



**MTBO
2024**

2024 Australian Mountain Bike Orienteering Carnival and Championships

17–20 October, Canberra ACT

Incorporating:

- 2024 Australia-New Zealand MTBO Challenge
- 2024 National MTBO Series, Round IV
- 2024 ACT MTBO Championships
- 2025 World Masters MTBO Series, Round I



BULLETIN 2

Table of Contents

1. Welcome from the Orienteering ACT MTBO Team	3
2. Welcome from OACT President	4
3. Welcome from Orienteering Australia chair	5
4. Carnival & Championships Roles	6
5. Program Overview and Maps	7
6. Event Locations and Embargo	8
7. Carnival Presentations Dinner	8
8. Incorporated Championships	9
9. Competition classes	10
10. Entry Fees and Deadlines	11
11. Registration and Entry	12
12. Course Lengths and Expected Winning Times	12
13. Terrain description	14
14. Cancellation and Refund Policy	18
15. Fair Play	18
16. Time-keeping System and Results	18
17. Anti-doping	19
18. Competition Rules, Jury and Protests	19
19. E-Bike Policy	19
20. Presentations and Awards	19
21. Kids MTBO Fun Tent	20
22. Catering	20
23. Weather	20
24. Accommodation Partner	20
24. Transport and Travel to Events	21
25. Bike repairs & wash, Bike shops	21
26. Training Opportunities and MTB Areas	21
27. Map Boards & SI-AIR Hire	22
28. Well-Being Partner and Massage Partner	23
29. Contacts	24
30. Sponsorship and Support	24

1. Welcome from the Orienteering ACT MTBO Team



We are thrilled to welcome all competitors to the 2024 Australian MTBO Carnival & Championships, which will take place in and around Canberra at the rich and beautiful land of Ngunnawal People.

We are preparing a palette of different terrains to ensure that you will experience a wide variety of hilly and spectacular landscapes, amazing Canberra Nature Parks and the most scenic MTB areas.

The Orienteering ACT MTBO team is thrilled to welcome you to a vibrant celebration of Mountain Bike Orienteering and is thankful for your contribution to making it the largest MTBO Championships and

Carnival in Australian history. We are thrilled to welcome a strong cohort of New Zealand MTBOers and host the 2024 Australia-New Zealand Challenge along with the first round of 2025 World Masters MTBO Series. We aim to arrange an MTBO Carnival which is very Family & Kids & Beginners friendly!

We are hoping it will be a memorable and very enjoyable MTBO Carnival and Championships!

Welcome to Canberra!

– *Marina Iskhakova and the OACT MTBO Team*



ACT
Government



Australian Government

Australian Sports Commission

2. Welcome from OACT President



On behalf of Orienteering ACT it is my great pleasure to welcome Mountain Bike Orienteers from all around Australia, New Zealand & beyond to the Australian MTBO Championships Carnival here in the ACT, on the land of the Ngunnawal People.

Whether you are an experienced Mountain Bike Orienteer or a beginner, we hope you will enjoy the different terrains and variety of landscapes and scenery that are on offer in our great Nature Parks. This carnival aims to include everyone, experienced as well as beginners and families. The carefully planned courses are sure to provide everyone with suitable challenges.

I would also like to take this opportunity to thank the entire OACT MTBO organising Team led by Marina, particularly four course setters – Cathy Hogg, Cath Chalmers, Michael Reed and Fedor Iskhakov; five course controllers – Belinda Alison, Eoin Rothery, Tom and Emily Walter and Marina Iskhakova, mapper Andrew Slattery and MTBO Event Advisor Sandor Talas (QLD). Their contributions have been and are invaluable to making the Carnival come true as well as for the development of our sport.

I extend my gratitude to the land owners and managers of these areas, particularly ACT Forestry, Stromlo Forest Park, Sutton Road Training Center and Queanbeyan-Palerang Regional Council, without whose generous support we would not be able to stage this exciting event.

As usual, please stay true to our reputation – respect the landholders' properties and leave nothing behind, no traces at all – so we can continue pursuing the sport we love.

We look forward to seeing you here in the ACT and hope that you will enjoy the MTBO Carnival with us!

– Susanne Harrysson, OACT President



3. Welcome from Orienteering Australia chair



On behalf of the Board of Orienteering Australia I am delighted to welcome all competitors to the 2024 Australian Mountain Bike Orienteering Carnival & Championships, which will take place in and around Canberra on the rich and beautiful lands of the Ngunnawal People from October 17 to 20, 2024.

The event promises to be a smorgasbord of wonderful mountain bike orienteering and I know the organisers are working very hard to create an outstanding event. Please make an effort to express your thanks and appreciation to all the wonderful volunteers who are making this event possible.

The event will be supported by funding from The Whiteside Bequest for both the general conduct of the event and the innovative new ways of tracking riders while they are competing that will be a feature of the event. This is a fantastic example of how committed orienteers are looking at innovative ways to improve the competitor experience at events of this nature. Mountain bike orienteering is leading the way.

