

# NSW MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS

MAY 14/15 2016



*LONG DISTANCE Sat 14th May*

*SUNNY CORNER STATE FOREST  
30 min from Lithgow*

*Starts from 12.30 pm*



*SPRINT DISTANCE Sun 15th May*

*RYDAL SHOWGROUND*

*20 min from Lithgow*

*Starts from 8.30 am*

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=tOzRVd4bKks)

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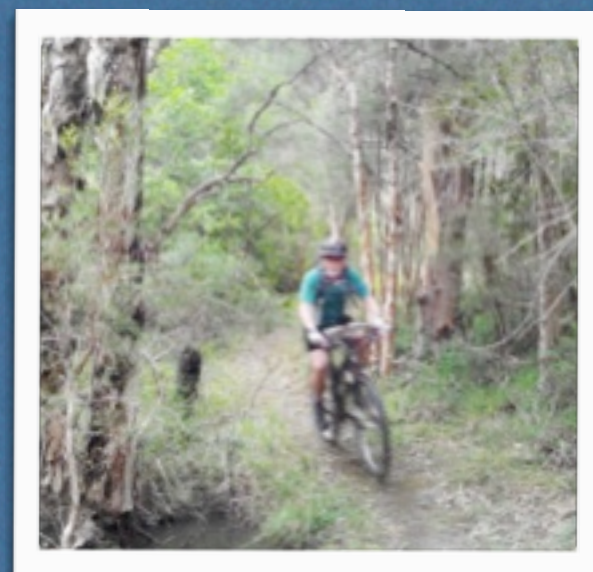
*Check out the You Tube link of the mtb  
tracks at Rydal*

*MIDDLE DISTANCE Sun 15th May*

*SUNNY CORNER STATE FOREST*

*30 min from Lithgow*

*Starts from 12.30 pm*



*ENTRIES THROUGH EVENTOR*

*CAMPING AVAILABLE AT RYDAL SHOWGROUND  
OR ACCOMMODATION DETAILS ON EVENTOR*

*THE FORESTS IN THIS AREA ARE IDEAL FOR  
MOUNTAIN BIKE ORIENTEERING WITH THE ODD BIT  
OF SINGLE TRACK, CHALLENGING BUT STEADY CLIMBS  
AND SOME VERY LONG AND FAST DOWNHILLS.*

*COURSES TO SUIT ALL AGE GROUPS*

## ENTRIES OPEN

APRIL 2016

ORGANISERS

NEWCASTLE & BIGFOOT ORIENTEERING CLUB S