



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 3



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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 on the rich and beautiful land of Ngunnawal/Ngambri 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/Ngambri 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/Ngmabri 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.

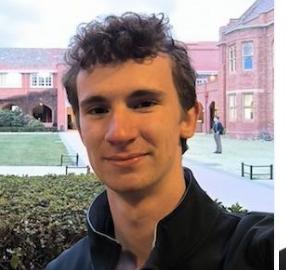
– *Mike Dowling, Chair of the Board, Orienteering Australia*



4. Carnival & Championships Roles

Event Director:	Marina ISKHAKOVA, MTBO Level 2 Event Controller
Technical Director:	Fedor ISKHAKOV, MTBO Level 2 Event Controller
MTBO Advisor:	Sandor TALAS, IOF Senior Event Advisor
Mapping:	Andrew SLATTERY
Starts Manager:	Cath CHALMERS
Hire & Equipment:	Ann SCOWN, John SCOWN
Social & Trails	Jim ANDERSON
Grants:	Phil WALKER
Finances OACT:	Andrew CHEFFERS
OACT website:	Paul de JONGH
Commentator:	Arpad KOCSIK
Promo & Social Media:	Emily STEWART-REED, Alysha MCNEE Marina ISKHAKOVA, Raynie MCNEE
Come & Try MTBO:	Raynie MCNEE, Emily STEWART-REED, Toni BROWN
Promo & Social Media:	Alysha MCNEE, Marina ISKHAKOVA
Transport & Logistics:	Rohan HYSLOP, Sergei MAKSIMOV
Design:	Noel SCHOKNECHT, Ariadna ISKHAKOVA
Parking & Marshals:	Ann INGWERSEN, Frank INGWERSEN
MeshO Radio Controls:	Tate NEEDHAM
IT Team:	Alex MAKSIMOV, Henry GOTZINGER, Oliver GOTZINGER, Owen RADAJEWSKI, Max WALTER, Josh MANSELL
Ceremonies:	Veronika ISKHAKOVA
Blue Lightning Stall:	Deirdre SHARKEY
Photography:	John HARDING
Day Teams:	See below



				
Ann Ingwersen	Frank Ingwersen	Alex Maksimov	Henry Gotzinger	Oliver Gotzinger
				
Owen Radajewski	Josh Mansell	Max Walter	Tate Needham	Veronika Iskhakova
				
Sergei Maksimov	Sam Wilson	Deirdre Sharkey	John Harding	

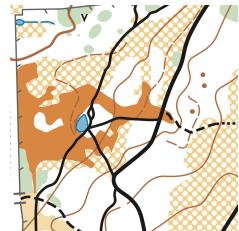
5. List of Events

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 17:00

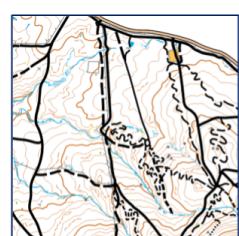
Map: Bruce Ridge by Andrew SLATTERY
 Course Setter: Jim ANDERSON, Marina ISKHAKOVA
 Controller: Fedor ISKHAKOV



E1: Australian MASS Championships

Friday, 18 October, 2024, starts from 16:30 to 17:00

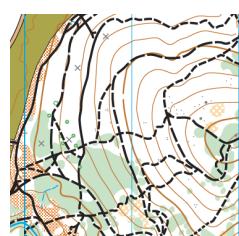
Map: West Stromlo by Andrew SLATTERY
 Course Setter: Cathy HOGG
 Controller: Belinda ALLISON



E2: Australian MIDDLE Championships

Saturday, 19 October, 2024, starts from 8:30 to 10:00

Map: Stringybark Hill by Andrew SLATTERY
 Course Setter: Michael REED
 Controller: Emily WALTER, Tom WALTER



E3: Australian SPRINT Championships

Saturday, 19 October, 2024, starts from 14:00 to 15:30

Map: Sutton Road Centre by Andrew SLATTERY
 Course Setter: Cath CHALMERS
 Controller: Eoin ROTHERY



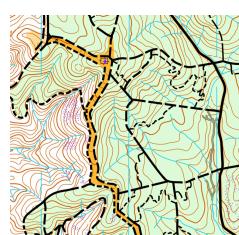
ED: Carnival Presentations DINNER

Saturday, 19 October, 2024, start at 18:30

E4: Australian LONG Championships

Sunday, 20 October, 2024, starts from 9:00 to 10:30

Map: Kowen Homestead by Andrew SLATTERY
 Course Setter: Fedor ISKHAKOV
 Controller: Marina ISKHAKOVA



 new map

Overall schedule

Oct 17, Thursday

15:00	Event centre opens	Location
17:00 - 18:00	WARM-UP start window	
19:00	Course closure	
18:30 - 21:30	Social Drinks at The Verandah at Alivio Tourist Park	Location

Oct 18, Friday

15:00	Event centre opens	Location
16:30 - 17:00	MASS start window	
19:00	Course closure	
18:45	Presentation ceremony for MASS	

Oct 19, Saturday

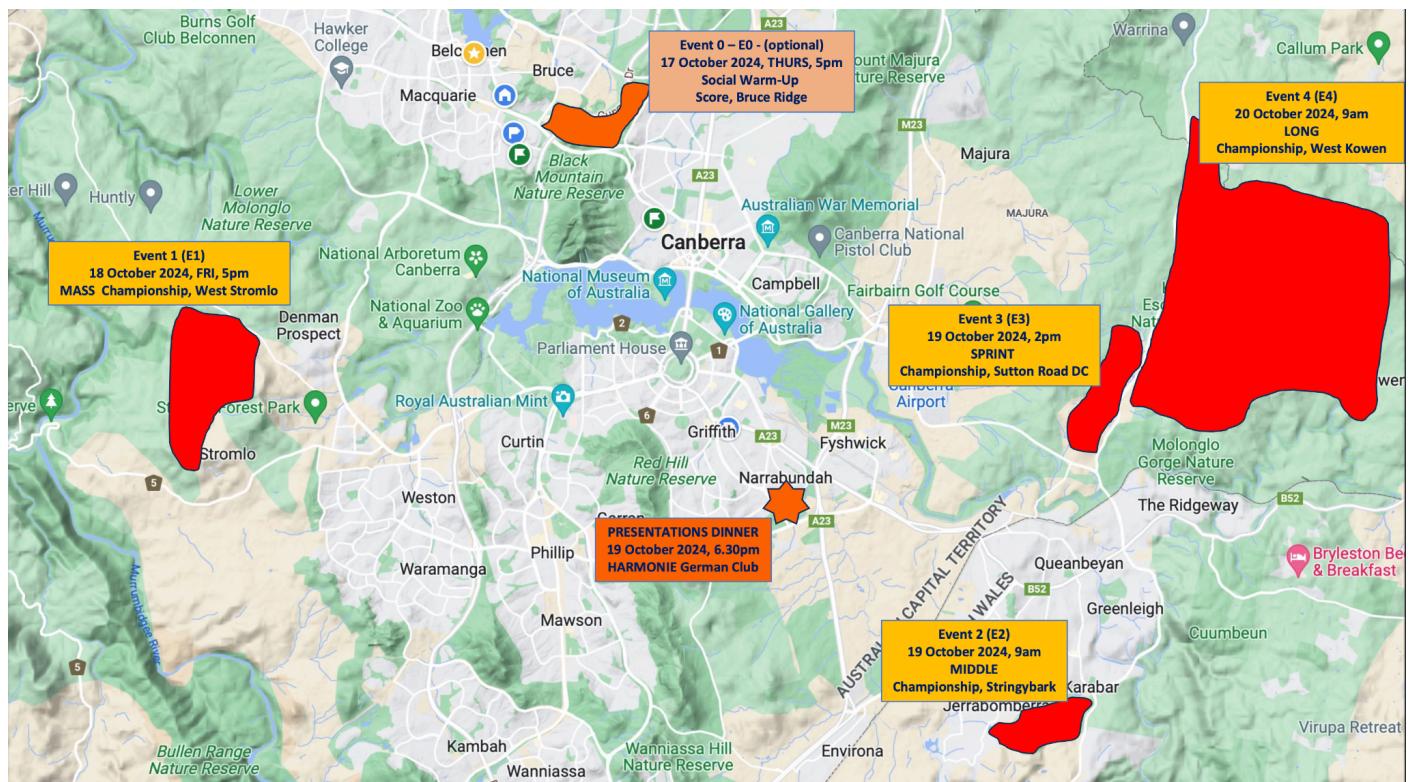
2024 ACT Election voting day		
7:30	Event centre opens	Location
8:30 - 10:00	MIDDLE start window	
12:00	Course closure , arena relocation	
1 pm	Event centre opens	Location
14:00 - 15:30	SPRINT start window	
16:30	Course closure	
18:30 - 21:30	DINNER at Harmonie German Club	Location
19:30	Presentation ceremony for MIDDLE and SPRINT	