Orienteering Australia extends its gratitude to the sponsors; the ACT Government, Jerrabomberra-Palerang Regional Council, ACT Forestry, Sutton Road Training Centre, Active Glass, PhysioSport, Yoga for Posture, Mont, who are supporting this event. Support for events such as the Carnival are always greatly appreciated, and we thank you. Orienteering Australia also extends our thanks to the Australian Sports Commission for their ongoing support of orienteering in Australia.

The organisers are aiming to make this event the largest Carnival in Australian mountain bike orienteering history. Knowing the dedication and enthusiasm of the organising team to put on this event, it promises to be one that should not be missed, will be of the highest quality and set a new benchmark for mountain bike orienteering in Australia.

In closing, I again extend a very warm welcome to all participants for this 2024 Australian Mountain Bike Orienteering Carnival & Championships.

– *Mike Dowling, Chair of the Board, Orienteering Australia*



4. Carnival & Championships Roles

Event Director:	Marina ISKHAKOVA
Technical Director:	Fedor ISKHAKOV
MTBO Advisor:	Sandor TALAS
Mapping:	Andrew SLATTERY
Sponsorships/Grants:	Marina ISKHAKOVA, Phil WALKER
Promo/Social Media:	Marina ISKHAKOVA, Raynie MCNEE, Emily STEWART-REED, Alysha MCNEE
Starts Manager:	Cath CHALMERS
Hire and services:	Ann SCOWN & John SCOWN
IT Team:	Fedor ISKHAKOV Alex MAKSIMOV
Finance OACT:	Andrew CHEFFERS
Transport & Logistics:	Rohan HYSLOP
Parking Managers:	Ann INGWERSSEN & Frank INGWERSSEN
MTB Clinic & Social:	Raynie MCNEE, Emily STEWART-REED, Jim ANDERSON
Design & Video:	Noel SCHOKNECHT & Ariadna ISKHAKOVA, Alysha MCNEE
Website:	Paul de JONGH
Day Teams:	See below

5. Program Overview and Maps

The 2024 Australian MTBO Carnival will feature five diverse, challenging and enjoyable terrains!

