



Southern Highlands Orienteers

ENTRY DEADLINE EXTENDED !

HIGHLANDS FOREST SERIES – Saturday, 13 April 2024

Venue: Penrose State Forest

Location: Kingsbury VC Rest Area, Hume Motorway, 2km south of Sutton Forest Service Area

Map: Penrose State Forest (North) scale 1:10,000, updated April 2024, ISOM 2017-2 compliant

Setter: Angus Shedden

Organiser: Ruth Shedden

Club controller: Robert Spry

Assembly Area: Assembly is at the Kingsbury VC Rest Area, with parking adjacent.

NSW Schools Team Selection: A special course (Schools Moderate) has been specifically set for the Junior Boys and Junior Girls as a selection trial for the NSW Schools team. Candidates for selection must enter this course, NOT the normal 'moderate' course. Senior Boys and Senior Girls should enter the Long Hard course. Queueing starts at 1 minute intervals will be used for this course.

Entries:

Please pre-enter via Eventor. Entries close at 23:59 on **Wednesday, 10th April**. Choose M (men/boys) or W (women/girls) and course.

Entry Fee: All fees include a \$3.75 per head access fee paid to NSW Forestry Corporation.

Orienteering club members: Adults \$16, Juniors \$14, Family Max \$46.

Non-members: Adults: \$20, Juniors \$18, Family Max \$58. Non-members fee includes hire of an SI timing stick.

Enter on Day: Available on the HFS courses, cash or card payments accepted. EOD is **not** available for the Schools Moderate course, you must pre-enter.

Course Details:

Long Hard	5.2 km	230m climb	Hard navigation
Short Hard	3.7 km	175m climb	Hard navigation
Moderate	2.5 km	110m climb	Moderate navigation
Easy	2.5 km	70m climb	Suitable for beginners, mostly on tracks
Schools Moderate	3.3 km	145m climb	Junior selection trial ONLY, see above.

Event Information

Facilities: Limited toilets, picnic tables. The Rest Area is popular with the general public.

Water: None provided, please bring your own. The Sutton Forest Service Area 2km before the event has many facilities including petrol, food and drink, toilets.

Start: One start for all courses, adjacent to Assembly. Remember to clear and check.

Start Window: HFS competitors check at the information table, then start anytime between 1:00 pm and 2:00pm. Queueing starts will be used for the Schools Moderate course, same time window.

Finish: Adjacent to Assembly.

Course Closure: 3:00 pm. ALL runners must check in at the Finish.

Safety Bearing: North to outer road (forest boundary), then west.

Road Safety: Courses are being set to avoid Penrose Forest Way, however should you access this road please run/walk on the right-hand edge facing oncoming traffic. There will be warning signs in place for motorists.

After the event, take special care of turning right onto the Hume Motorway to return towards Sydney. It is a 4 lane dual carriageway with fast-moving traffic (110 km/h).

Map Notes: Only the most obvious forest rides have been mapped. Termite mound positions have been checked by GPS, however there may be new mounds not mapped and others may have decomposed.

Control Descriptions: On the map. Loose copies may be collected at the Assembly.

SI-Air (SIAC): SI-Air will be activated, but you must physically punch the Start and Finish.

Course-setter's Notes: Courses have been set in a combination of pine forest, which is generally quite open and native forest with sandstone cliffs some of which are up to 10m high. Rides are not easily runnable due to tree cuttings. Full body cover is recommended for Moderate and Hard courses. Many tracks provide route choice. Some areas are wet underfoot.

Information: contact Robert Spry, (m) 0499 074033. Weeknights preferred.