

# 2010 Christmas 5 Days Program

## Armidale 27 - 31 Dec

Hosted by the

Northern Tablelands Orienteering Club

with assistance from

Bullecourt Boulder Bounders

Welcome to the 2010 Christmas 5 Days which is being held in Armidale for the second time. We hope you all experience five very enjoyable days of orienteering and take the time to relax and explore the many attractions of the Northern Tablelands region while you are here.

### PROGRAM OF ACTIVITIES

<b>Mon 27 Dec</b> 3.00 pm 4.30 pm 6.30 pm	<b><i>University of New England</i></b> Registration open at event site First starts Courses close
<b>Tues 28 Dec</b> 7.30 am 8.30 am 12.30 pm	<b><i>Banalasta</i></b> Registration open at event site First starts Courses close
<b>Wed 29 Dec</b> 7.00 am 8.00 am 12.00 pm	<b><i>Sawmill Creek, Hillgrove</i></b> Registration open at event site First starts Courses close
<b>Thurs 30 Dec</b> 7.00 am 8.00 am 12.00 pm	<b><i>Mount Brown</i></b> Registration open at event site First starts Courses close
<b>Fri 31 Dec</b> 7.00 am 7.30 am 11.00 am 11.30 am	<b><i>Dumaresq Dam</i></b> Registration opens at event site First starts Presentations Courses close

### KEY PERSONNEL AND EVENT CONTACTS

<b>Co-ordinator:</b>	Eric Baker	<a href="mailto:edbaker@tpg.com.au">edbaker@tpg.com.au</a>	02 6771 1070 / 0411 203 524
<b>Computing and entries:</b>	Ron Pallas	<a href="mailto:ronpallas@hotmail.com">ronpallas@hotmail.com</a>	0424 720 165
<b>Camping enquiries:</b>	Maurice Anker	<a href="mailto:manker@tpg.com.au">manker@tpg.com.au</a>	02 6772 9604

## GENERAL INFORMATION

### Armidale

Armidale is in the heart of the Northern Tablelands region on the New England Highway about halfway between Sydney and Brisbane. It supports a population of 25 000 people and boasts a range of natural and cultural attractions plus a fine array of places to eat and drink. An event location map will be available on the NorthernTablelands web site (<http://ntoc.asn.au>).

### Weather

Daytime temperatures in Armidale during December rarely exceed 30 °C and the region does not experience the humidity of the coastal regions. Night time temperatures are usually pleasantly cool, below 20 °C. While the region gets most of its rain during summer, particularly from late afternoon storms, extended periods of rain are unlikely. However this has been a very wet year so far and many areas on the maps are, at present, sodden underfoot.

### Places to Visit

The **Armidale Tourist Information Centre** is located on the corner of Dumaresq and Marsh Streets, besides the parkland along the creek through the centre of town. It has displays and information on local accommodation, wineries, national parks and other attractions. The Centre is open from 9 am to 5 pm Monday to Friday and from 9 am to 4 pm on weekends. For further information, visit [www.armidaletourism.com.au](http://www.armidaletourism.com.au) or contact 02 6770 3888 or [tourism@armidale.nsw.gov.au](mailto:tourism@armidale.nsw.gov.au)

Some twenty national parks can be found on the Northern Tablelands, covering spectacular scenery, forests, waterfalls and rivers. Information on these parks is available at the Tourist Information Centre or you can visit the web site of the NSW National Parks and Wildlife Service on [www.env.nsw.gov.au](http://www.env.nsw.gov.au)

### Camping

Those camping at the Armidale Showgrounds will receive a ticket at Registration. Please display this on the outside of your tent/caravan/campervan etc. so that it may be checked.

The Showgrounds are located on the north side of Dumaresq Street, 1 km east of the junction with Marsh Street (the main road through town).

### Registration

There will be a Registration Tent at each day's event for enquiries, collection of hired SI sticks and for the payment of outstanding fees for entries and/or camping. Those wishing to do an Enter on the Day course should also report here.