E0: Social Warm-Up SCORE MTBO event

Thursday, 17 October, 2024, starts from 5pm

Map: Bruce Ridge by Andrew SLATTERY

Course Setter: Jim ANDERSON

Controller: Fedor ISKHAKOV



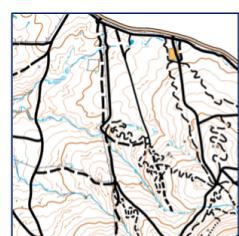
E1: Australian MASS Championships

Friday, 18 October, 2024, starts from 5pm

Map: West Stromlo by Andrew SLATTERY

Course Setter: Cathy HOGG

Controller: Belinda ALLISON



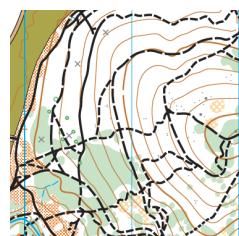
E2: Australian MIDDLE Championships

Saturday, 19 October, 2024, starts from 9am till 10am

Map: Stringybark Hill by Andrew SLATTERY

Course Setter: Michael REED

Controller: Emily WALTER and Tom WALTER



E3: Australian SPRINT Championships

Saturday, 19 October, 2024, starts from 2pm till 3pm

Map: Sutton Road Centre by Andrew SLATTERY

Course Setter: Cath CHALMERS

Controller: Eoin ROTHERY



ED: Australian Championships Presentations DINNER

Saturday, 19 October, 2024 at 6pm for 6:30pm Start

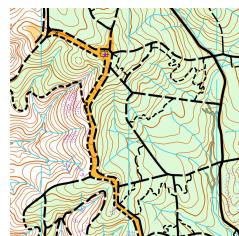
E4: Australian LONG Championships

Sunday, 20 October, 2024, starts from 9am till 10am

Map: Kowen Homestead by Andrew SLATTERY

Course Setter: Fedor ISKHAKOV

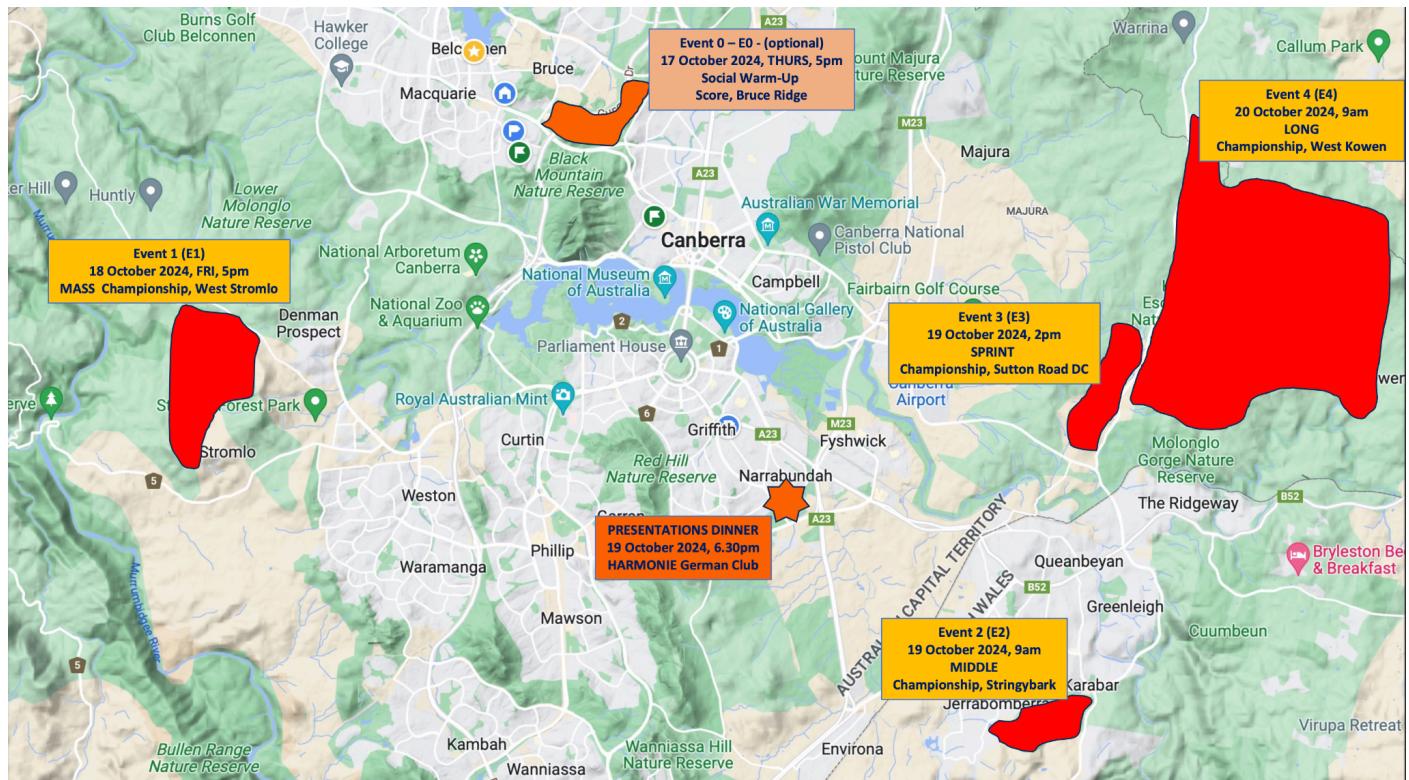
Controller: Marina ISKHAKOVA



new map

6. Event Locations and Embargo

The map below indicates areas that are closed for MTBO training and events until the Championships dates. We acknowledge that foot-orienteering events can still take place in indicated areas. Bruce Ridge is an optional social event, so is drawn on the map for the fullness of the information about locations and is available for MTBO training.



7. Carnival Presentations Dinner

Carnival Presentations Dinner will take place at a vibrant **Harmonie German Club**

Time: 19 October 2024, Saturday, 6 pm assembly for 6.30 pm start

Address: 49 Jerrabomberra Ave, Narrabundah ACT 2604 ([Google maps link](#))

Carnival Presentations Dinner will be a true celebration of Mountain Bike Orienteering and everyone is kindly welcome! For those who want to join only for Presentations, Prize-Giving Ceremony will start at 7.30 pm.

Please book your place for a Dinner and pre-pay at the [Eventor page](#) (Booking will be open from May 1st, 2024).

8. Incorporated Championships

2024 Australia-New Zealand MTBO Challenge

We are thrilled to host the 2024 Australia-New Zealand Challenge. New Zealand, being the visiting country, will nominate the classes to be contested. The ANZ MTBO Challenge rules can be downloaded online: [Australia-NZ-MTBO-Challenge-Rules.pdf](#).

2024 National MTBO Series, Round IV

These events comprise the final round of the 2024 National MTBO Series for Juniors, Senior and Master classes. More information on the National MTBO Series 2024 will be published at [orienteering.asn.au/index.php/national-mtbo-series/](#)

Points are awarded to individuals in each class (30 for first, 27 for second, 24 for third, down to 1 for 25th). Over all designated races in 2024, the best five accumulated points count for the final individual result in each class. The person with the highest point total is the National MTBO Series champion in the corresponding age class.

2024 ACT MTBO Championships

There will not be a separate ACT MTBO Championship event this year. Instead, the ACT Resident Champion in each age class will be recognised for each race at these Australian Championships.

2025 World Masters MTBO Series, Round 1

The Middle and Long Distance races will be the first two scoring events in the 2025 World Master Series. Riders' placings will be scored as if in 5-year age classes from age 35 up. Read more about the series and future series events at [orienteering.sport/mtbo/events-and-results/masterts-series/](#)

9. Competition classes

Australian MTBO Carnival Classes (8 Classes)

CARNIVAL CLASSES are easier and open for all Beginners and Newcomers!

