

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

## **2006 ACT Mountain Running Championships**

Incorporating the ACT Athletics and AMRA ACT Mountain Running Championships

### **Mount Tennent, A.C.T.**



**Photo: John Evans**

### **Sunday 12 February 2006**

The following provides information on the 2006 ACT Mountain Running Championships, including the entry form. The Championships are open to all runners, orienteers, cross country skiers, triathletes and fun runners of average and above fitness in good health.

Further information will be progressively posted on the Australian Mountain Running Association's (AMRA) website at <http://www.mountainrunning.coolrunning.com.au>

#### **Event organiser**

Australian Mountain Running Association. Contact John Harding (02) 6248 6905 evenings or by email at [jgharding@bigpond.com](mailto:jgharding@bigpond.com)

## **Race day program & events contested**

6.15am Race check in and registration opens

7am ACT M55, M60, M65 and M70 and over 6kms

7am ACT open and W35, W40 and W45 women's 8.3kms and ACT W50, W55, W60, W65 and W70 and over 6kms

7.30am ACT open and M35, M40 and M45 men's 12kms and M50 men's 6kms

9.40am Presentation of awards at car parking area

All competitors are responsible for making their own way back down the mountain, unless injured, after completing their event.

## **Pre-race check in**

All competitors must check in and receive their race number at least 20 minutes before the start time for their races. The start is 450m from the car parking area.

## **How to get there on race day**

See the location map and course map.

The race venue is 19kms south of Banks, the most southern suburb of Tuggeranong.

From Central Canberra, travel to Tharwa by taking:

- i. Parkes Way west to the Tuggeranong Parkway and Drakeford Drive to Tharwa Drive, or
- ii. Parkes Way east to Morshead Drive then south on the Monaro Highway to Tharwa Drive.

At Tharwa after crossing the bridge over Murrumbidgee River, follow Naas Road south, passing the Namadgi National Park Visitors Centre and turning right onto Apollo Road after about 10kms.

The turn-off to the right onto the Mt Tennent fire trail will be clearly sign-posted after another 4.5kms. Please take care turning right as the turn-off is on a bend. Please keep the gate closed. After 500m, you will turn left onto a farm track and into a paddock for parking.

## **Access on other days**

For runners wishing to train over the course, please drive a further 450m along Apollo Road and park at the bush walkers car parking area on the right hand side of the road. Then jog 1km back down the road and along the Mt Tennent fire trail to the Namadgi National Park entrance locked gate. The race start is a further 100m.

## **Race refreshment stations**

Water and Gatorade will be available every 3kms.

## **Awards will given to the following categories**

- Individual for Athletics Australia and AMRA championships.  
ACT Athletics championship medals will be awarded to the first three individual registered competitors outright in each of the open men's 12 kms and open women's 8.3 kms, and M40, M45, M50, W35, W40, and W45.  
AMRA awards will be made to the first three finishers in each of the following age groups, excluding those who have won an ACT Athletics medal:  
W35, W40, W45, W50, W55, W60, W65, M40, M45, M50, M55, M60, M65 and M70.
- Teams medals for ACT championships.  
ACT championship teams medals will be awarded to the first three ACT Club teams of three registered ACT Athletics members in each of the open categories, but only if a category has three or more such teams.

## **Entry fees and closing date**

Entry fees include costs of a range of support services such as race program, drink station and post-race refreshments, race officials and administrative costs, and awards.

Entry fees for Australian Mountain Running Association (AMRA) members and non-members are as follows. The AMRA membership form is on the AMRA web-site, or can be obtained by contacting the membership secretary on (02) 6248 6905 or the race director.

There are major logistics in organising this race and pre-entry by all competitors will be greatly appreciated. There are significant financial penalties for entries received after 6 February.

## **Age restriction**

The World Mountain Running Association in 2003 introduced the following rule which shall be followed for the ACT and Australian Championships:

**3.7** Competition in WMRA Junior races (male and female) is limited to those aged 16, 17, 18 and 19 years on the 31st December in the year of the competition.

## **Entry fees:**

### **Australian Mountain Running Association members and overseas competitors:**

Seniors in employment: \$20 by 6 February; \$30 after 6 February.

Seniors not in employment/juniors: \$15 by 6 February; \$20 after 6 February.

### **Non members:**

Seniors in employment: \$25 by 6 February; \$35 after 6 February.

Seniors not in employment/juniors: \$20 by 6 February; \$25 after 6 February.

Cheques should be payable to the Australian Mountain Running Association.

## **Accommodation**

General accommodation: Go to <http://www.tourism.act.gov.au/> or [http://www.mynrma.com.au/travel\\_2.asp](http://www.mynrma.com.au/travel_2.asp)

### Caravan parks:

Carotel Caravan Park, Federal Highway, Watson ACT Ph 02 6241 1377

Canberra Motor Village, Kunzea St, O'Connor ACT Ph 02 6247 5466

[www.canberravillage.com](http://www.canberravillage.com)

Canberra South Motor park, cnr Canberra Ave and Monaro Highway, Fyshwick ACT.  
Ph 02 6280 6176.