### Enter on the Day Courses

Enter on the Day (EOD) courses will be available on Blue, Green, Orange and Red 5 courses. Orienteers wishing to enter an EOD course should report to the Registration tent as soon as they arrive at the event, as only a limited number of maps have been printed for each EOD course. A start time will be allocated as part of the registration process. Cost will \$12 senior and \$8 junior per day.

### Competition Rules

The competition rules of Orienteering Australia shall apply to all of the events. A copy of these rules will be available for perusal at the Registration tent. In particular, competitors are reminded that controls must be visited in the order shown on the course and that talking to, collaborating with, or distracting other competitors during the competition is not permitted and that the grabbing of another competitor's map in order to relocate yourself could result in your disqualification. In addition, any orienteer who interferes with control flags or stands will be disqualified.

### Previously Used Maps

Previously used map editions will be displayed on the web site (<http://ntoc.asn.au>) and at Registration.

### Map Protection

All competition maps will be printed on Teslin, a waterproof and tearproof paper, so will not be sealed in bags.

## Control Descriptions

Control descriptions will be provided to competitors at the Start on each day. Control descriptions will also be printed on the front of the maps. For all hard navigation courses (Red 1-5), IOF control descriptions only will be used. For moderate (Orange) courses, either English or IOF descriptions will be printed on the maps and English descriptions will be available at the Start. For easy (Green) and very easy (Blue) courses, all descriptions will be in English.

## Control Stands and Punching

This event will use the Sportident electronic timing system.

On days 1, 3, 5 control numbers will be on the control flags, with SI units mounted on top of the stands and emergency punches suspended from the flags.

On days 2 and 4 standard blank control flags will be suspended from T bar stands with an SI unit and punch. The control identification numbers will be on the side of the stands.

All controls must be visited in the order shown on the course. If an SI unit fails to beep or flash, then punch in one of the reserve punch boxes (or elsewhere) on the map. Please note that as some controls will be in close proximity to others, you should CHECK the control number before punching.

## Start Information

On day 1 there will be a Blue/Green start and an Orange/Red start separated by about 150 m. On all other days there will be **one start** for all courses.

**Orange and Red start times** have been randomly distributed. Requests for changes to start times cannot be considered except in exceptional circumstances.

**Blue and Green** course competitors will not be allocated a set start time. These competitors may start anytime in the 2 hours from the first start time of each day and should notify the Start officials when they are ready to start.

## Start Procedure

Near the Start, each competitor will go past the 'Clear and Check' point where SI sticks are to be cleared and checked.

Competitors will be called to the Pre-start 3 minutes prior to their official start time. The last two numbers of each SI stick will be checked by the start official. Only competitors missing from the Pre-start area will be called by name.

Two minutes before official start time competitors will move forward to a table and select the control descriptions to match their course. Courses Red 1, Red 3, Red 5 and Green will use the left hand side of the table and courses Red 2, Red 4, Orange, and Blue will use the right hand side of the table.

One minute before the official start time, competitors will be asked to stand behind the map boxes which will be marked to correspond with each course and write your name on the back of the map. On the final "beep" of the start clock pick up your map and check that you have the correct map for your course. If you do not appear to have the correct map, please immediately draw this to the attention of the Start Official. Otherwise immediately punch one of the start SI units before following the streamers to the Start Triangle as marked on your map.

## Late Starts

Competitors who miss their allotted start time on any day should report to the Pre-Start official. They will be started as soon as possible but will be regarded as having started at the time stated on the official start list, unless the organisers are at fault.

## Clothing Return

If deemed necessary in the event of inclement weather, bags will be provided at the start in which clothing may be placed and collected after the event from near the Registration tent.

## Finish Procedure

After punching the finish control, stay in order in the queue to the finish tent where your results will be downloaded and split times printed.

You **MUST** report to the Finish tent even if you do not complete your course. Go to the last control and proceed up the Finish chute. If injury prevents you from doing this, please ensure that your return to the Assembly Area is reported to the Registration tent. The officials will pass the information on to the

finish team. Any complaints or comments about the course should be made to officials at the Registration tent. Please do not disturb the officials in the Finish Tent.