Oct 20, Sunday

8:00	Event centre opens	Gate, 6km to Arena
9:00 - 10:30	LONG start window	
12:30	Presentation ceremony for LONG	
13:30	Course closure	

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 the vibrant **Harmonie German Club**

Time: 19 October 2024, Saturday, 18:30

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

Carnival Presentations Dinner will be an exciting and vibrant celebration of Mountain Bike Orienteering, and everyone is welcome! For those who want to join only for Presentations, the Prize-Giving Ceremony will start at 19:30; you are warmly welcome! But don't miss the exciting and fun Celebration night!

Please book your place for dinner and pre-pay on the Eventor page (Booking will close on October 8th 17:00, 2024). Dinner options are provided at the Eventor page. Drinks for purchase including the best-crafted German beer in ACT: The President. Dress code: Smart/Smart casual.

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
 W14
 W16
 W20
 W21
 W40
 W50
 W60
 W70
 W80
 W e-bike

M12
 M14
 M16
 M20
 M21
 M40
 M50
 M60
 M70
 M80
 M e-bike

10. Registration and Entry

Australian MTBO Carnival & Championships Entry Fees					
	E0: Warm-Up	E1: Mass	E2: Middle	E3: Sprint	E4: Long
EARLY ENTRY 1 January to 1 April 23:59	\$10	\$30	\$30	\$30	\$30
STANDARD ENTRY 2 April to 10 September 23:59	\$15	\$40	\$40	\$40	\$40
LATE ENTRY 11 September to 13 October 23:59	\$20	\$50	\$50	\$50	\$50
Kids/teenagers under 21 and Masters 75 and above have a massive discount!	\$0	\$10	\$10	\$10	\$10

Link to enter the event	
E0: Social Warm-Up SCORE MTBO, Bruce Ridge Thursday, 17 October, 2024, starts from 17:00 to 18:00 Show/19686">https://eventor.orienteering.asn.au/Events>Show/19686	 (click)
E1: Australian MASS Championships, West Stromlo Friday, 18 October, 2024, starts from 16:30 Show/19100">https://eventor.orienteering.asn.au/Events>Show/19100	 (click)
E2: Australian MIDDLE Championships, Stringybark Hill Saturday, 19 October, 2024, starts from 8:30 to 10:00 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 14:00 to 15:30 Show/19102">https://eventor.orienteering.asn.au/Events>Show/19102	 (click)
ED: Carnival Presentations DINNER Saturday, 19 October, 2024 at 18:30 Show/19687">https://eventor.orienteering.asn.au/Events>Show/19687	 (click)
E4: Australian LONG Championships, Kowen Homestead Sunday, 20 October, 2024, starts from 9:00 to 10:30 Show/19103">https://eventor.orienteering.asn.au/Events>Show/19103	 (click)



[click for all events on a single Eventor page](#)



[download pdf helper on how to register](#)

Entry on the day

A limited number of Entries on the day will be available at each of the five events at the **Rego Tent** for **Carnival Classes only**: Beginner, Explorer, Adventurer, Score.

You can enter **until 30 minutes before the Start closure** time at each event.

Carnival Classes don't have allocated Start minutes and start any time during the Start window.

Bibs and participants' bags

Regardless of whether you participate in all five events or just one, you **must visit the REGO/HIRE tent** at your first event to receive your Participant Bag. This bag will contain your Bike Bib, Zip ties, and promotional materials from sponsors.

Bike bib have to be attached to the handle bar of your bike in all events.

If you have pre-hired a map board or SI-Air chip at EVENTOR, please visit the Rego/Hire Tent to collect your equipment. Please return the hired equipment after finishing *your last event* at the download tent. Be sure to keep the equipment safe with you between events.

Limited number of Map boards and SI-Air units will be available for hire without pre-booking, but we encourage participants to pre-hire these items through Eventor or purchase them from O-suppliers (see [Section 27](#) below for more information).



11. 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

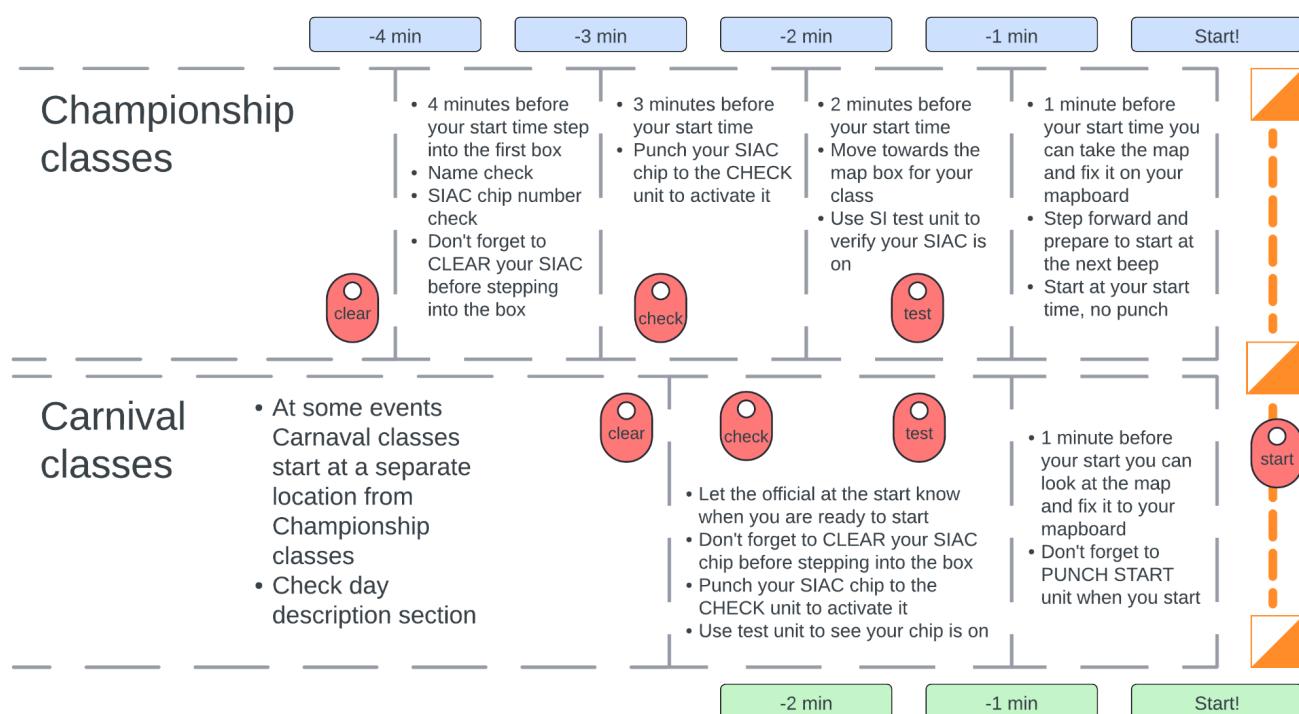
Australian MTBO Championships Classes					
	E0: Warm-Up	E1: Mass	E2: Middle	E3: Sprint	E4: Long
W12/M12; W12/M14; W16/M16	60 min	60-68 min	32-37 min	15-20 min	70-75 min
W20/M20, W80/M80	60 min	60-68 min	40-44 min	16-20 min	84-92 min
W21 Elite/M21 Elite	60 min	75-85 min	50-55 min	20-25 min	105-115 min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

12. Start and Finish Procedure

Australian MTBO Championships Classes will have start times allocated for each competitor. Start Lists will be published at Eventor by 23:59 on Tuesday, 15th October.