## **Australian and World Championships**

The Australian Mountain Running Championships on 29 April are the primary selection event for the Australian team to contest the World Mountain Running Championships on 10 September 2006 in Bursa, Turkey. Web-site <http://www.wmrt2006.org> The ACT Championships on 12 February are a secondary selection event for the Australian team.

See the World Mountain Running Association web-site at <http://www.wmra.info/> for details of the World Mountain Running Grand Prix, the World Long Distance Championships (20 August, USA), the World Veterans Championships (23 September, Switzerland), and the World Championships (10 September, Turkey).

## **Further information: [www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au)**

Further information will be posted on to the AMRA web-site. Results and a race report will be posted at the latest one week after the championships.

## **Mt Tennent**

Mt Tennent is the tallest, isolated mountain to the south of urban Canberra and overlooks Tharwa. Mt Tennent was named after John Tennant, a bushranger, who was arrested in 1827 by the manager of Duntroon, James Ainslie. Rumour has it that John Tennant and his gang had their hide-out in a cave on Mt Tennent.

## **Acknowledgments**

### **Mr Steve Angus, Ballindeen property**

Thank you to Mr Steve Angus for permitting access to the Ballindeen property for car parking and race administration.

### **Namadgi National Park**

Thank you to Namadgi National Park for access to the Mt Tennent fire trail to enable the Championships to be conducted.

### **ACT Athletics**

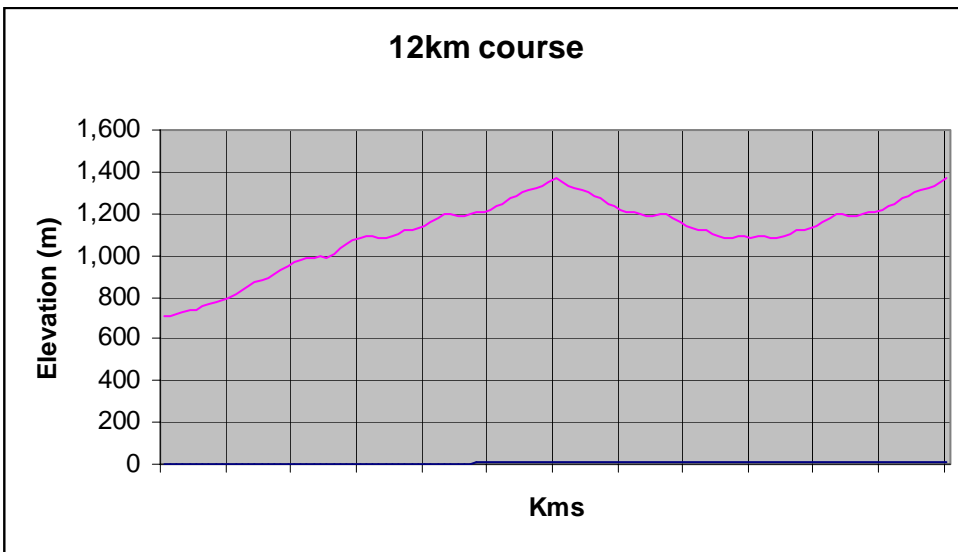
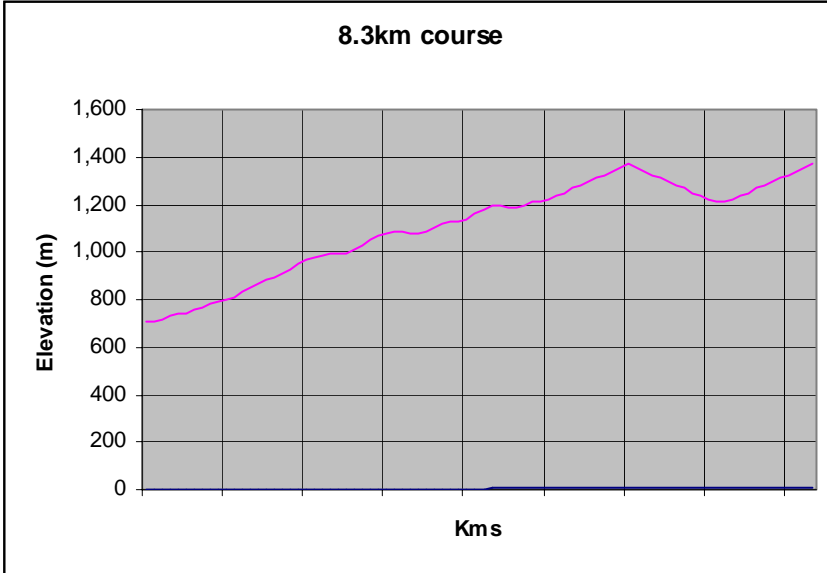
Athletics Australia will provide the championship medals and will be selecting the ACT team contesting the Australian Championships.