You can participate as an individual or as a team! In the latter case, each team member has to be registered through Eventor (see below).

Bring your Family and Friends along and encourage them to give MTBO a try!

Beginner W (short)
 Explorer W (middle)
 Adventurer W (long)
 Score W (solo, pairs)

Beginner M (short)
 Explorer M (middle)
 Adventurer M (long)
 Score M (solo, pairs)

Australian MTBO Championships Classes (22 Classes)

CHAMPIONSHIPS CLASSES are traditional Championships level age classes and courses

W12	M12
W14	M14
W16	M16
W20	M20
W21	M21
W40	M40
W50	M50
W60	M60
W70	M70
W80	M80
W e-bike	M e-bike

10. Entry Fees and Deadlines

Australian MTBO Carnival & Championships Entry Fees					
	E0: Warm-Up	E1: Mass	E2: Middle	E3: Sprint	E4: Long
EARLY ENTRY 1 January to 1 April 11:59 pm	\$10	\$30	\$30	\$30	\$30
STANDARD ENTRY 2 April to 10 September 11:59 pm	\$15	\$40	\$40	\$40	\$40
LATE ENTRY 11 September to 13 October 11:59 pm	\$20	\$50	\$50	\$50	\$50
Kids/teenagers under 20 and Masters 75 and above have a massive discount!	\$0	\$10	\$10	\$10	\$10

11. Registration and Entry

Registration will open on January 1, 2024 at Eventor

Link to enter the event	
E0: Social Warm-Up SCORE MTBO, Bruce Ridge Thursday, 17 October, 2024, starts from 5pm Show/19686">https://eventor.orienteering.asn.au/Events>Show/19686	 (click)
E1: Australian MASS Championships, West Stromlo Friday, 18 October, 2024, starts from 5pm Show/19100">https://eventor.orienteering.asn.au/Events>Show/19100	 (click)
E2: Australian MIDDLE Championships, Stringybark Hill Saturday, 19 October, 2024, starts from 9am till 10am Show/19101">https://eventor.orienteering.asn.au/Events>Show/19101	 (click)
E3: Australian SPRINT Championships, Sutton Road Training Centre Saturday, 19 October, 2024, starts from 2pm till 3pm Show/19102">https://eventor.orienteering.asn.au/Events>Show/19102	 (click)
ED: Australian Carnival & Championships Presentations DINNER Saturday, 19 October, 2024 at 6pm for 6.30pm start Show/19687">https://eventor.orienteering.asn.au/Events>Show/19687	 (click)
E4: Australian LONG Championships, Kowen Homestead Sunday, 20 October, 2024, starts from 9am till 10am Show/19103">https://eventor.orienteering.asn.au/Events>Show/19103	 (click)



click for all events on a single Eventor page

Standard Entry will close 10 September 2024 23:59 AEST, Late Entry will close 13 October 2024 23:59 AEST. There will be a limited number of “Enter on the Day” courses available at each Event. To enter on the day, go to the Registration Tent at each day’s arena. But we highly encourage pre-entry in every case where possible.

A maximum of 250 entries are allowed each day!

12. Course Lengths and Expected Winning Times

Expected winning times are based on the Orienteering Australia MTBO rules

Australian MTBO Carnival Classes					
	E0: Warm-Up	E1: Mass	E2: Middle	E3: Sprint	E4: Long
Beginner W (short) Beginner M (short)	60 min	30 min	30 min	20 min	60 min
Explorer W (middle) Explorer M (middle)	60 min	60 min	45 min	20 min	75 min
Adventurer W (long) Adventurer M (long)	60 min	75 min	60 min	30 min	90 min
Score W (solo, pairs) Score M (solo, pairs)	60 min	90 min	90 min	30 min	120 min

Australian MTBO Championships Classes					
	E0: Warm-Up	E1: Mass	E2: Middle	E3: Sprint	E4: Long
W12/M12; W12/M14; W16/M16	60 min	60-68 min	32-37 min	15-20 min	70-75 min
W20/M20, W80/M80	60 min	60-68 min	40-44 min	16-20 min	84-92 min
W21 Elite/M21 Elite	60 min	75-85 min	50-55 min	20-25 min	105-115 min
W40/M40; W50/M50; W60/M60 W70/M70; W e-bike/; M e-bike	60 min	75-85 min	50-55 min	20-25 min	105-115 min

13. Terrain description

E0: Social Warm-Up SCORE MTBO, Bruce Ridge

The first opening event of the Carnival and Championships is Warm-Up Score event at beautiful Bruce Ridge. Even local people who practise here weekly can be lost in the intricate tracks of the Ridge located in the heart of Canberra. The Warm-Up event is designed in SCORE format and is a Model Event. Start any time between 5 and 6 pm. Use 1 hour to find the maximum number of controls. Event is designed to sharpen your MTBO riding and prepare for the real challenges of the coming Championships!



Enjoy Social drinks at the spacious open Terrace of Alivio Tourist park starting 6:30 pm (the accommodation Partner of the Carnival) located right here on the map!

