

Jaggad

#

Bush Capital

Bush Marathon & Ultra#

Campbell High School, Canberra

1km from the city centre, adjacent to the Australian War Memorial

SATURDAY 29 July 2006

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| 7.30am | Early bird start for slow runners in 60km ultra and 42km marathon |
| 8.30am | Bush marathon; marathon relay; 60km ultra; 25km bush walk |
| 9.00am | 16km and 25km bush runs and 16km bush walk |
| 9.15am | 5km run |



The Jaggad Bush Capital Bush Marathon and Ultra is an exciting off road running and bush walking event from the centre of Canberra through Mt Ainslie, Mt Majura, Goorooyarroo and Mulligans Flat nature reserves. Apart from a short stretch of bitumen in the area connecting Mt Majura and Goorooyarroo Nature Reserves, the events are fully off road, nearly all on well-maintained management trails in the nature reserves.

Although organised by the Australian Mountain Running Association, the courses do not take in the peaks, instead sticking to the undulating trails on the lower slopes. Various sections of the courses offer spectacular scenery, both from the higher points and in the valleys as the trails wind between imposing hills.

The major goal is to offer a very enjoyable running or walking experience for all participants. The secondary, but nevertheless very important, goal is to raise funds to assist the Australian Mountain Running Team. Each year members of the team have to self finance up to \$4,000 each to represent Australia at world mountain running championships. Hopefully funds raised from the

voluntary organisation of the Bush Capital Marathon and Ultra will enable significant subsidies to be provided to our Australian mountain running representatives.

The support of Canberra Nature Park and the ACT Parks and Conservation Service is greatly appreciated in providing access to some of the most beautiful areas of Canberra's nature reserves and other support assistance.

Information on Canberra Nature Park is found at

<http://www.environment.act.gov.au/bushparksandreserves/parksandreserves/canbnaturepk>

Maps of Mt Ainslie, Mt Majura, Gorooyarroo and Mulligans Flat nature reserves can be downloaded from this site.

About Jaggad:



Jaggad is new to the Running scene; we are an Australian company that makes great cycling, triathlon and running clothing. Jaggad's range is carefully designed from the ground up with a stable of professional athletes and their Technical Development Team. Jaggad clothing features clean sharp lines and colours that flatter and is made to endure the intensity of competition and training at all levels. Jaggad also features a distinctive range tailored for women. Jaggad pride themselves on understanding the athlete's quest for speed, comfort and style with innovative designs.

For more information about Jaggad and its products visit www.jaggad.com



Photo: Stefan Postles, www.speedcamera.com.au

Race information

Start/finish

Campbell High School, Treloar Crescent, Campbell ACT. This is adjacent to the Australian War Memorial and the headquarters of the CSIRO and less than one kilometre from the city centre.

Maps

See www.mountainrunning.coolrunning.com.au

Facilities

Change rooms, toilets, showers, gymnasium hall for race administration.

Weather conditions: excellent for long distance running

Average temperature on 29 July at 9am: 5.1 degrees

Average maximum temperature: 12.5 degrees

Average daily sunshine: 6.5 hours

Sunrise: 7.00am Sunset: 5.20pm

Events

60km ultra run (time limit 9hrs; finish cut off 4.30pm)

42.2km marathon run (time limit 7 hrs 30mins; finish cut off 4pm)

25km run (time limit 5 hrs; finish cut off 2pm)

25km bush walk (time limit 7 hrs 30mins; finish cut off 4pm)

16km run (time limit 3hrs; finish cut off 12 noon)

16km bush walk (time limit 5 hrs; finish cut off 2pm)

5km run (time limit 75 mins; finish cut off 11am)

Age limits

Minimum age of 18 years for the marathon and ultra, and of 16 years for the 25km events.

Entry fees

By 11 July

Ultra \$60; Marathon \$50

Marathon relay runners, minimum team 4 runners, \$15 per person

25km run and 25km bush walk \$40

16km run and 16km bush walk \$20 adults; \$10 juniors (under 20 years of age)

5kms \$12 adults; \$5 juniors

Late: From 12 July to 26 July

Ultra \$80; Marathon \$70

Marathon relay runners, minimum team 4 runners, \$25 per person

25km run and 25km bush walk \$50

16km run and 16km bush walk \$25 adults; \$10 juniors

5kms \$15 adults; \$5 juniors

Very late: 27, 28, 29 July

Ultra \$99; Marathon \$99

Marathon relay runners, minimum team 4 runners, \$30 per person

25km run and 25km bush walk \$60

16km run and 16km bush walk \$30 adults; \$15 juniors

5kms \$20 adults; \$10 juniors

Note: Late entry penalties reflect the considerable organisational difficulties of catering for late entries for refreshment stations, awards and transport. Late entrants cannot be guaranteed awards.

Marathon relay

Legs: 11.2kms, 5.8kms, 15.0kms, 10.2kms. The 1st leg change over is at the drink station at Mackenzie Street, Hackett. The 2nd leg change-over is just after runners cross Horse Park Drive, at the entrance gate to Goorooyaroo Nature reserve. This is also the 3rd leg change-over, as 3rd leg runners will run out and back from this point to the marathon turn-around point. The 4th leg finishes back at Campbell High School, following the marathon course.

Race registration

12.30pm Tues 18 July at Black Mountain Run Up, Clunies Ross St, Acton (100m from Botannic Gardens entrance)

12noon to 2.30pm Sat 22 July at the ACT Cross Country Championships at Weston Park

10am to 11am Sun 23 July ACT orienteering event at The Sandhills west of Bungendore

4pm to 7pm Fri 28 July: The Runners Shop, 76 Dundas Court, Phillip ACT ph 6285 3508

7am-9am Saturday 29 July: Campbell High School gymnasium, Treloar Cres, Campbell.

Accommodation and information on Canberra

See <http://www.visitcanberra.com.au/>

Course information

5km course: out and back from Campbell High School.

16km course: a circuit around Mt Ainslie, along the eastern slopes on the way out, returning along the western slopes.

25km course: this follows the 16km course until the 11.2km drink station at Mackenzie Street, Hackett. It then goes out and back to the drink station at the Federal Highway underpass at the north-western end of Mt Majura reserve. On returning to the Mackenzie Street drink station, the 25km course follows the 16km course back along the western side of Mt Ainslie to the finish at Campbell High school.

42.2km marathon course: This is the same as the 25km course, with the addition of an out and back section across Horse Park Drive and through Mulligans Flat and Goorooyaroo nature reserves to the 24.5km point. Runners should take care crossing Horse Park Drive both ways as this is an 80 km per hour major road.

60km ultra course: Same as the marathon with the addition of an out and back circuit through Mulligans Flat nature reserve to the 33.4km point.

Awards information

All events

Souvenir Jaggad Bush Capital Bush Marathon coffee mugs for all finishers who have entered by 11 July; late entrants cannot be guaranteed a mug — those who miss out will receive a certificate. .

5km, 16km, 25km, 42km and 60km runs

- Jaggad zone top for the male and female winners of each race. These are comfortable and breathable and perfect for runners.
- Trophies for first three male and female finishers.

16km and 25km bush walks

Miscellaneous random draw prizes. No awards for fastest finishers as there is no policing of walking action.

