



Newcastle Orienteering club

presents

NSW State League 4

and the

## Australian Middle Distance Championships (AMDC)

**Date:** Saturday 23<sup>rd</sup> April, 2005

**Venue:** Dunn's Swamp area of Wollemi National Park via Rylstone  
(as used at 2004 NSW titles)

**Map:** "Ganguddy" 2004    **Scale:** 1:10,000    **Contours:** 5 m

**Terrain:** Large complex rock pagodas are the dominant feature of the map which encompasses both private property and National Park. Competitors of 2004 NSW Champs found this area to be an exciting and unique orienteering challenge.

**NOTE: NO METAL SPIKES OR STUDS WILL BE ALLOWED**  
This requirement set by National Parks will be strictly enforced

**Planner:** Robert Vincent

**Controller:** Dick Ogilvie

**Organiser:** Geoff Peel 49680977 (until 10:00pm) [newo@koeee.com.au](mailto:newo@koeee.com.au)

**Facilities:** Bush toilets, limited water (please help out by bringing your own)

**Catering:** NSW juniors will be selling drinks and cakes. Please support them.

**Classes:** State League classes with AMDC to be contested in M21E, W21E, M17-20E and W17-20E. Those normally entering the Men's or Women's 21A, 20A or 18A should enter the appropriate AMDC classes, with NSW competitors specifying their regular State League class (in brackets) so that points can be awarded. Limited enter on day available in Blue, Green, Orange & Red

Course	Class	Dist (approx)
Red1/2	M21E, M17-20E, M35A	4.0km
Red3/4	M40A, M45A, M21AS	3.5km
Red5	W21E, W17-20E, W35A, M-16A, M50A	3.2km
Red6	M55A, W40A, W45A, M21AX, M35AS, W21AS	3.0km
Red7	M60A, W -16A, W50A, M45AS	2.6km
Red8	M65A, M70A, W55A, W60A, W65A M55AS, W35AS, W45AS	2.4km
Orange1	M-14A, M21B	2.5km
Orange2	W -14A, M35B, W21B, W35B	2.0km
Green	W -12A, M-12A, M/W Open	2.5km
Blue	W-10, M-10, M/W -10N	1.9km

**Winning Times:** Are expected to be no greater than 35 minutes. (faster in some classes)

**Starts:** State League from 1:00pm, AMDC from 2:00pm, Enter on Day: 1:30pm-2:00pm  
Spectator controls will allow those already finished to view the elites in full flight.

**Punching:** Sportident electronic punching shall be used.

**Sponsors:** Please support businesses that sponsored us during the "Grapes of Rock" tour last year. Don't forget to mention that you are orienteers!

**Rylstone**

The Globe Hotel  
46 Louee Street  
Contact : Alan/Tina Lance  
Phone : 6379 1048

The Rylstone Club,  
Cox Street  
Contact : Judy Robinson  
Phone : 6379 1102

Bizzy Birds Cafe  
Corner Shop, Louee Street  
Contact : Leslie McCarthy  
Phone : 6379 1189

**Kandos**

Kandos Hotel  
2 Angus Avenue  
Contact : Ray Odgers  
Phone : 6379 4030

**Mudgee**

Mudgee Soldiers Club  
99 Mortimer Street  
Contact : David Fitzgerald  
Phone : 63721922

Fletchers Fotographics  
Shop 4, The Gateway, Church St  
Contact : Matt Lang  
Phone 6372 4199

The Honey Hive, Mudgee  
43 Church Street  
Contact : Sharon Hughes  
Phone : 6372 4589

Ridgeback Park & The Olive Nest  
Pipeclay Lane  
Contact : Neil Clubb  
Phone : 6373 3119

Winning Post Motor Inn  
101 Church Street, Mudgee  
Contact : Greg Dowker  
Phone : 6372 3333

Busy Bee Caltex Service Station,  
50 Sydney Road  
Contact : Rhonda Brennan  
Phone : 6372 1545

Spruces Pharmacy, Mudgee  
16 Church Street  
Contact : David Spruce  
Phone : 6372 1569

McDonalds Bakery & Cafe  
28 Market Street  
Contact : Lisa & Peter  
Phone : 6372 3986

No Ordinary Man - Gifts for Men  
86 Church Street  
Contact : Karl Fletcher  
Phone : 6372 3888

Frog Rock Wines and Cellar  
Edgejll Lane  
Contact : Ric Turner  
Phone : 6372 2408

**Accommodation:** Apart from the accommodation sponsors mentioned above, another option is to camp at the Dunn's swamp area. This is a National Parks site and attracts a modest fee. Camping is also available at Rylstone (possibly even at the showground) and Mudgee. Many other accommodation options are on offer in the district.

**Entries To:** **Geoff Todkill 96 Lakeview St, Speers Point 2284**

Event information and start times will be made available on the Newcastle Club website  
<http://o-newcastle.asn.au>

***If you wish to receive hard copy then please include a stamped self-addressed envelope with your entry.***

**Closing Date:** Entries must be postmarked on or before 8<sup>th</sup> April! Late entries accepted at organisers discretion if maps available. A late fee of \$5 per person will apply.

**Fees:** Senior \$18, Junior \$12, Sub Junior (12yrs & under on Blue or Green) \$9, Family Maximum \$54, Sportident rental \$2, Enter on Day \$10

**Cheques:** Payable to "Newcastle Orienteering Club"

Contact:					Phone:			
Address:								
					Post Code:			
Email:								
Special start requests?								
Name	Club	YOB	Class	SI No.	SI Hire	Fee	Line Total	
Sample Runner	NCN	1988	M17-20E (M-18)	123456	-	12	12	
ENTRIES CLOSE 8 <sup>th</sup> APRIL					NO METAL SPIKES OR STUDS		Total \$	
<p><b>Risk Notice:</b> In entering any orienteering event, I recognise that the sport of orienteering has certain inherent risks due to its conduct in the natural environment. Included in these risks are injury due to rough terrain and obstacles and the effects of heat, cold and exhaustion. I am also aware that there is no personal accident insurance on my participation in the sport and I take part at my own risk.</p>								