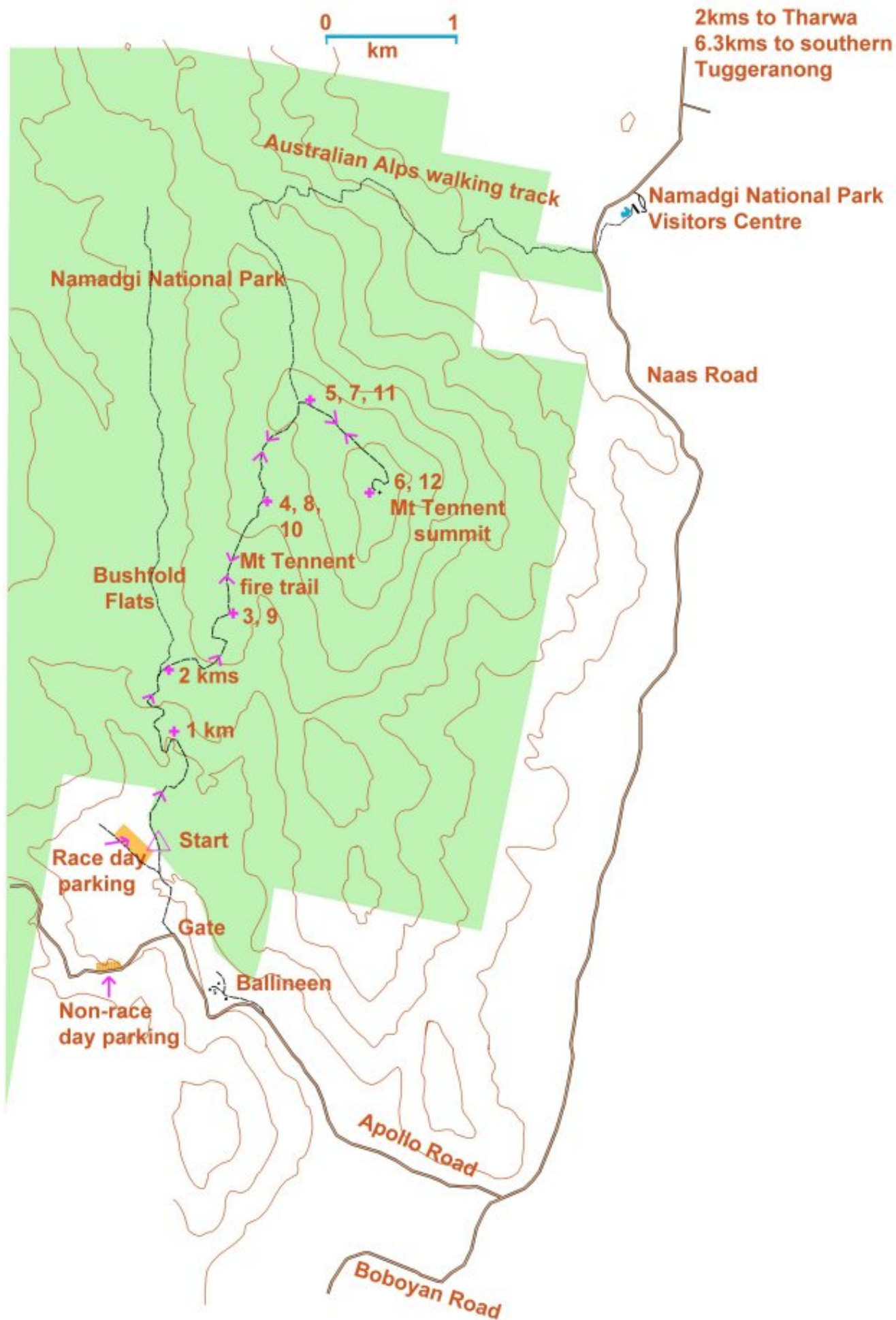
## Courses

The 6km course from start to summit has an elevation gain of 690m.

The 8.3km course has an elevation gain of 850m. From the start it goes to the summit, then descends 1.15kms before finishing back at the summit.

The 12km course has an elevation gain of 1000m. From the start it goes to the summit, then descends 3kms before finishing back at the summit.





# 2006 ACT Mountain Running Championships

## Entry form

Given name ..... Surname .....

Address.....

..... Post code .....

Telephone ..... (home) ..... (work) Mobile .....

Email address (please write clearly) .....

Sex (male/female) ..... Date of birth ..... Age in years on 12 February 2006 .....

Race distance (please tick) 12kms  8.3kms  6kms

Current member of the Australian Mountain Running Association: No  Yes

Are you currently a registered member of an athletics club within a State or Territory Athletics Association?

No  Yes  Club: .....

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

Race entry fees \$.....

**Declaration: (all individual and team 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 I will withdraw from the event if I suffer a viral complaint during the last seven days before the race, or I feel unwell on the day.

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

Return completed form and entry fee to:  
Australian Mountain Running Championships, 42 Stanley St, Hackett ACT 2602