### **Course Closure**

At the course closure time, if you have not completed your course, you must abandon it and return to the Finish as soon as possible or a search will be mounted for you.

### **Map Return**

Maps will be available for collection each day after the last starts. They will be distributed near the Finish in boxes according to course numbers for individual events. Maps not collected at the end of each day, and those for people who did not start, will be available from the Registration Tent.

### **Safety**

Whistles are recommended to be carried by all competitors but should only be used in cases of severe injury where assistance is required. The distress signal is six short blasts repeated at short intervals. If you hear such a signal, you are requested to abandon your course and give assistance. Where vehicle or medical assistance is required, this should be reported to the Registration Tent as soon as possible.

As it is summer, snakes may be encountered. They will generally move away if they hear you coming. Should you be unlucky enough to be bitten, then blow your whistle to attract assistance and stay still. The bitten limb should be immobilised by firm strapping to prevent the venom from travelling to other parts of the body.

Many of the granite areas traversed by some of the courses during the 5 Days can become very slippery when wet, especially the sheets of sloping rock. Be extremely careful when running across these areas if it has been raining. It is permissible to wear spiked running shoes at these events.

### **Restrictions**

Because all of these events cover private land, we would ask that you respect the landholders' properties and cause minimal disturbance. Please leave gates as you find them and be careful climbing through fences so that you do not cause damage. If stock are encountered, try to keep disturbance to a minimum. Avoid going near private residences wherever possible. Competitors are requested to abide by our rules of no smoking, fires, dogs or littering at the event (this includes in the Assembly Area). Please report to Registration any damage that you may observe.

### **5 Days Competition**

An overall competition will be run during the 5 Days, based on a competitor's best 4 out of 5 results. Cumulative points will awarded each day, based on a competitor's time relative to the winner of that class. Presentations for the overall winners will be made as soon as practical after the final day's competition with a target time set for 10.30 – 11 am.

### **Random Draw of Prizes**

Approximately one hour after the last start on each day, there will be a number of random draws of prizes. Competitors must be present at the time of the draw to collect their prize except for those still out on their course. Prizes will be displayed on a table and each person selected in the random draw can select their own prize.

### **Results Display**

Provisional results will be displayed on the result board as soon as possible after each competitor has finished. Queries about results are to be made at the Registration Tent, NOT at the Finish Tent! Results from the previous day's competition and previous points in the overall competition will be displayed at the Assembly Area each day.

### **Protests**

Complaints must be made in the first instance in writing and given to the officials at the Registration Tent. The event controller shall assess the complaint and make a ruling. If the complainant is still dissatisfied, they may lodge a formal protest, in writing. The event controller will then appoint a three person jury from a list of eligible jurors to assess the complaint. The controller will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final. There is no fee for lodging a complaint or protest.

# **DAY 1 – Monday 27 Dec**

## **UNIVERSITY OF NEW ENGLAND**

**Venue:** University of New England, Armidale

**Map:** *University of New England*, 2010; 1:5,000; 6 colour; 4 m contour interval

**Legend:** There is no legend on this map, but it will be posted on the web site and at Registration

**Fieldwork and cartography:** Maurice Anker

**Course setter:** Felix Burkhard

**Controller:** Maurice Anker

### **Travel Directions:**

From north of Armidale, continue on the New England Highway south from the first roundabout for 3.3 km and turn right off the highway at the sign to the University. After 150 m, turn left at the roundabout into Queen Elizabeth Drive, then after another 350 m turn right into Elm Avenue and follow the O signs to the assembly area. Allow 3 hours travel time from the QLD/NSW border.

From south of Armidale, continue on the New England Highway north from the first roundabout near the Airport for 3.7 km and turn left off the highway at the sign to the University. After 150 m, turn left at the roundabout into Queen Elizabeth Drive, then after another 350 m turn right into Elm Avenue and follow the O signs to the assembly area. Allow 1 hour and 20 minutes travel time from Tamworth. If coming from Sydney, consider taking the scenic route via Gloucester and Walcha. From Raymond Terrace, the trip will take approximately 3½ hours.