Carnival Classes don't have allocated start minutes and can start any time during the Start window. The start officials will provide help and ensure that an appropriate time separates queueing competitors/groups.

The starting procedure for MIDDLE, SPRING and LONG is outlined by the following diagram



Please ensure that you CLEAR your SI-Air chip before stepping into the first start box. Start officials will make sure you then punch the CHECK unit to activate your chip. By waving over the TEST unit you can verify that your chip is activated (it should blink and beep as at a normal control). You can look at your map 1 minute before the start.

Carnival classes HAVE TO punch the START unit before going to their course. It is also important to clear the start area as soon as you punch the START unit. If you need more time to plan your route, please, ride forward for 20-30 meters before you stop for more planning.

WARM-UP event will use a PUNCH START in all classes. A simple queueing system will be used to separate starting competitors. MASS event will have its own start procedure, see below.

All competitors MUST ride through FINISH to have their time recorded. SI-Air chip is turned off by the FINISH unit. Afterwards all competitors MUST proceed to the download tent.



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Australian Mountain Bike Orienteering
Carnival and Championships

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Know your SIAC chip!



Check the Battery



Normal beep – OK | Warning signal – one more event | No signal – battery service needed



Clear and Check as usual



Successful CHECK turns your SIAC chip ON

From this point on do not approach the FINISH before finishing the course!



Check air punch at the test unit



No data is written to the chip by the test unit | [Return to previous step if SIAC is not beeping](#)



Punch start unit if needed



If start times are allocated, no start punching is required



Air punch (wave) each control



[1.5m working range](#) | Beep and blink confirmation from SIAC



Ride through at the FINISH



[3m working range](#) | Short beep and blink from SIAC to confirm finish

FINISH unit turns your SIAC chip OFF



Do not forget to DOWNLOAD



[Make sure your SIAC is OFF](#) | When turned on, SIAC blinks very slowly

E0: Warm-Up SCORE, Bruce Ridge, 17 Oct

 Arena location	Bruce Ridge, AIS side,  Google maps
Course setter	Jim ANDERSON, Marina ISKHAKOVA
Course controller	Fedor ISKHAKOV
Event Advisor	Sandor TALAS
Mapper	Andrew SLATTERY, Fedor ISKHAKOV
 Start times	Start any time between 17:00 to 18:00
 Course closure	Everyone has to be back by 19:00
Arena closure	Everyone has to leave Arena by 20:00
 Parking & assembly	End of Masterman Street, Bruce, AIS,  Google maps
Map name	Bruce Ridge
Map scale, contours	1:10000, 5m
Map size	SRA3 (320x450mm), Pretex paper
Number of maps	1 map per course for all classes
Start and finish	100m from arena, through the tunnel, Finish is at the edge of the arena
Course format	SCORE course: collect as many controls as possible within 60 min, 1 min over = -1 point. There are 20 controls, each control = 1 point.
Off-road riding	Off-road riding is not permitted Ride strictly only where symbols permit it
Warm-up area	Limited warm-up area, use Warm-Up event as Warm-Up area 😊
Water on course	No
 Presentation ceremony	None

Arena diagrams and start location

Getting there: Bruce Ridge, AIS, [Google maps](#)



Start procedures at WARM-UP event

Warm-up event will feature a simple punching start. You can come to the start at any time between 17:00 and 18:00, and start leaving some time for the competitor in front to begin their course. Please, follow the start marshals' instructions.

Start is located 100m from the arena, right through the tunnel (see picture below).

Popular public bike path “belconnen-city” goes through this tunnel. **Please exercise care and watch around while on this path.** We don't have an exclusive use of this public bike path!!!

Course Setter Notes

The 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/ROGAINE format and is a Model Event. Start any time between 5 and 6 pm. There are 20 controls, each control = one point. Collect as many controls as possible within 60 min, every minute (or part thereof) after that deducts one point. Event is designed to sharpen your MTBO riding and prepare for the real challenges of the coming Championships!

REMEMBER to have a watch or a phone with you to measure 1 hour!

Enjoy Social drinks starting 18:30 pm at the spacious open Terrace of Alivio Tourist park, the accommodation Partner of the Carnival, located right here on the map!

MTBO at Bruce Ridge is a hidden gem for MTBOers in Canberra! With a mix of fast-flowing trails, fun technical challenges, and awesome downhill sections, it's perfect for riders of all levels. Whether you're looking for a quick adrenaline rush or a chill tranquil ride through the bush to get into the shape before the main events of the Carnival, this amazing area has it all.

– Marina Iskhakova, course setter

Photos from the area



ES: MTBO Social Drinks at the Alivio Verandah, 17 Oct

 Location	Alivio park, 20 Kunzea St, O'Connor ACT 2602 The accommodation Partner of the Carnival  Google maps
 Start time	18:30
 Course closure	22:30

Enjoy Social drinks at the spacious open Verandah of the Alivio Tourist park starting 18:30 pm.

Everyone is warmly welcome to relax and socialise!

Don't worry, the Start on FRIDAY is conveniently scheduled in the afternoon, so stay longer, relax and enjoy the atmosphere with your MTBO friends!



E1: MASS, West Stromlo, 18 Oct

 Arena location	West Stromlo,  Google maps
Course setter	Cathy HOGG
Course controller	Belinda ALLISON
Event Advisor	Sandor TALAS
Mapper	Andrew SLATTERY
 Start times	Start Waves, 16:30 to 17:00
 Course closure	Everyone has to be back by 19:00
Arena closure	Everyone has to leave Arena by 21:00
 Parking & assembly	Western Stromlo Car Park, along Uriarra Road,  Google maps
 Overflow parking	Main Stromlo Forest Car park,  Google maps
Map name	<i>Bekele's run</i>
Map scale, contours	1:10,000, 5m, with map inserts 1:5,000
Map size	SRA3 (320x450mm), Pretex paper
Start and finish	2 starts (see below), finish 25m from arena
Off-road riding	Off-road riding is not permitted Ride strictly only where symbols permit it
Warm-up area	Bike path from arena to the start
Water on course	No
 Presentation ceremony	Approximately at 18:45 at arena



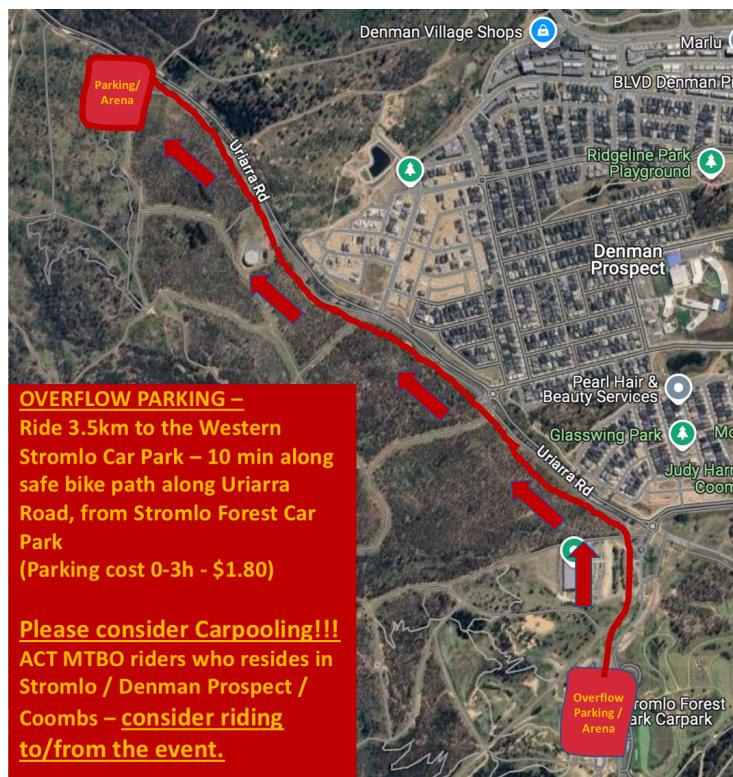
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2024

