



Welcome to the 2023 UCOC Ultralong!

Planner: Ryan Moore

Controller: Fergus O'Neill

Directions

From Christchurch, go West along State Highway 73 towards Arthurs Pass.

Travel and Parking

From Christchurch, travel on State Highway 73 towards the West Coast. 2km after passing Castle Hill village, turn left onto Mt Cheeseman Ski Field road. Drive along this road until you reach the event centre at Texas Flat. This is a 100km, 1hr 30min drive from Christchurch, so leave plenty of time to reach the event for your start time in the morning.

Parking is at the Texas Flat car park at the head of the Hog's Back mountain bike trail, and along the Cheeseman Ski Field Road leading up to this area.

The event centre is by the parking area, and the walk to the start is approximately 600m for all courses. Watch out for vehicles on the Cheeseman Road when walking to the start.

Terrain

The Hogs Back map is a subalpine area with a mixture of mature beech forest and open tussock. The elevation ranges from 700m to 1200m above sea level (which means it is COLD). Large flat areas are dissected by steep valleys and ridges. The beech forest offers a range of runnability, from open mature forest with running speeds < 4min/km to EXTREMELY thick areas of regrowth (slow walk). There are some isolated areas of limestone rock detail.

Hazards

Hazards on the day include uneven ground, low branches, cold weather, cliffs, scree, and wasps. Please be aware that the map includes many river crossings across normally

shallow, ankle deep water. There may also be mountain bikers on the tracks so be careful and give them right of way. There are some instances where route choices will be passing near large cliffs. These large cliff/canyon areas are to be avoided at all costs. They are also marked as out of bounds on the map. Cars will be present on Mt Cheeseman ski field road, please take care when crossing this road and stick to the side of the road if running along it.

Gear Check

Required

- Long-sleeved thermal
- Whistle
- Watch
- Light wind/waterproof jacket

These items must be taken with each and every competitor and failure to display these items will mean that the athlete is barred from starting.

Recommended

- **Warm/wet weather clothing:** Extra thermals are encouraged and a sturdy wind/waterproof jacket is highly recommended
- **Long pants/gaiters:** The terrain is very rough with lots of low scrub. Test runs have shown that it is very difficult to get through the bush without long pants and socks so this is highly recommended.
- **Shoes:** Sturdy shoes with a lot of grip are highly recommended.

Courses

Name	Distance	Controls	Scale	Climb	Water/Food/Radio station
M21	14.2 km	27	15,000	975	Yes
M20	10.6 km	15	15,000	770	Yes
W21	9.1 km	18	15,000	625	Route choice dependent
W20	7.7 km	13	15,000	475	Route choice dependent
Long Red (same course as W20)	7.7 km	13	10,000	475	Route choice dependent
Short Red	5.8 km	11	10,000	425	Route choice dependent
Orange	5.4 km	12	10,000	375	No

Time

Registration: from 9:30

Starts: from 10:30

Course closure: 3:30

Start lists: A start list will be available on the PAPO website after entries close on Thursday 11th of May.

Drinks station

Athletes running courses M21 and M20 have two loops, pivoting around the last control. They will have the opportunity to have drink bottles and nutrition placed at the last control, which first appears approximately 50% through their courses. All other courses also have a potential route choice through this control about 20%-30% of the way through the course, and are welcome to place drink bottles at the drinks station if they wish, however note that this is route choice dependent.

Drink bottles should be handed in to registration. This drink station will be manned and first aid will be available should you require it. Although athletes should return to the event centre on their own at course closure, if you reach the drinks station less than one hour before course closure, you will be asked to return to the event centre.

We look forward to seeing you up at Texas Flat on Saturday for a fantastic and brutal day of orienteering!

