

Course setter's notes

This is a virtual event that uses electronic punching with the MapRunF app. For instructions on how to download and use the app, see the final instructions on the ACTRA website for this event. Note there are no flags hanging up. Just get to within 10m of the precise location indicated in the control descriptions. Sometimes MapRunF takes a few seconds to respond. If it doesn't ping as you approach the control, wait a few seconds at the control point. If that doesn't work, try walking around the control point.

Start: Big Blue 'The Scar' sign at the carpark entrance. Approach the start point with the MapRunF app to get a beep that indicates you've started. When you return, you need to visit this start point to complete your course with a final 'beep'. Do not have your app started until you have parked, or you may accidentally start your race when you drive in.

Time: 4 hours. Late penalty – 30 points per minute after your 4 hours has expired.

Map: Scale – 1:25000. Contour interval – 5m. The grid lines are aligned with magnetic north.

Safety notes:

There are lots of busy roads on course. The parts of Edwin Land Pkwy, Old Cooma Rd, Ellerton Dr, Lanyon Dr and Canberra Ave that are shaded purple are out of bounds. You can only cross (or go under) these roads at the crossings marked in blue. Many other roads on course are also busy, including Southbar Rd (next to HH), Monaro St and Crawford St (Queanbeyan CBD, between 50, 75, 76 and 55) and Cooma St (course east). Extra crossings are marked in blue to show safer places to cross.

You are responsible for your own safety. There is no ACTRA first aid available. If you have an accident, call an ambulance as if you were on a bushwalk.

Control specific notes:

83 (course north) – approach from the east or west using the marked track. There is private property to the south.

67 and 73 (course north) – travel between these controls along the west of the Queanbeyan River. Use the road bridge just south of 73 to cross the River.

90 (course northeast) – approach from the west using the road. Don't approach from the north or south.

81 (course east) – approach from the east by travelling between the houses and the Queanbeyan River, or from the west. Do not approach from the suburban road just to the north.

The open spaces to the east of 60, south of 41 and 200m south of 57 (all north of HH) are schools and cannot be traversed.

Other notes:

The bushland just south of HH and south of Edwin Land Pkwy and Ellerton Dr has a plethora of mountain bike trails and other tracks, many of which are unmarked.

There are roadworks at the intersection of Old Cooma Rd and Edwin Land Pkwy. There is a large fenced off area east of this intersection in the bushland. To avoid it, you may travel along the cycle path on the east side of Old Cooma Rd.

This is a metro-style rogaine. Respect private property. Do not cut across people's lawns/gardens.

Course Highlights:

Good views can be found at 93, 82 and 79 (near HH), 84 (far east of course) and 61 (course south). Other nice spots to visit include a waterfall at 72 (course south), a pretty creek setting at 86 (course southeast) and the riverside walk that gets you to 83 (course north).

Suggested beginner / leisurely routes:

Queanbeyan loops:

HH, 82, 51, 79, 60, 63, 41, 40, HH (8km), **OR**, HH, 82, 79, 60, 63, 75, 67, 73, 76, 55, 57, 62, 65, HH (12-13km)

Jerrabomberra loop:

HH, 71, 54, 77, 58, 30, 56, 72, 44, 46, 42, (59 or 53), 74, 65, HH (13km). Insert 62 and 31 in the middle of this route if you are keen for a tough but rewarding climb!

If you're feeling energetic and have enough time at the end, add on a 2km return trip to the summit of Mt Jerrabomberra (control 93). Note these suggested routes may take most or all of your 4 hours if you are walking.