Australian Mountain Bike Orienteering
Carnival and Championships

Canberra
ACT

Arena diagrams and start locations

Getting there: West Stromlo, [Google maps](#)



OVERFLOW PARKING –
Ride 3.5km to the Western Stromlo Car Park – 10 min along safe bike path along Uriarra Road, from Stromlo Forest Car Park
(Parking cost 0-3h - \$1.80)

Please consider Carpooling!!!
ACT MTBO riders who resides in Stromlo / Denman Prospect / Coombs – consider riding to/from the event.

Start procedures at MASS event

At mass start the whole class starts together at the same time. The maps are handed out upside down, and can be turned over 15 seconds before the start time. Each competitor rides one of several variants of the course combined by the same loops connected in different order.

There are two start locations at MASS event:

S1	400m to the west of the assembly area via the fire trail	Classes: TBA
S2	1.2km via a bike path to the east of the assembly area	Classes: TBA

Please note that access to the starts will close immediately following the last start. These tracks will then be in use for the competition.

The warm-up area will be along a 1km stretch of bitumen bike path adjacent to the assembly area (in the direction of S2). This area may also be used for cooling down, but please be aware some riders may be using this path on their course, so please cool down with extreme caution. **Please do not attempt to warm up on Uriarra Road, which is the road you drive to the event.** It has very little shoulder and is frequented by dangerous and speeding drivers.

Competitors in the MASS START will have to have their wits about them, with a multitude of phi and butterfly loops meaning following will never be a safe option. Along with the abundance of wildlife, with kangaroos, wallabies and magpies aplenty, there is a great array of single track, fire trails and some rideable forest and grasslands for those who are feeling adventurous.

– Cathy Hogg, course setter

Preliminary Course parameters

Course parameters will be finalized in the last Bulletin Update by Oct 12.

COURSE	CLASSES	Expected winning time	Start Time	Length, km	Controls	Climb
COURSE 1	M21	75 min	16:30	20.0	26	495m
COURSE 2	W21, M20, M40	70 min	16:40	16.0	20	350m
COURSE 3	W20, W40, M50	70 min	16:40	15.0	24	335m
COURSE 4	W16, M16, W50, M60 W e-bike, M e-bike	70 min	16:30	12.5	23	290m
COURSE 5	W60, M70	65 min	16:50	11.0	14	245m
COURSE 6	W14, M14, W70	60 min	16:50	7.5	13	155m
COURSE 7	W12, M12, W80, M80	60 min	17:00	5.5	11	110m
BEGINNER	Beginner W, M	30 min	17:00	5.0	8	145m
EXPLORER	Explorer W, M	45 min	17:00	7.5	9	165m
ADVENTURER	Adventurer W, M	60 min	17:00	11.0	13	305m
SCORE	SCORE Solo, Pairs	60 min	17:00	score	17	score

Course Setter Notes

The first formal event of the Carnival 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.

Other park users. The eastern part of Bekele's Run forms part of the Stromlo Forest Mountain Bike Park. Please be aware that we do not have exclusive use of the park. While everyone is heavily informed about the Carnival, still other casual riders may be riding in the area.

Technical tracks and obstacles. Some tracks in the area are very technical. Courses have been set to avoid these tracks. Where there are jumps and technical obstacles on the track, a purple

“obstacle” line has been placed across the track on the map. It is strongly advised to avoid such tracks. There are two tracks on the map which have been marked with purple arrow heads as it is only permitted to ride these tracks in one direction. All other tracks can be ridden in either direction.

Off-road riding. Bekele’s Run has some areas where off-road riding is permitted. These areas are either mapped as rideable forest (black dots on white or pale yellow background), rideable semi-open (white dots on a solid orange background) or rideable open land (solid orange). See the [diagram](#) on page 45 below.

Unfortunately the wild pigs have been hard at work in some of the rideable open areas, which has left some of the rideable open areas a little rough in parts. These can still be negotiated on the bike, they are just a little lumpy.

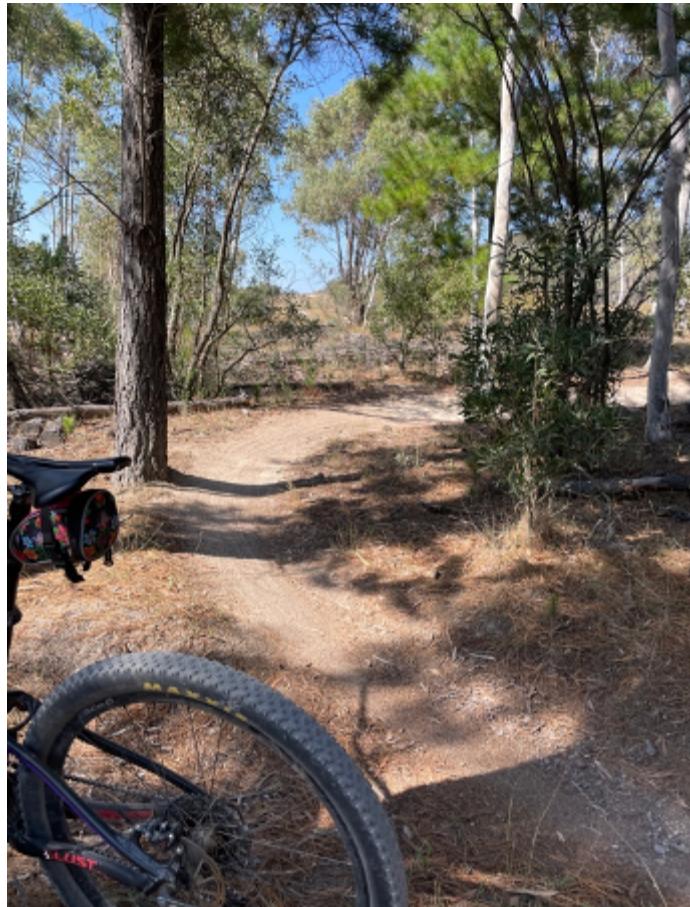
There are blackberries in the area. It is strongly recommended to ride with tubeless tyres, if possible!

Off-road riding is NOT permitted in any other terrain, including in the semi-open areas (white dots on a pale yellow background), forest (solid white) and dense forest (light green).

Tracks are mapped by usual standards according to their width and speed of riding. There are also dashed solid orange tracks which indicate rideable grassy tracks. If these tracks are not completely obvious on the ground, they will be taped with long lengths of blue streamers.