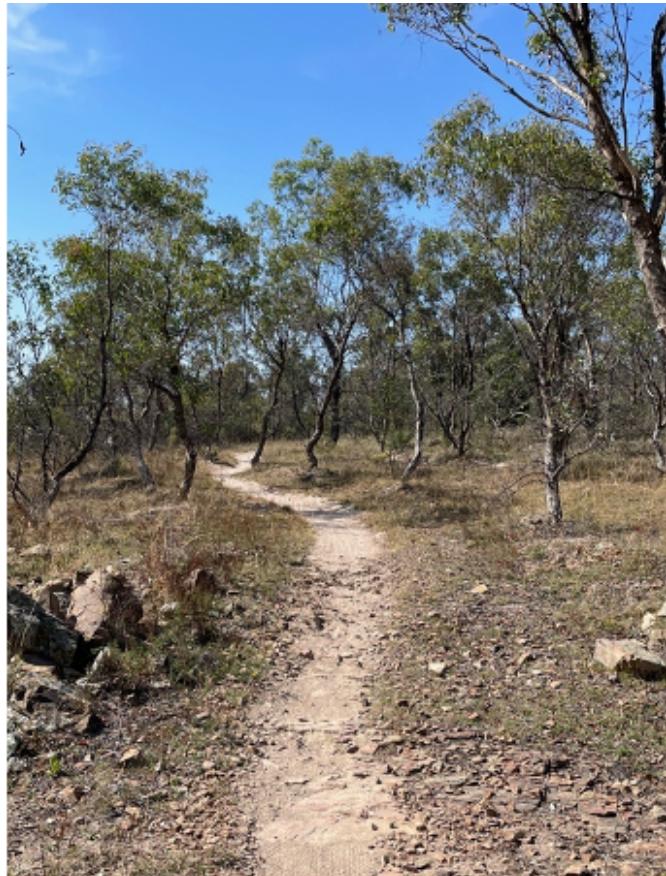
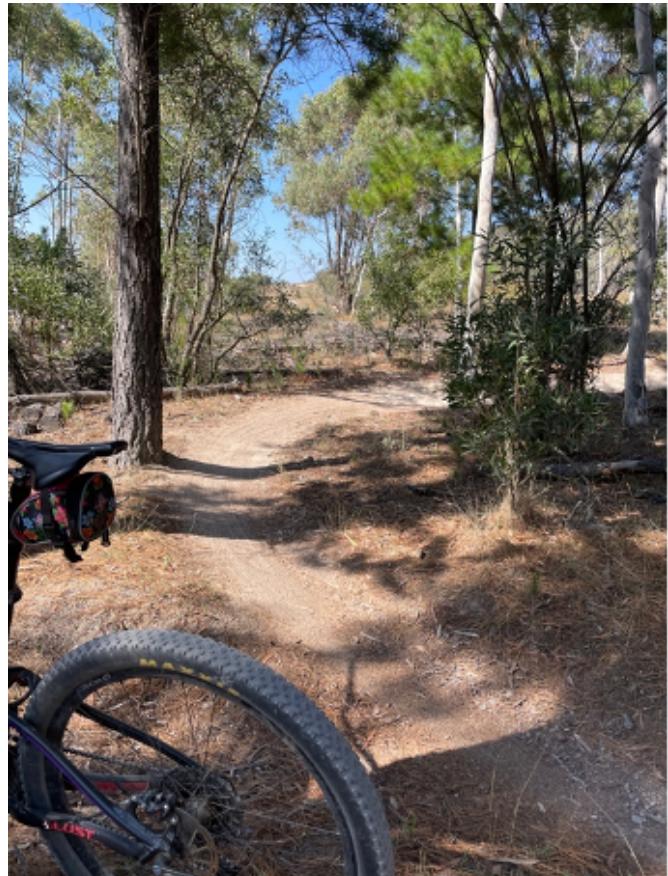


E1: Australian MASS Championships, West Stromlo

The first formal event of the Championships is a Mass Start Championships. Being the most recent format introduced to the Australian MTBO scene in 2019, this is only the 4th edition of the MASS start format. The Mass Champs will take place in the hills adjacent to the iconic Stromlo Park. Riders will be welcomed by moderate to steep terrain with a network of fire trails and purpose-built mountain bike single track. Single tracks can be rocky with some obstacles. The area was previously a pine plantation and while some stands of pine forest remain, it is mostly rough open land with pockets of native vegetation and fragments of open and semi-open rideable areas. Open areas that are rideable will be clearly



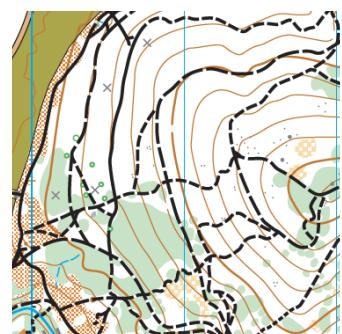
mapped as crossable according to IOF standards. Riding with tubeless tyres is recommended due to blackberry bushes.