**Terrain:** Undulating open parkland with complex array of buildings. Some areas of bushland.

**Assembly Area:** Southern side of the UNE Sports Complex.

**Facilities:** Toilets and change rooms will be available at the Assembly Area which is right next to the finish. Water will be available at the Start and near the Finish. Cold drinks and snacks will be available for sale.

**Warm Up Area:** The car park west of the Orange/Red start and the area between the two starts.

**Out of Bounds:** All other areas.

**Registration:** Registration will be open from 3.00 pm.

**Course Information:** This will be a sprint event.

<b>Course</b>	<b>Class</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
Red 1	Men A	3.1	85
Red 2	Men B, Women A	2.8	70
Red 3	Men C, Women B	2.6	70
Red 4	Men D, Women C	2.4	65
Red 5	Men E, Women D	2.1	40
Orange	Men F, Women E	2.0	40
Green	Men G, Women F	1.5	15
Blue	M/W Novice	1.2	0

**Control numbers** for this event are on the **flags**. The emergency punch will hang from the **flag**.

**Starts:** The first starts will be at 4.30 pm. There will be a Blue/Green start and an Orange/Red start separated by about 150 m, and approximately 400 m from the Assembly Area. Allow 10 mins walk.

**Closure of Courses:** All courses will close at 6.30 pm. If you have not finished your course by this time, you must abandon it and report to the Finish.

## **DAY 2 – Tuesday 28 Dec**

### **BANALASTA**

**Venue:** Between Armidale and Tamworth

**Map:** *Banalasta*, 2003; 1:10,000; 6 colour; 5 m contour interval

**Fieldwork and cartography:** Eric Andrews

**Course setter:** Eric Andrews    **Controller:** Liz Bourne

#### **Travel Directions:**

From Armidale travel south on the New England Highway, passing through Uralla. 35 km south of Uralla at the signs to *Banalasta*, turn right off the highway into Green Valley Road.

From Tamworth travel north on the New England Highway. 13 km north of Bendemeer at the signs to *Banalasta*, turn left off the highway into Green Valley Road

On Green Valley Road follow the gravel road for a further 12 km before turning left into a cleared paddock. Follow O signs through the paddocks to the assembly area. Allow 60 mins travel time from Armidale or Tamworth.

**NOTE: In the event of heavy rain, cars may need to be parked on the gravel road and the Start Area accessed by a 600 m walk across an open paddock. In this case, the Registration Tent and toilets will be located close to the road.**

**Terrain:** Generally undulating, open grazing land and eucalypt forest in steeper areas. Scattered granite outcrops in the more open paddocks with more extensive and complex granite areas in the forest.

**Facilities:** Basic bush toilets will be provided at the Assembly Area. Water will be available at the Start and near the Finish as well as at controls on the courses. Cold drinks and snacks will be available for sale. After your run, visit the Banalsta Visitor Centre (you pass it on the way to the assembly area) which provides cafe type refreshments and snacks as well as selling olive oil, eucalypt and lavender oil products as well as wine from their vineyards.

**Warm Up Area:** The open paddock around the car park/Assembly Area.

**Out of Bounds:** All areas across the fence to the west of the Assembly Area and north of the Finish.

**Registration:** The Registration Tent will be open from 7.30 am.

#### **Course Information:**

<b>Course</b>	<b>Class</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
Red 1	Men A	6.9	220
Red 2	Men B, Women A	5.8	185
Red 3	Men C, Women B	5.0	165
Red 4	Men D, Women C	4.0	135
Red 5	Men E, Women D	3.0	95
Orange	Men F, Women E	3.7	100
Green	Men G, Women F	2.4	70
Blue	M/W Novice	1.7	55

**Control numbers** and emergency punches for this event are on the **stands**.

**Starts:** The first starts will be at 8.30 am. There will be one start for all courses, situated approximately 100 m from the Assembly Area. If rain and/or the road conditions delay accessing the site, O time will be delayed to take account of this.

**Safety Bearings:** Head east until you reach the fence separating the forest from the open paddocks and follow back to the Assembly Area.