Gates. Most internal gates within the area will be propped open for the event. Please do not remove any rocks holding gates open. If gates are not going to be opened for the event, they will be marked with a purple obstacle line. Courses are set so **there should be no need to lift bikes over gates.**

Photos from the area



E2: MIDDLE, Stringybark Hill, 19 Oct

Event location	Jerrabomberra / Stringybark Hill
 Arena location	Jerrabomberra Community centre,  Map
Course setter	Michael REED
Course controller	Emily WALTER & Tom WALTER
Event Advisor	Sandor TALAS
Mapper	Andrew SLATTERY, Tate NEEDHAM
 Start times	8:30 to 10:00
 Course closure	Everyone has to be back by 12:00
Arena closure	Everyone has to leave Arena by 13:00
 Parking & assembly	Jerrabomberra Community centre,  Map
Map name	Stringybark Hill
Map scale, contours	1:5,000, 5m
Map size	SRA3 (320x450mm), Pretex paper
Number of maps	Championship classes have 2 maps (map flip), Carnival classes have 1 map.
Start and finish	Two starts: 3.5km ride from the arena, and 2.0km ride from arena (see below) Finish 1km ride from arena Location of Start 1  Google map Location of Start 2  Google map Location of Finish  Google map
Off-road riding	Off-road riding is not permitted Ride strictly only where symbols permit it
Warm-up area	Bike path along Edwin Land Pkwy (way to start)
Water on course	No
 Presentation ceremony	At the carnival dinner on Saturday, 19 Oct



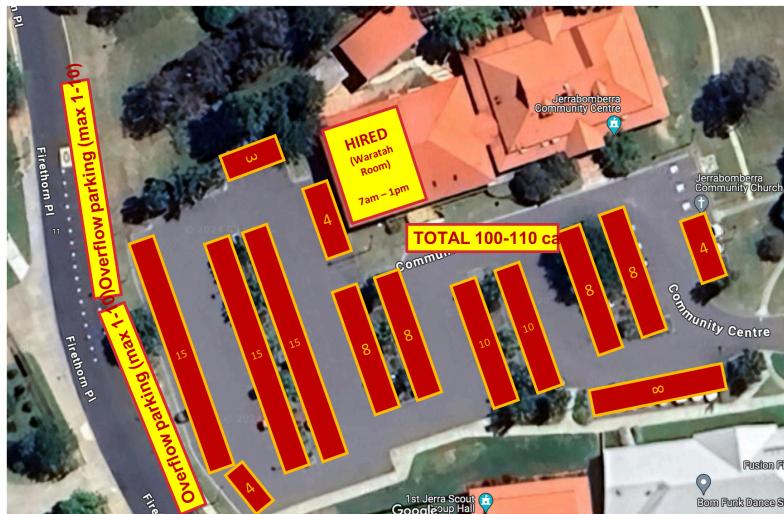
MTBO
2024

Australian Mountain Bike Orienteering
Carnival and Championships

Canberra
ACT

Arena diagrams and start locations

Getting there: Jerrabomberra Community center, [Google map](#)



With native bush, wild-flowers, lots of loose rock and climbs, the MIDDLE is sure to test both your fitness and your route selection as you meander around the technical trails of Stringybark Hill.

– Michael Reed, course setter

Start and finish procedures at MIDDLE event

There are two start locations

S1	3.5km ride from Arena along Edwin Land Pkwy	All Championship classes
S2	2.0km ride from Arena along Edwin Land Pkwy	All Carnival classes: Beginner, Explorer, Adventurer, Score

Course parameters

COURSE	CLASSES	Expected winning time	START	Length, km	Controls	Climb, m	Nr of maps
COURSE 1	M21	50-55 min	1	11.1	20	465	2 maps
COURSE 2	W21, M20, M40	50-55 min	1	10.5	19	385	2 maps
COURSE 3	W20, W40, M50	50-55 min	1	8.7	18	345	2 maps
COURSE 4	W50, M60	50-55 min	1	7.1	15	230	2 maps
COURSE 5	W16, M16, W60, M70	50 min	1	4.5	12	130	2 maps
COURSE 6	W12, M12, W14, M14, W70, W80, M80	40 min	1	3.6	11	110	2 maps
COURSE 7	W e-bike, M e-bike	50-55 min	1	4.8	15	170	2 maps
BEGINNER	Beginner W, M	30 min	2	1.5	6	15	1 map
EXPLORER	Explorer W, M	45 min	2	1.9	8	35	1 map
ADVENTURER	Adventurer W, M	60 min	2	2.6	10	75	1 map
SCORE	SCORE Solo, Pairs	90 min	2	score	23	score	1 map

Course Setter Notes

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: a 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. These courses will test both your bike and your skills, and higher pressures or tubeless tyres are recommended to avoid pinch-flats. In recognition of these challenges and the SPRINT event that follows, the courses err on the shorter side.

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

Photos from the area



E3: SPRINT, Sutton Road Training Centre, 19 Oct

 Arena location	Sutton Road Driving Centre,  Google maps
Course setter	Cath CHALMERS
Course controller	Eoin ROTHERY
Event Advisor	Sandor TALAS
Mapper	Andrew SLATTERY, Eoin ROTHERY
 Start times	Start any time between 14:00 to 15:30
 Course closure	Everyone has to be back by 16:30
Arena closure	Everyone has to leave Arena by 17:30
 Parking & assembly	Sutton Road Driving Centre,  Google maps
Map name	Sutton Road Driver Training Centre
Map scale, contours	1:5,000, 5m
Map size	SRA4 (225x320mm), Pretex paper
Number of maps	Courses 1 and 2 have 2 maps (map flip), All other courses have 1 map
Start and finish	400m from arena, finish is at the edge of arena
Off-road riding	Riding is PERMITTED anywhere, except out-of-bound areas
Water on course	No
 Presentation ceremony	At the carnival dinner on Saturday, 19 Oct

Note that SPRINT event is the only event of the Carnival where riding is PERMITTED anywhere except for out-of-bounds areas which are explicitly marked.
Please, see the Fair Play section for the summary of rideable and non-rideable symbols.

Arena diagrams and start locations

Getting there: West Stromlo,  [Google maps](#)



For the Sprint, time to get in the groove with the sounds of Upside down by Diana Ross:

Boy, you turn me inside out

And, 'round and 'round

Upside down

Boy, you turn me inside out

And, 'round and 'round

– Cath Chalmers, course setter

Course parameters

COURSE	CLASSES	Expected winning time	Length, km	Controls	Climb	Nr of maps
COURSE 1	M21	20-25 min	6.4	21	120m	2 maps
COURSE 2	W21, M20, M40	20-25 min	5.5	17	105m	2 maps
COURSE 3	W20, W40, M50	20-25 min	4.9	17	95m	1 map
COURSE 4	W50, M60	20-25 min	4.7	14	85m	1 map
COURSE 5	W16, M16, W60, M70	20-25 min	4.0	13	75m	1 map
COURSE 6	W12, M12, W14, M14, W70, W80, M80	16-20 min	2.3	12	50m	1 map
COURSE 7	W e-bike, M e-bike	20-25 min	4.2	16	75m	1 map
BEGINNER	Beginner W, M	20 min	2.3	12	50m	1 map
EXPLORER	Explorer W, M	30 min	4.2	16	75m	1 map
ADVENTURER	Adventurer W, M	40 min	4.5	21	80m	1 map
SCORE	SCORE Solo, Pairs	45 min	score	20	score	1 map

Course Setter Notes

In the words of the esteemed Jim Anderson:

Load U2. Select “Where The Streets Have No Name” Press play... “...And our love turns to rust. We’re beaten and blown by the wind. Trampled in dust. I’ll show you a place. High on a desert plain, yeah. Where the streets have no name”. > Repeat.

This map is centred around the Driver Training Centre tarred race track, sculpted into typical Monaro sheep country – stubbled grass, scattered trees and a profusion of eclectic industrial debris that would inspire Rosalie Gascoigne objects trouveres, or specifically Monaro:

“I like the gold of the Schweppes boxes. I think that gold is one of the classical colours. I don’t care if it has got Schweppes written all over it, people seem to think I care. I don’t care! I just like the black and yellow. When I started I had lots of off-cuts, little pieces too good to throw away. So I started joining them up in a sort of way, walking around them, adding a few more. I soon had a 6 x 4 foot panel. In the end I realised that I needed to have four panels to say what I wanted to say. As it grew so did I. I kept thinking of the Monaro grasslands, and I thought of David Campbell saying ‘the Monaro rolls on to the sea’.”

The map is open country with patches of open and thicker bush, indicated by pale yellow (rough open), white (spatial forest) and green (dense forest). **Off-track riding is permitted everywhere at this event.** There are patches of blackberry. The pruning fairies have done their best, but watch out around the dense green patches.

