

The Australian Mountain Running Association (AMRA) and ACT Athletics
present

ACT Mountain Running Championships

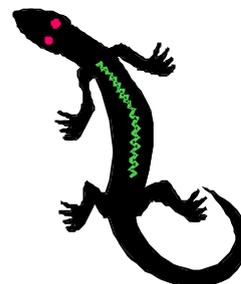
Mount Coree:

**from Blundell's Flat to summit
(8kms for junior men, open women,
M50, M55 men; 12kms for open men,
M40, M45 men)**

8am Sunday 22 February 2004

Location:

**Blundell's Flat is on the right just after the end of the bitumen on
the Brindabella road, Brindabella Range, ACT
Mt Coree is located in Namadgi and Brindabella National Parks,
while Blundell's Flat is in ACT Forests**



RACE INFORMATION: further information (02) 6248 6905
email: jgharding@bigpond.com

NOTE: The Championships will be postponed if there is a total fire ban or if heavy rain makes roads on the course dangerous for driving by 4WD.

1. ACT Mountain Running Championships

The championships are open to all runners from age 15 years to age 76 years who train regularly. Entry fees are as follows for entries received by Sunday 15 February:

Runners under 20 years of age: \$8 if a current member of an athletics club, the ACT Cross Country Club or Australian Mountain Running Association; \$10 for all others

Runners 20 years of age or more: \$12 if a current member of an athletics club, ACT Veterans Athletics Club, the ACT Cross Country Club, or Australian Mountain Running Association; \$20 otherwise

Late entry penalty for entries received after 15 February: an additional \$3 for entrants under 20 years of age; and \$5 for all others. Age will be on the day.

2. The Championship is on a fire trail which has a good surface for the most part but is very rough nearing the summit. Running shoes with good traction are highly desirable.
3. There will be drink stations on the course at about every 3kms with water and Gatorade. Please leave empty cups at the drink stations; do not discard any on bush tracks.
4. Competitors will be expected to make their own way back down the mountain after completing the course, unless suffering an injury.
5. Presentations of awards will be done at Blundell's Flat as soon as possible after all competitors made their way back down the mountain.
6. Helpers are needed for the organisation of the Championships and will be provided with a free race T shirt. Please contact John Harding on 6248 6905 if you are available to help.
7. Full results of the Championships will be posted as soon as possible after race day on the Australian Mountain Running Association's web site at www.mountainrunning.coolrunning.com.au
8. **Awards:**

Chris Cook Perpetual Trophy to first open female and first open male.
 ACT championship medals to the 1st three males in the following age groups: U18, U20, open, M40, M45, M50; to the 1st three females in the following age groups: open, W35, W40, W45; and first three registered athletic club teams of three in the open age groups. Barrel draw awards of all finishers. A separate championship is being conducted on 14 February for junior women and the older veterans age groups.

ENTRY FORM: ACT Mountain Running Championships, 22 Feb 2004

Given name Surname

Address

..... Post code

Telephone (home) (work) Email

Sex (male/female) Date of birth Age in years on 22 February 2004

Please tick if you are a current financial member of any of the following:

AMRA; ACTCCC; ACTVAC; Registered athletics club (specify):

Remittance enclosed: (Cheques should be made out to Australian Mountain Running Association)

Entry fee
Race T shirt (\$22)
TOTAL

Declaration: (all individual entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the ACT Mountain Running Championships for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging this event.
2. I have trained for this event, have no medical impairment which may be detrimental to my health, and will withdraw from the event if I suffer a viral complaint during the last seven days before the race.

Signed:..... Date:.....

Return completed form and entry fee to: John Harding, 42 Stanley St, Hackett ACT 2602 with cheques made out to Australian Mountain Running Association.