

2009 ACT MIDDLE DISTANCE CHAMPIONSHIPS



The 2009 ACT Middle Distance Championships will be held at Wild Deer Sands, Kings Highway, 50 kms east of Canberra; the venue for 2008 QB111 Day 1. The terrain is a regrown (after sand-mining) eucalypt forest, with the main features being, numerous knolls, many around the base of large trees, and numerous log piles, some uncrossable, some termite mounds, native cherry trees, occasional rocks and erosion gullies, with the opportunity for very fast running.