E2: Australian MIDDLE Championships, Stringybark Hill

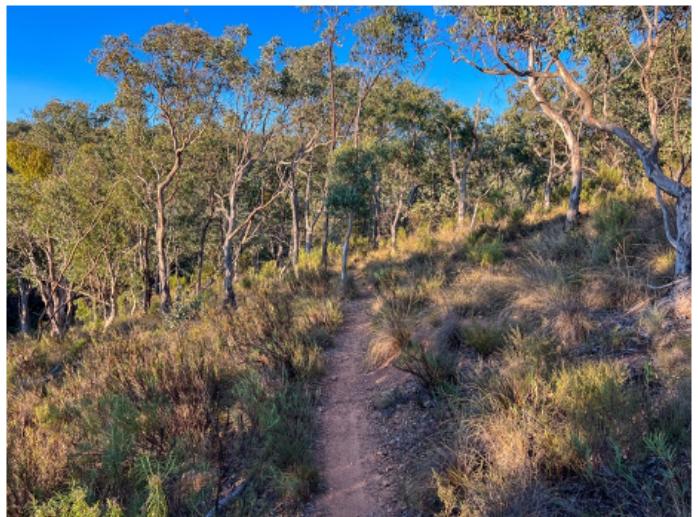
What can be more exciting for an Orienteer than a new map? MIDDLE Champs welcomes all riders on a map prepared specifically for this Carnival. Stringybark Hill is located in the heart of Queanbeyan and has never been used for MTBO events before. It is a perfect fit for the MIDDLE Champs format as it has everything: complex network of intricate tracks, advanced route choice, gentle and less gentle hills, smooth and rocky trails, and spectacular views.

The formal mountain bike trails of Stringybark Hill date back at least three decades. The trails are more technical than other local areas due to the rocky and steep terrain. For a bit of extra spice, the local "trail fairies" have added a number of bridges, ramps and even a couple of see-saws! The area consists of mostly open dry sclerophyll forest, with abundant wildflowers growing amongst the loose shale and rocky outcrops that the trails wind through. Most trails contour around the folds in the land as they climb to the ridge lines offering



easier riding, although there are many that are steeper and more direct. With hillsides facing in every direction of the compass, you can expect a variety of micro-climates and vegetation around the course, and the weather on the day will dictate the surface condition of the tracks - loose, grippy or slippery rock. This course will test both your bike and your skills, and higher pressures or tubeless tyres are recommended to avoid pinch-flats.

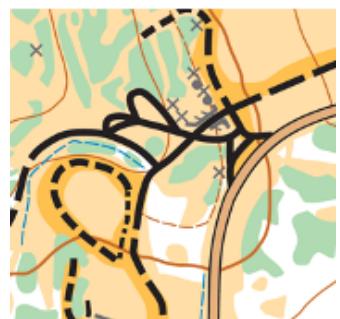
Queanbeyan-Palerang Regional Council warmly welcomes all riders to their fascinating landscapes.



E3: Australian SPRINT Championships, Sutton Road Training Centre

Sutton Road Driving Centre is a unique treasure in the line-up of Canberra's MTBO event areas. While looking simple from a bird's eye view, it gets much more complex on a bike at speed. Intense decision making will be crucial for success.

Don't be distracted by artificial monuments from crashed cars or sculptures of used tires. Focus on your course for 20-25 min of very intense navigation and decision-making. On this map you can ride anywhere, on and off tracks! SPRINT Champs is going to be only the 17th AUS Sprint Champs since the format was introduced in 2006. So everyone will get a chance to add their own name to the history of Australian MTBO SPRINT winners and placegetters. It is going to be a really intense challenge, as very experienced course-setters work hard to raise the bar!





E4: Australian LONG Championships, Kowen Homestead

Only the toughest riders will still have high energy at the start of LONG Champs on Sunday, October 20th. West Kowen will provide you with a challenging route choice through a network of primarily fire trails, long monotonous legs requiring strong endurance and focus, yet some quick and technical legs, requiring sharp focus and change of the rhythm and direction. In places, the moon-like landscape of a harvested pine plantation will be a proper excuse to take a look, enjoy and reflect! If you are not fighting for the Gold, then take your camera along, there will be many moments which you might want to share with your friends.



This will be the first return to West Kowen since 2017, and for many, it will be just a first ride ever there! So enjoy the final event of the Carnival as much as you can - the challenging and memorable LONG Champs.



14. Cancellation and Refund Policy

You can cancel your entry in Eventor yourself, any time up until the closing date of 13 October 2024.

However, to request a refund, you will need to email office@act.orienteering.asn.au

- Cancellations notified before Standard entries close on 10 September 23:59, will receive a 80% refund.
- Cancellations notified before Late entries close on 13 October will receive a 10% refund.
We encourage you in this case to consider a donation of 10% to MTBO Carnival.
- No refunds will be made after entries close on 13 October 2024 at 23:59.