**Closure of Courses:** All courses will close at 12.30 pm. If you have not finished your course by this time, you must abandon it and report to the Finish.

## **DAY 3 – Wednesday 29 Dec** **SAWMILL CREEK**

**Venue:** Hillgrove, approximately 45km east of Armidale

**Map:** *Sawmill Creek*, 2010; 1:10,000; 6 colour; 5 m contour interval; GPS 398565E 6612715N

**Fieldwork & cartography:** Terry Cooke and Maurice Anker; original survey, November 2001; revised October 2010.

**Course setter:** Jenny Hawkins    **Controller:** Bob Hawkins

### **Travel directions:**

From Armidale, proceed east along Waterfall Way (Grafton Road) for 26 km and take the Hillgrove turnoff on the right. Travel 5 km into Hillgrove, then turn left into Long Point Road (Oxley Wild Rivers National Park sign) and follow it for 12 km. This is a winding gravel road with sharp corners, steep slopes and narrow bridges. Please drive carefully. Parking will be in a travelling stock reserve adjacent to the assembly area, with any overflow parking 300 m distant along the road. Allow 50 minutes from Armidale.

**Terrain:** Spur gully with open eucalypt forest with occasional granite outcrops and many termite mounds. Saw Mill Creek falls steeply towards the Chandler River beyond the southeast edge of the map. Competitors should take care not to cross the boundary fence in this direction.

**Facilities:** Bush toilets will be provided at the Assembly Area. Water will be available at the Start and near the Finish as well as at controls on the courses. Cold drinks and snacks will be available for sale.

**Warm Up Area:** Along the cleared area towards the start.

**Out of Bounds:** All forested areas east and south of the assembly area.

**Registration:** The Registration Tent will be open from 7.00 am.

### **Course Information:**

<b>Course</b>	<b>Class</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
Red 1	Men A	7.2	190
Red 2	Men B, Women A	6.1	175
Red 3	Men C, Women B	5.2	160
Red 4	Men D, Women C	4.1	140
Red 5	Men E, Women D	3.1	95
Orange	Men F, Women E	3.4	75
Green	Men G, Women F	2.5	60
Blue	M/W Novice	1.9	30

**Control numbers** for this event are on the **flags**. The emergency punch will hang from the **flag**.

**Starts:** The first starts will be at 8.00 am. There will be one start for all courses, situated approximately 300 m from the Assembly Area. Allow 7 mins walk.

**Safety Bearings:** West to Long Point Road, then north to the assembly area.

**Closure of Courses:** All courses will close at 12 pm. If you have not finished your course by this time, you must abandon it and report to the Finish.

**Notes:** 10 minutes drive further South along the Long Point Road is the National Park which has a pleasant picnic area and shelter shed and short 10 minute walks to the edge of the escarpment with views over the Macleay River gorges.

Also, travelling back to Armidale you may like to visit the Baker Creek Falls (take Old Hillgrove Road just north of Hillgrove).

Alternatively, travel back to Waterfall Way the way you came, but at the intersection with Waterfall Way turn right towards Grafton and visit the impressive Wollomombi Falls (approximately 18km).

## **Day 4 – Thursday 30 Dec** **MOUNT BROWN**

**Venue:** Yarrowyck, 35 km west of Armidale

**Map:** *Mt Brown*, 2010; 1:10,000; 6 colour; 5 m contour interval; GPS 338000E 6629300N

**Fieldwork and cartography:** Eric Andrews

**Course setter:** Eric Andrews      **Controller:** Liz Bourne

### **Travel directions:**

From Armidale, take the Bundarra Road (signposted off Miller St, opposite the Aboretum) and follow west for 28 km to a T-junction with the Uralla-Bundarra Road (Thunderbolts Way). Turn right and travel a further 2.6 km before turning left into Torreyburn Road. Proceed for 4.5 km before turning right into the property *Spring Creek* and travelling a further 1.9 km before parking as directed.

**Terrain:** Open to semi-open paddocks in flat to undulating terrain with areas of scattered granite. Open eucalypt forest and areas of scrub amongst exposed bare rock and scattered to complex granite outcrops in the steeper areas. The longer courses will go into some steeper country.

