

QUEENSLAND

MARATHON AND

ROAD

RUNNERS

CLUB INC .....



## 25th LAMINGTON NATIONAL CLASSIC

### Information for runners

THANKYOU FOR ENTERING !!

#### PLEASE NOTE CHANGES TO THE WEEKEND PROGRAM

**Saturday 22 October Run from Binna Burra Lodge to O'Reillys Guest House**

- 8:30am Meet at Canungra for transfer of runners to Binna Burra by car. Support people with camping gear can then drive directly to O'Reillys. Late entries (\$20) may be accepted at Canungra provided the field limit has not been reached. (No guarantee of a campsite or dinner for late entries)
- 9:30am Depart Canungra for Binna Burra.
- 10:00am Race starts at Binna Burra Lodge. Runners will start in groups of 6 at 2 minute intervals.
- 12:30pm Light luncheon for runners (*included in entry fee*) served on the lawn at O'Reillys Guest House.
- 6:30pm Dinner at Green Mountain Kiosk.
- 7:45pm Presentation of trophies at Green Mountain Kiosk. All are welcome to attend.
- 8:00pm Bush dance at O'Reillys Guest House.

**Sunday 23 October Run from O'Reillys Guest House to Binna Burra Lodge**

- 8:30am Slower runners leave O'Reillys Guest House in groups of six.
- 9:00am Final group of runners leave O'Reillys Guest House.
- 11:00am Showers available at Binna Burra Lodge for runners.
- 12:15pm Presentation of trophies on the lawn at Binna Burra Lodge. All are welcome to attend.
- 12:30pm Smorgasbord luncheon at Binna Burra Lodge.

**THE COURSE:** The run on each day follows the BORDER TRACK as shown on the map. It is rough in sections and requires care and attention at all times. If you need to take your eyes off the ground for any reason whatsoever, STOP RUNNING. Whilst the track is clearly and permanently signposted at all intersections, it is YOUR RESPONSIBILITY to ensure you check the signposts at EVERY intersection. Do NOT rely on information from other runners, bushwalkers, or worse, your own instincts. Every year someone goes astray, whilst the remainder of the field successfully negotiates the course. Park Rangers may not be available to search for you if you become lost.

**WATER:** The distance is 22.5km with some long climbs and will be run during the warmest part of the day. There are only two creeks which have water suitable for drinking and of course there is no guarantee that they will even have water in them. I suggest that you give some thought to carrying water with you in a container which you must bring out with you. I stress again the need for an adequate level of fitness.

### **CO-OPERATION WITH OTHER PARK USERS**

The continuation of this event is conditional on gaining approval from the Qld National Parks & Wildlife Service each year. Complaints from other park users or from QNPWS staff may make it impossible to gain approval in the future.

When overtaking other Park users, call out and warn them of your approach.

**RUNNERS MUST GIVE RIGHT OF WAY TO WALKERS ON THE TRACKS.**

People camping at Green Mountain must consider other campers & be mindful of noise levels, especially after dinner on Saturday night.

**COURTESY & GOOD MANNERS AT ALL TIMES ARE ESSENTIAL !**

**RACE NUMBERS** will be allocated at Canungra just prior to the start on Saturday, and again on the Sunday morning. You will be numbered by using felt pen.

### **T-SHIRTS**

Commemorative T-shirts will be available to be collected at the end of Saturday's run.

### **ANKLE STRAPPING**

Physiotherapist Angela Annabel (If you have queries call AH tel. 378 9151, Mobile 018 067 373) has very generously donated her professional services for strapping ankles prior to the run on each day. Angela will be available from 8am at Canungra on the first day. To cover the cost of the special tape used, a charge of \$2.00 per ankle will be payable to Angela on the day. It is advisable to shave the bottom third of your legs.

### **PRIZES**

Bernard O'Reilly Trophy: 1st Male and 1st Female (Binna Burra to O'Reillys)

Arthur Groom Trophy: 1st Male and 1st Female (O'Reillys to Binna Burra)

QAA Both Ways Trophy: First 3 Males and First 3 Females

Teams Trophy: (Donated by the Run Inn, Everton Park)

Random Draw Prizes donated by the Run Inn, Everton Park.

The Teams Trophy will be awarded to the team that has the lowest aggregate placings for the fastest three (3) members for the run in each direction. Teams may consist of up to 4 runners. The points scored on each day shall be tallied to determine the winning team. Team runners need not complete the course on both days to be eligible for points.

### **LIGHT LUNCHEON, SATURDAY**

The entry fee includes a light sandwich luncheon for runners, as well as the usual water and oranges provided by O'Reillys Guest House. This will be served from about 12.30pm onwards adjacent to the finish area on O'Reillys front lawn. Spectators may avail themselves of the nearby Green Mountains kiosk which sells snacks and meals.

### **DINNER, SATURDAY**

Dinner will be prepared by O' Reillys Guest House and will be served in the function room at the Green Mountain Kiosk, which is located near the camping ground. Bar service will be available.

Runners and friends who are not attending dinner are most welcome to attend the presentation of the Bernard O'Reilly Trophy at 7.45pm.

HAPPY RUNNING.

WE LOOK FORWARD TO SEEING YOU AT OR BEFORE 8.30 AM IN CANUNGRA ON SATURDAY 22 OCTOBER.

Len Don  
Run Organiser

**ENQUIRIES: Jan Collins Ph (07) 351 3677**