15. Fair Play

A reminder about the rules of fair play applicable to orienteering.

All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

16. Time-keeping System and Results

SI-AIR punching system will be used at the events (SI-Air, touchless SI system, 1.5m range). To record a punch the chip has to be waved within 1.5 m and at a speed of less than 40 km/h.

Only SI-Air chips can be used at the ACT MTBO Champs, which is a World MTBO Standard now. If you do not own an SIAC (SI-Air) chip, you can hire at the time of entry. We also highly recommend considering the purchase option under the sections below.

[MeshO live](#) system (purposely developed for 2024 MTBO Carnival) will be used for the radio controls.



meshO live

17. Anti-doping

Doping is forbidden. The Improper Use of Drugs and Medicines Policy applies to all Orienteering Australia events and Orienteering Australia may require doping control procedures to be conducted.

18. Competition Rules, Jury and Protests

The events are being held under the [Orienteering Australia Competition Rules for MTBO 2023](#).

The procedures for lodging a protest or making a formal complaint regarding the competition are set out in sections 27-28 of the Orienteering Australia MTBO Rules 2023. If required, a Jury will be assembled from Level 2/3 OA Controllers (or similarly experienced Orienteers) attending the event. A pool of suitably qualified people will be contacted to determine their availability after close of entries.

19. E-Bike Policy

E-bikes are an emerging category in ACT, this is the second time we have a gender division in the electric category with W e-bike and M e-bike classes. One of the Championship courses will be allocated to electric bike riders. More details to follow in Bulletin-3 (September 2024).

20. Presentations and Awards

The 18th October (Friday) MASS Champs awards will be presented as soon as possible after the race concludes, between 6.30 pm and 7 pm.

Awards for the 19th October (Saturday) MIDDLE Champs and SPRINT Champs will be presented at the Presentations Dinner on Saturday night at the Harmonie German Club. Start of the Presentation Ceremony 7.30 pm.

Awards for the 20th October (Sunday) LONG Champs will be presented as soon as possible after defining all placegetters, around 12-12.30 pm

For the Australian Carnival and Championships classes awards will be made for the 1st, 2nd and 3rd places. Each place-getter will get a Medal, a Diploma and a Prize.

21. Kids MTBO Fun Tent

Kids MTBO Fun Tent will be available for all 5 events for parents minding children to use as a shelter, along with a variety of books, toys, and MTBO maps.

However, children may not be left in the tent unattended, and parents or carers must supervise them. Split start times for parents can be requested for all events except Mass by indicating the preferred order and event.

Also, in terms of pets policy, we are working through the conditions to allow for pets for each event. Full conditions will be added to Bulletin 3. Currently, permits are received for Sprint Champ and Middle Champs. *All pets must be restrained in the Assembly and Competition areas.*

22. Catering

ACT Blue Lightning Junior Squad will run a small cake stall with a selection of drinks and snacks. Please support them!!! Revenue from the sales will go to support the funding of ACT Schools Team activities and participation in National Championships. Precise Days and Times to be added in Bulletin 3. We are working with Coffee providers, their services and times will also be added in Bulletin 3.

23. Weather

Before heading to Canberra, please check the weather and bring warm clothes according to the weather forecast at www.bom.gov.au. Regardless of where you are coming to Canberra from, it could be colder in the mornings and evenings.

24. Accommodation Partner

We are thrilled to have Alivio Tourist Park as the Carnival Accommodation Partner.

Alivio Tourist Park, Kunzea Street, O'Connor ACT 2602
aliviogroup.com.au

AlivioTouristPark[®]
CANBERRA

Alivio Tourist Park provides a **15% discount** for all participants of the Carnival for their accommodation between April and November 2024. Please use the exclusive code “MTBO” when booking here. Please book in advance, October is a busy month in Canberra.

24. Transport and Travel to Events

All 5 events are located a maximum of 30-35 minutes drive from the Canberra CBD and are reachable only by private transport. Read detailed instructions for each Day Parking and Assembly.

All events could in principle be reached by bike. [The Canberra Bike map is available.](#)

25. Bike repairs & wash, Bike shops

Bike wash will be available at the event centre at the SPRINT only. Several conveniently located Car Self-Wash stations could be used after MASS / MIDDLE / LONG. Nearest Car Self-Wash stations:

- [Classic Car Wash](#), 101 Lathlain St, Belconnen ACT 2617. Open 24 hours, cash/card
- [Guns n Hoses](#) Queanbeyan 155 Crawford St, Queanbeyan NSW 2620, Open 24 hours, (have cash/coins with you)
- Carnival Bike Maintenance partner will confirm days and times of assistance at the events.

26. Training Opportunities and MTB Areas

The NSW MTBO Championships

12-14 October 2024, is conveniently scheduled a week before the Carnival and will be attended by many of the NZ crew, and also it is a great chance to upgrade your own MTBO skills before the Carnival kicks off the week after in Canberra. Register using: [Eventor link](#)



MTB and MTBO Training pre-Carnival

Canberra is a home for some of the best MTB parks in Australia. Consider the following iconic parks for MTB rides: main trails of *Stromlo*, *Majura Pines* MTB park, *Arboretum* bike trails, *Cotter Pines* MTB park, *Jerrabomberra Scar* MTB park (outside of embargo area).