**Facilities:** Toilets will be provided at the Assembly Area which will be adjacent to the car parking. Water will be available near the Finish and at indicated controls. Cold drinks and snacks will be available for sale.

**Warm Up Area:** Between the Assembly Area and the Start and west of the Start.

**Out of Bounds:** All areas along the access road and all areas to the south and east of the taped route from the Assembly Area to the Start are strictly out-of-bounds to all competitors.

**Registration:** The Registration Tent will be open from 7 am.

### **Course Information:**

<b>Course</b>	<b>Class</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
Red 1	Men A	6.8	275
Red 2	Men B, Women A	5.9	220
Red 3	Men C, Women B	5.0	155
Red 4	Men D, Women C	4.0	120
Red 5	Men E, Women D	3.0	90
Orange	Men F, Women E	3.9	40
Green	Men G, Women F	2.3	25
Blue	M/W Novice	2.0	15

**Control numbers** and emergency punches for this event are on the **stands**.

**Starts:** The first starts will be at 8 am. There will be one start for all courses, situated approximately 300 m from the Assembly Area. Allow 6 mins easy walk.

**Safety Bearings:** Head east or west to the access road in the bottom of the valley and follow back to the Assembly Area. Shorter courses should head west to the access road.

**Closure of Courses:** All courses will close at 12.00 pm. If you have not finished your course by this time, you must abandon it and report to the Finish.

## Day 5 – Friday 31 Dec

### DUMARESQ DAM

**Venue:** Dumaresq Dam, 10 km north west of Armidale

**Map:** *Dumaresq Dam*, 1986, revised 2010; 1:10,000; 6 colour

**Fieldwork & cartography:** Terry Cooke, Maurice Anker, Keith Power in 1986; updated by Graham Fowler in 2002. Updates in 2004 and 2010 by Eric Andrews and Terry Cooke respectively.

**Course setter:** Alec Watt **Controller:** Eric Baker

#### **Travel directions:**

From Armidale, take Queen Elizabeth Drive west towards the University of New England. 5.5 km past the University, turn right into Dumaresq Dam Road and follow for a further 5 km to the picnic area beside the dam. Park as directed. Allow 15 mins travel time from Armidale.

**Terrain:** Generally open eucalypt forest and semi-open areas in undulating terrain. Thicker areas of vegetation along some of the creeks. Some areas of small, scattered granite outcrops. There has been a lot of patchy regrowth of blackthorn bushes. The green on the map shows this where running is affected; however the boundaries are ill-defined and not useful for navigation. Because of the growth of long grass leg cover is advised.

At the end of all courses runners will follow a narrow steep track beneath the dam wall. This has washed away in one place. **Please use utmost care and consideration of other runners on this track.**

**Facilities:** Limited toilets, shelters and BBQ's are available at the picnic area adjacent to the car parking. There will also be bush toilets to the north of Assembly Area on the way to the Start. Water will be available at the Start and near the Finish as well as at controls on the courses. Cold drinks and snacks will be available for sale.

**Registration:** The Registration tent will be open from 7.00 am.

#### **Course Information:**

<b>Course</b>	<b>Class</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
Red 1	Men A	7.4	195
Red 2	Men B, Women A	6.6	175
Red 3	Men C, Women B	5.3	135
Red 4	Men D, Women C	4.6	85
Red 5	Men E, Women D	3.2	50
Orange	Men F, Women E	3.7	100
Green	Men G, Women F	2.8	95
Blue	M/W Novice	1.9	25

**Control numbers** for this event are on the **flags**. The emergency punch will hang from the **flag**.

**Starts:** The first starts will be at 7.30 am. There will be one start for all courses, situated approx. 200 m from the Assembly Area. Allow 5 mins easy walk.

#### **Safety Bearings**

Follow nearest watercourse downstream to lake, then follow edge of lake back to the assembly area

**Closure of Courses:** All courses will close at 11.30am. If you have not finished your course by this time, you must abandon it and report to the Finish.