There are impassable cliff lines that are clearly indicated on the map marked with a purple line – extreme caution is recommended, as alternative routes are available.

Residual ponding at creek crossings may mean that some parts of tracks are under water. There are alternative solutions, but, as if you were going on a bear hunt “*If you can’t go over it, can’t go round it, you got to go through it!*”! The terrain is generally up + down, rolling country on gravel/clay/ quartz soils – that can be loose when dry, or cloggy when wet. The fragmented, eccentric track network has been used extensively for four-wheel-driver training, with the result that some steep tracks are deeply rutted and some creek crossings are wallow holes.

Many of the dam walls are crossable as indicated on the map. Note that the approach on and off these may be steep, ride to your abilities for these and dismount as required. Courses 1 and 2 will have a map flip.

Photos from the area



ED: Carnival Presentations Dinner, 19 Oct

 Location	Harmonie German Club 49 Jerrabomberra Ave, Narrabundah ACT 2604  Google maps
 Start time	18:30, for those registered for the dinner
 Presentation ceremony For MIDDLE and SPRINT	19:30, everyone is welcome!
 Course closure	Till last participant

Carnival Presentations Dinner will be an exciting and vibrant celebration of Mountain Bike Orienteering, and everyone is welcome! For those who want to join only for Presentations, the Prize-Giving Ceremony will start at 19:30; you are warmly welcome! But don't miss the exciting and fun Celebration night!

Please book your place for dinner and pre-pay on the Eventor page (booking will close on October 8th 17:00, 2024). Dinner options are provided at the Eventor page. Drinks for purchase, including the best-crafted German beer in ACT: The President.



E4: LONG, Kowen Homestead, 20 Oct

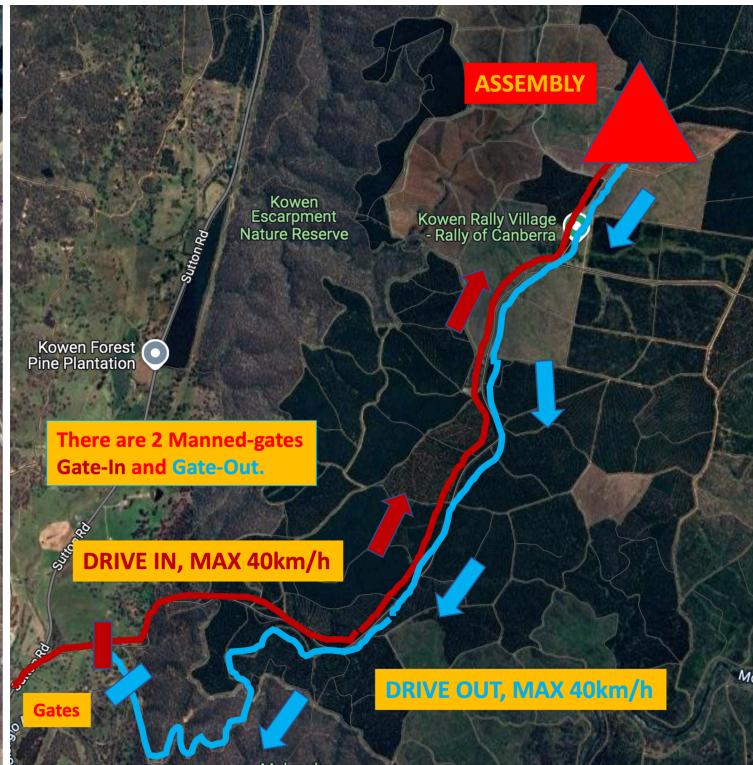
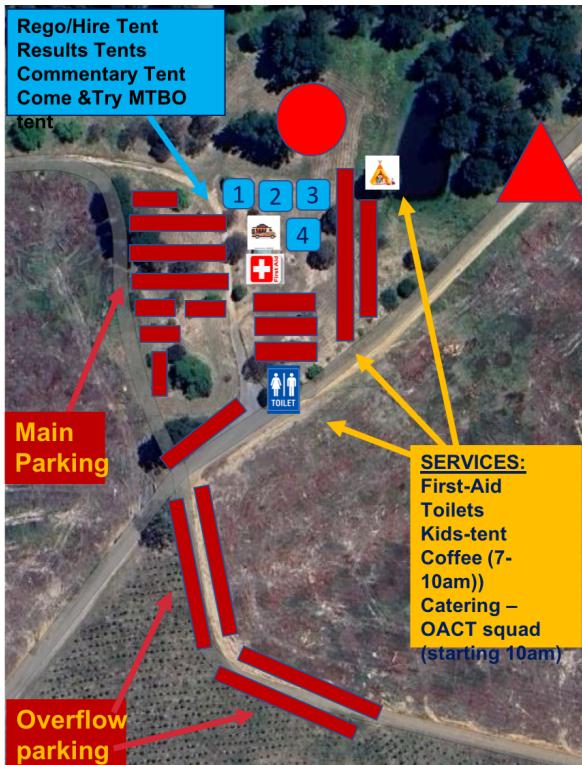
 Arena location	Kowen Homestead,  Google maps
Course setter	Fedor ISKHAKOV
Course controller	Marina ISKHAKOVA
Event Advisor	Sandor TALAS
Mapper	Andrew SLATTERY, Fedor ISKHAKOV
 Start times	Start any time between 9:00 to 10:30
 Course closure	Everyone has to be back by 13:30
Arena closure	Everyone has to leave Arena by 16:00
 Parking & assembly	Access to Kowen forest is through the manned gate off Sutton road (see below) After the gate drive for 6.5km following orienteering signs towards arena.  Google maps
Map name	Kowen Homestead
Map scale, contours	1:15,000, 5m
Map size	SRA3 (320x450mm), Pretex paper
Number of maps	1 map for all classes
Start and finish	100m from arena Finish is at the edge of arena
Warm-up area	Between arena and start
Water on course	No
 Presentation ceremony	Approximately at 12:30 at Arena

40

IMPORTANT: Exercise extreme care on the road between the gate and the arena.
 40 km/h maximum speed! Riders are on this road between 9:30 and 13:30.
 Also note that in and out ways in Kowen forest are separated.

Arena diagrams and start locations

Getting there: West Stromlo,  [Google maps](#)



The new look at the classic pine forest plantations around Kowen Homestead, the LONG courses will be an ultimate test of your physical and mental toughness. With a healthy mix of delicate single tracks and fast fire trails, The Championship courses will offer challenging route choice which will require strategic management of your energy. The Carnival courses will take the riders through a variety of spectacular terrains and riding conditions, and will serve a perfect introduction to navigational adventures. Everyone reaching the finish line will feel as a real Hero!

– Fedor Iskhakov, course setter

Course parameters

Length and climb are measured over reasonable routes.

COURSE	CLASSES	Expected winning time	Length, km	Controls	Climb, m
COURSE 1	M21	105-115 min	35.0	14	835
COURSE 2	W21, M20, M40	105-115 min	30.2	13	765
COURSE 3	W20, W40, M50	105-115 min	28.0	13	565
COURSE 4	W50, M60	105-115 min	26.9	13	545
COURSE 5	W60, M70	95-105 min	19.9	9	370
COURSE 6	W16, M16, W70	70-75 min	15.7	9	360
COURSE 7	W12, M12, W14, M14, W80, M80	65-70 min	10.4	8	150
COURSE 8	W e-bike, M e-bike	105-115 min	23.9	12	530
BEGINNER	Beginner W, M	60 min	10.4	8	150
EXPLORER	Explorer W, M	75 min	16.7	10	260
ADVENTURER	Adventurer W, M	90 min	21.3	14	380
SCORE	SCORE Solo, Pairs	120 min	score	22	score

Course Setter Notes

West Kowen will provide a challenging route choice through a network of 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 harvested pine plantation will be a proper excuse to take a look, enjoy and reflect. If you are the adventurous type, take your camera along and snap some unexpected views of Canberra landmarks or the race moments 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 the first-ever ride in this beautiful terrain! So enjoy the final event of the Carnival – the challenging and memorable LONG Champs.

