Course-Class Information

Course no	Description	Distance	Climb	Controls	Expected winning time
1	hard long	7.12km	225m	14	45 min
2	hard middle	4.98 km	120m	13	35 min
3	Hard short	3.1 km	65m	9	30 mins
4	moderate	4.78 km	75m	13	45 min
5	moderate	3.52 km	50m	10	35 min
6	easy	2 .79 km	40m	12	25 min
7	very easy	1.41 km	20m	9	20 min

Please drive safely on the way home....