Consider the following areas with MTBO maps for MTBO training: *Majura Pines* MTB park, *Cotter Pines* MTB park, *Jerrabomberra Scar* MTB park, *Pinnacle*, *Cooleman Ridge* and *Gossan Hill* areas.

Please contact **Emily Stewart-Reed** emily@resultz.com.au to get further advice and maps.

Additional Training options and events:

- **MTBO Come & Try.** Come & Try MTBO Tent will be available on October 17th at Bruce Ridge at 4-6 pm and will welcome newcomers and beginners, who aim to take on the latest MTBO tips before MTBO Carnival kicks off. Skilled and welcoming MTBO Coaches will help you to be equipped before the Carnival!
- **The VIC MTBO Championships** 31 August – 1 September 2024. [Eventor link](#)

Adventure Partner Adventure Junkie extends an invitation for MTBO female riders to get more endurance and MTB skills by participating in their Female Only Adventure Race on 22 September in Canberra.



**22 SEPTEMBER
CANBERRA**

**PADDLE-MTB-RUN
NAVIGATION - BASED**

<https://womensadventurerace.com.au>

27. Map Boards & SI-AIR Hire

If you feel that Mountain Biking Orienteering is something that attracts you, and that you can continue doing it in the future, please consider purchasing Map-Boards and SI-Air.

Here is a list of MTBO providers in Australia:

- www.aussieogear.com: map boards, SI chips, orienteering gear
- 0418 871 193, info@mtbo.com.au Craig Steffens: map boards
- You also can buy SI-Air only from Orienteering ACT for \$120. [Contact the office](#) to select your preferred colour and arrange an event where you can pick it up, online payments.

We encourage every participant to consider purchasing a map board and SI-Air (SIAC) chip in advance!!!

aussieogear.com

ABOUT GEAR CONTACT

CLICK HERE TO DOWNLOAD THE LATEST PRICELIST

Click here for more info on Sportident.



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CONTACT CRAIG STEFFENS

0418 871 193 | info@mtbo.com.au

28. Well-Being Partner and Massage Partner

We are thrilled to offer 2 Well-being sessions during the Carnival, which will be provided by our Well-Being Partner – Yoga for Posture Studio. Studio Owner Elena Amani will deliver 2 stretching 20 min classes before 2 events. You don't have to book, just show up at the Assembly at the indicated time:

- 17 Oct, Thursday, SCORE Warm-up, Bruce Ridge, 4.30 pm – 4.50 pm
- 18 Oct, Friday, MASS Start, West Stromlo, 4.00 pm – 4.20 pm

If you need additional well-being support, please consider pre-Carnival yoga sessions, massage and scenar-therapy in Canberra by visiting: www.yogaforposture.com.au

We are thrilled to share that PhysioSport will provide MTBO Carnival riders with quality and relaxing massage slots after 2 events. PhysioSport massage therapist will be available at the Massage Tent at the Assembly during:

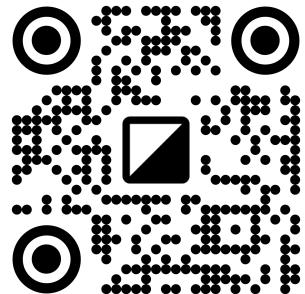
- 19 Oct, Saturday, after the MIDDLE Champs, 10.00 am – 12.00 pm
- 19 Oct, Saturday, after the SPRINT Champs, 2.30 pm – 4.30 pm

No booking is needed, just drop into the tent after the Race. If you need quality physio advice before the Carnival, please go here www.physiosport.com.au

29. Contacts

For further enquiries about the Australian MTBO Carnival & Championships, please contact:

- **Marina ISKHAKOVA**, Event Director
- **Mob:** 0412 308 310, **email:** marina.ishkakova@gmail.com
- Orienteering ACT at act.orienteering.asn.au
- Orienteering Australia MTBO at ausmtbochamps2024.orienteering.asn.au



30. Sponsorship and Support

We are thankful for and acknowledge the support of the following amazing sponsors:

- **Active Glass**, activeglass.com.au, Logistics Partner
- **Yoga for Posture**, www.yogaforposture.com.au, Well-being Partner
- **PhysioSport**, www.physiosport.com.au, Massage Partner
- **Sutton Road Training Center**, <https://suttonroad.com.au>, Sprint Champs facilities Partner
- **Alivio Tourist Park**, <https://aliviogroup.com.au/>, [Google map](#), Accommodation Partner
- **Harmonie German Club**, <https://harmonieclub.com.au/>, [Google map](#), Presentations Dinner Partner
- **Resultz**, www.resultz.com.au, Electronic Sponsor
- **QPRC**, <https://www.qprc.nsw.gov.au>, Middle Champs facilities Partner
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