The area is a large pine plantation framed in beautiful eucalyptus forests on steeper hills in the north and east and Molonglo river in the south. There are various stages of growth presented at different blocks, from completely empty clear-fell land to mature pine forests about to be harvested. The freshly updated map differentiates between four types of vegetation: pale green areas (symbol 496) are used to denote younger pine forests with reduced visibility, open land with scattered trees (symbol 402) shows blocks with very young and short growth, open land symbol

(401) is used to denote areas of recently harvested forest, while mature pine and native forest is left white. Note that this differentiates the updated map from the old Kowen maps, where white and pale green colours were used to distinguish between native and pine forests.

Riding off-track is not permitted in this event; all competitors must ride only where map symbols allow it (see [diagram](#) on page 45 below). Ridable orange – symbol 824, open land, permitted to ride, as well as symbol 826, rough open land, permitted to ride – were used to show the open areas where riding off track is permitted. In addition, some old, overgrown dirt roads are shown with an orange narrow linear ride through terrain symbols 827-830. Parts of the map feature ridable forest symbols (black dots over white, symbol 825) to indicate the areas where cutting through is permitted, even though at places, dismounting may be required. The map also has some paved areas, permitted to ride, and residential areas that shall not be entered (olive green).

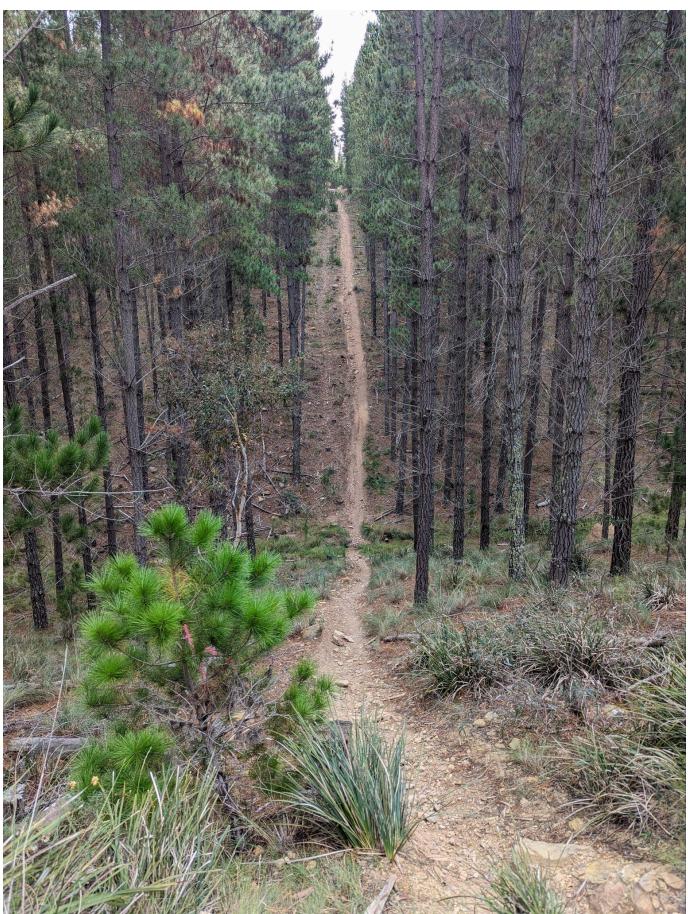
Kowen forest offers a developed network of predominantly fast fire trails over the terrain that is relatively flat in the middle but becomes rather steep towards the sides of the map. The area also has an old and decaying network of MTB single tracks, with numerous new tracks cut in by motorcyclists, especially on the steep slopes on the northern edge of the map. The courses avoid the most extreme of these steep tracks.

There is a large amount of blue and pink tape in the forest placed by motorcyclists, mainly along single tracks. This often helps, but there is no guarantee that all intersections or important turns are marked. Competitors should not rely on tape for navigation.

Depending on the weather, low areas may be wet and harder to ride, even on large roads. In addition, many fire trails, including prominent ones, have rotted (see picture below). These are easily evaded without losing speed but may be dangerous if not careful. Ride to your ability!

Just before the Carnival ACT Forests started harvesting operations in two locations on the map. These areas are clearly marked as out-of-bounds. The courses were adjusted to avoid these areas, but extreme caution is advised when riding near equipment or along the harvested blocks as newly cut trees may be on the road.

Photos from the area



13. 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 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.

14. 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.

The diagram on the following page lists all symbols that allow or disallow riding through. All competitors MUST obey these symbols according to the MTBO rules. Failure to do so will result in disqualification from the event. If you have accidentally ridden into out-of-bounds or non-rideable area, you MUST trace your steps back to the rideable area before proceeding with the course.

15. 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 meters 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 SI-AIR (SIAC) chip, you can hire it at the time of entry. We also highly recommend considering the purchase options listed below.

Purposely developed [MeshO](#) radio control system will be used at the 2024 MTBO Carnival. Live results will be displayed at the arena, and online at [liveresultat.orienteering.se](#) and in LiveResultat app. [LiveLox](#) and [WinSplits](#) will be posted after the competition of

each event. Feel free to share these links with your family and friends who cannot accompany you to the Champs and feel supported during your ride!

And ride well!



meshO live



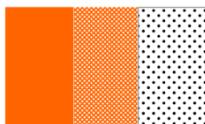
MTBO
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Carnival and Championships

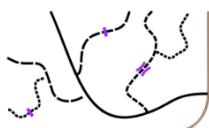
Canberra
ACT

FAIR PLAY

OK to ride on



Open and rough open ridable land, ridable forest



Roads and tracks, obstacles and crossing points

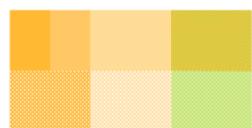


Single tracks, connecting links, narrow open rides

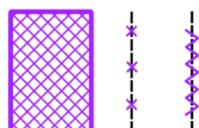
NOT RIDABLE



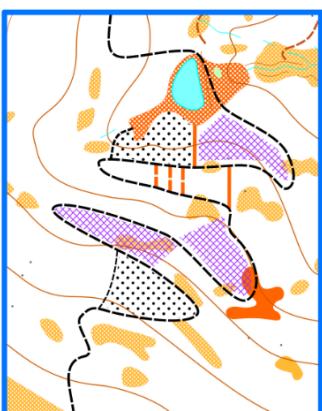
Forests with good and reduced visibility, gardens



Open, rough open, scattered trees and bushes



Out of bounds, forbidden route



**No riding off tracks
no shortcutting,
unless allowed by
ridable symbols!**



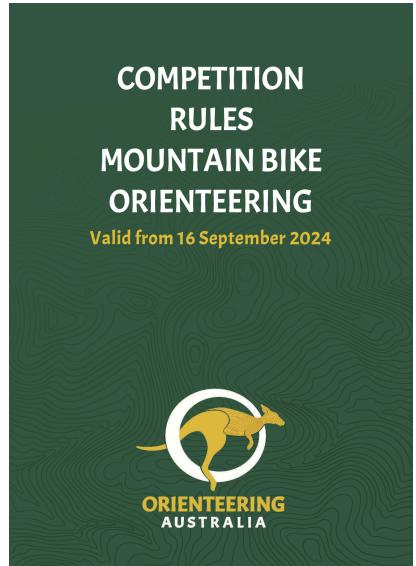
16. Anti-doping

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.

17. Competition Rules, Jury and Protests

The events are being held under the [Orienteering Australia Competition Rules for MTBO 2023](#) (16 September 2024 edition).

