

AOS7 Event Information (22/5/2022)

This event is something a bit different, a middle distance event that is a bit like a forest sprint. We are using a new map, drawn to Sprint specifications (ISSprOM2019) at 1:4000 with a 2.5 m contour interval. There are two distinct terrain types; the more typical Riverhead spur gully terrain with a patchy native bush understorey, and a flatter area, ranging from forested to semi-open, cut with lots of MTB tracks and with less runnable areas containing some patches of gorse and blackberry. Dark green is not forbidden to cross but it may not be very appealing. The control spacing rules will be as for a sprint event, and you can expect lots of controls in a relatively small area – check your control codes. Estimated winning times are around 30 minutes – runners on easier courses may wish to try a harder course afterwards.

Course lengths

Red 1	3.9 km
Red 2	3.5 km
Red 3	2.8 km
Red 4	2.4 km
Red 5	1.6 km
Orange	2.7 km
Yellow	2.1 km
White	2.0 km