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. Jury will be assembled from Level 2/3 OA Controllers and similarly experienced Orienteers attending the event. A pool of AUS MTBO Carnival Jurors is in alphabetical order below: Peter Cusworth (VIC), John Gavens (VIC), Kathy Liley (VIC), Hamish Mackie (NSW), Andrew Power (NSW), Ann Scown (ACT), John Scown (ACT), Duncan Sullivan (WA), Ricky Thackray (WA), Joel Young (QLD) and Sandor Talas (not-voting Chair of Jury).



18. E-Bike Policy

E-Bikes are an emerging category in ACT, and 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. We ask all e-Bike riders, particularly beginners, to exercise caution when riding your bike. Courses for e-Bike classes are designed in a way that doesn't require competitors to cross unpassable obstacles or lift their bike from the ground.

19. Presentations and Awards

For both the Australian Carnival and Championships classes, awards will be made for the 1st, 2nd and 3rd places (including NZ and riders from all countries). Each place-getter will get a Medal, a Diploma and a Prize. Certificates for the 1st, 2nd and 3rd places will be presented to the first three Australian riders in each class.

- The 18th October (Friday) MASS awards will be presented as soon as possible after the race concludes, between 18:30 pm and 19:00 pm. We aim for approx. 18.45
- Awards for the 19th October (Saturday) MIDDLE and SPRINT will be presented at the Presentations Dinner on Saturday night at the Harmonie German Club. Start of the Presentation Ceremony 19:30 .
- Awards for the 20th October (Sunday) LONG Champs will be presented as soon as possible after defining all placegetters, around 12:00-12:30 pm.



20. 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.

Our MTBO Carnival is Pets friendly. Permits are received for all 5 events. *All pets must be restrained in the Assembly and Competition areas and be under owner/carer supervision.*

Opening times for Kid's tent

WARM-UP	Thursday, October 17	16:30 - 19:00
MASS	Friday, October 18	16:00 - 19:00
MIDDLE	Saturday, October 19	8:00 - 12:30
SPRINT	Saturday, October 19	13:30 - 16:30
LONG	Sunday, October 20	8:30 - 13:30

21. Catering

OACT Juniors squad – **Blue Lightning** – will be providing catering at three out of five events. The raised funds will go to support young and talented OACT junior orienteers! If you see a Catering Stall, we will be thankful for your support. The squad will do their best to provide you with delicious cakes, food and snacks.



Opening times for Blue Lightning Stall

WARM-UP	Thursday, October 17	16:00 - 18:30
SPRINT	Saturday, October 19	13:00 - 16:00
LONG	Sunday, October 20	10:00 - 13:00

We are delighted to get the support of **KDS Coffee** and support Canberra's local businesses. KDS Coffee is one of the best mobile coffees in Canberra. Fuel with a great Kate's coffee before your start. Thank you very much Kate, for all your care of us!

Opening times for KDS Coffee

MASS	Friday, October 18	15:00 - 19:00
MIDDLE	Saturday, October 19	7:30 - 11:00
LONG	Sunday, October 20	7:30 - 9:00



22. 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.

23. 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

Alivio Tourist Park®

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.

We all know Australia's cycling capital offers some of the best locations to ride a bike, but do you know where to hire a bike? Here is the [full list of bike hiring options](#) in and around Canberra.

- [Bike Library – Canberra](#) operates just like a regular library, providing free, long-term access to second-hand bicycles, scooters, helmets and locks to any adult or child requiring a bike. Loans are available for up to six months with extensions available upon request.

Canberra Cycling Map can be downloaded from transport.act.gov.au.

We are thrilled to have Canberra's **Mojo Cycle Repairs** as the Maintenance Partner. Mojo Repairs will be providing their services over all 5 MTBO events! If you are in Canberra before the Carnival and need to tune up your bike, feel free to contact Chris mojocycles.com.au.

Opening times for MOJO Repairs

WARM-UP	Thursday, October 17	16:00 - 19:00
MASS	Friday, October 18	16:00 - 19:00
MIDDLE	Saturday, October 19	7:30 - 12:00
SPRINT	Saturday, October 19	13:00 - 16:00
LONG	Sunday, October 20	8:00 - 10:00



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 the home of 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.

PDF training maps for MTBO locations throughout MTBO Areas in Canberra may be [purchased online below from Orienteering ACT website](#) (scroll page down, until you see Training Maps section) and map will be sent to you.

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

Additional Training options and events:

- **MTBO Come & Try.** Come & Try MTBO Tent will be available on October 17th at Bruce Ridge at 16:00-18:00 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!

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.





MTBO
2024

Australian Mountain Bike Orienteering
Carnival and Championships

Canberra
ACT

BEGINNERS & ADVANCED RIDERS

Join us for the

NSW MTBO CHAMPIONSHIPS



2024
12 & 14 OCTOBER

MTB Park
Mt Annan
NEW MAP

Appin
Forest

REGISTER NOW!
Be part of the action!

Prizes include
exclusive badges
and chocolates
for top places.



27. Map Boards & SI-AIR Hire

If you feel that Mountain Bike 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.

SI-Air chips and map boards will be available for hire at REGO/HIRE tent at each event, on first come, first serve basis. Please pre-order these with your entry registration at Eventor (ADD SERVICE button). The rent price is \$5/event for both the chip and the map board. Please remember to return hired items to REGO tent after the finish of all your races.

aussieogear.com

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- A3 deck extensions \$15
- Velcro clear covers \$10
- Postage available

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 two 30-minute stretching classes before two events. You don't have to book, just show up at the Assembly at the indicated time:

- WARM-UP, 17 Oct, Thursday, 16:30 - 17:00
- MASS, 18 Oct, Friday, 15:30 - 16:00

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 two events. PhysioSport massage therapist will be available at the Massage Tent at the Assembly during:

- MIDDLE, 19 Oct, Saturday, 9:30 – 12:00
- SPRINT, 19 Oct, Saturday, 14:30 – 16:30

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. I ❤️ MTBO Facebook-Fun-Competition

We will have I LOVE MTBO Facebook competition from 17th 15:00 until 19th October 19:30.

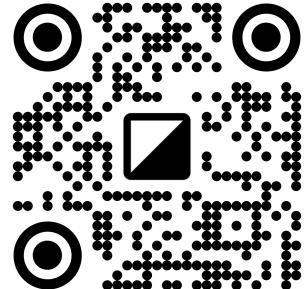
You are invited to take a fun photo with our favourite flag and post it on the [Event page here on Facebook](#). The Winner who took the photo that collects the most likes will get a prize at the Carnival Presentations Dinner on 19th October at 19:30! You can be that lucky winner!



30. Contacts

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

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



31. Sponsorship and Support

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

- **Bent Spoke Brewing Co**, bentspokebrewing.com.au, Beverage Partner
- **Mont** featuring **Julbo**, www.mont.com.au, Outdoor Equipment Sponsor
- **Mount Majura Vineyard**, www.mountmajura.com.au, Vineyard Sponsor
- **Resultz**, www.resultz.com.au, Electronic Sponsor
- **Adventure Junkie**, adventurejunkie.com.au, Adventure Partner
- **Yoga for Posture**, www.yogaforposture.com.au, Well-Being Partner
- **PhysioSport**, www.physiosport.com.au, Massage Partner

Logistics, facilities and landowners:

- **Active Glass**, activeglass.com.au, Logistics Partner
- **Sutton Road Training Center**, <https://suttonroad.com.au>, Sprint Champs facilities Partner
- **Alivio Tourist Park**, <https://aliviogroup.com.au/>, , Accommodation Partner
- **Harmonie German Club**, <https://harmonieclub.com.au/>, , Presentations Dinner Partner
- **QPRC**, www.qprc.nsw.gov.au, Middle Champs facilities Partner
- **Mojo Cycle Repairs**, mojocycles.com.au, Maintenance Partner
- **Icon Water**, iconwater.com.au, Environmental Partner

Special thank you goes to **Moira Whiteside Orienteering Bequest** (orienteering.asn.au/get-involved/whiteside-bequest) for the fantastic support of the Carnival!



ADVENTURE JUNKIE

