

# COBURG 24 HOUR CARNIVAL

**6 HOUR RUN/WALK  
ELITE 100 KM RUN  
24 HOUR RUN/WALK**

**MARCH 15<sup>th</sup> 2009  
MARCH 15<sup>th</sup> 2009  
APRIL 18<sup>th</sup> – 19<sup>th</sup> 2009**

BE PART OF THE 22<sup>nd</sup> ANNUAL COBURG 24 HOUR CARNIVAL, INCORPORATING

- THE 26<sup>th</sup> VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 25<sup>th</sup> AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE COBURG HARRIERS 6 HOUR CHALLENGE

Like 2008, the Coburg 24 Hour Carnival will extend over 3 days. The traditional ultra distance of 24 Hours will be held on our usual mid April weekend and the 6 Hour event will again be held as a separate Ultra event on Sunday 15<sup>th</sup> March.

After a request from AURA, the Coburg 24 Hour Organizing Committee has agreed to expand the Coburg 6 Hour Run/Walk on **Sunday 15 March 2009** to include an **Elite 100 Km Run** category. This will provide a further qualifying opportunity for runners putting up their hands for selection for the 2009 IAU 100 km World Cup which will be held in Torhout, Belgium, on 19 June.

The Elite 100 Km Run will start alongside the 6 Hour events at 8AM but obviously the 100 km runners will continue on past 2PM when the original event was initially planned to finish.

Since AURA expects a high standard of its international representatives, this additional event is only for those runners who see themselves as serious candidates. Accordingly, we have decided to impose the following cutoff times

- Elite Men 100 Km Run Cutoff time                      9 Hours
- Elite Women 100 Km Run Cutoff time                  10 Hours

The original entry form has now been updated to include an additional tick-box for Elite 100 Km Run entrants.

Runners who enter the Elite 100 km Run are automatically entered in the 6 Hour Run. There will be no special prizes or awards (apart from certificates) for those who complete the 100 Km Run. It is to be seen purely as an official AURU certified qualifying opportunity. Trophies will continue to be based on the 6 Hour events.

An additional \$10 administration fee applies for those who enter the Elite 100 km Run. Thus our entry fees are now as follows

- |  |                        |      |
|--|------------------------|------|
| ○ 6 Hour Run/Walk                              | Sunday 15 March 2009   | \$40 |
| ○ Elite 100 Km Run (includes 6 Hour Run entry) | Sunday 15 March 2009   | \$50 |
| ○ 24 Hour Run/Walk                             | Saturday 18 April 2009 | \$60 |
| ○ Both 6 Hour Run/Walk and 24 Hour Run Walk    |                        | \$80 |
| ○ Both Elite 100 km Run and 24 Hour Run/Walk   |                        | \$90 |

If you have already entered the 6 Hour Run and wish to upgrade to include the Elite 100 Km Run option, then please fill in the updated entry form and forward to us with the additional \$10 administration fee.

You will have noticed that we are not offering a 12 Hour Run/Walk or 12 Hour Relay option this year. Last year, with these additional events, we were overwhelmed by entries and the event filled by late January. We want to give preference to 24 Hour entrants and will reserve all 45 places for those who want to test themselves over this most traditional of the ultra distances.

We had a number of discussions with AURA (Australian Ultra Runners Association) in the leadup to our 2008 events. One of the key items discussed was the matter of insurance and the benefits that AURA membership can offer in this regard. While our events have Public Liability Insurance, we do not offer anything in the way of Personal Accident Insurance. In the event that you suffer an injury during our event and subsequently incur

either medical expenses or time off work, it comes out of your pocket. But I can advise that AURA does offer this benefit to its members. Since our event is an accredited AURA race, that means that if you are a current AURA member, you are covered in this regard (subject to the conditions of the AURA coverage). Therefore I recommend AURA membership to any competitors who regularly compete in these ultra events and I refer you to their website at <http://www.aura.asn.au>.

I must also alert you to a second matter of importance, given the possibility of hot weather, especially on the day of the 6 Hour event. With this in mind, we have formulated the following statement of intent

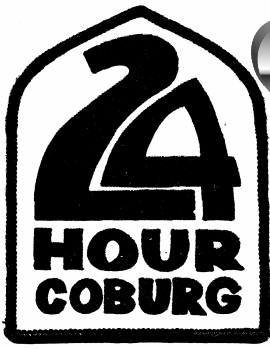
*If the forecast is for extremely hot weather on the day of the race, we reserve the right to postpone the event to either later in the day or to a different day. As per the guidelines issued by Sports Medicine Australia, we regard extreme conditions as conditions where the forecast temperature is expected to be 35°C or higher. Such a decision would normally be made on the morning of the race. For further reading on this matter, you are referred to [http://www.sma.org.au/pdffdocuments/Hot Weather Guidelines.pdf](http://www.sma.org.au/pdffdocuments/Hot_Weather_Guidelines.pdf).*

This is just a hands up in case the worst happens and is an indication of the fact that ultra race organisers will increasingly have to factor such a 'duty of care' into their race plans. We welcome input from you, our competitors, on whether there is a better way to handle such situations.

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For further information, contact either one of

- Tim Erickson (home phone 03 90125431, mobile 0412 257 496, email [terick@melbpc.org.au](mailto:terick@melbpc.org.au) )
- Bernie Goggin (home phone 03 98504958, email [gogginbj@bigpond.com](mailto:gogginbj@bigpond.com) )

or view the latest information on the Coburg Harriers website at <http://www.coburgharriers.org.au>



# COBURG 24 HOUR



# CARNIVAL 2009

## 6 HOUR ENDURANCE RUN / WALK SUNDAY 15<sup>th</sup> MARCH 2009

### COBURG 6 HOUR CHAMPIONSHIPS

- 6 Hour Run 8.00AM to 2.00PM Sunday 15<sup>th</sup> March
- 6 Hour Walk 8.00AM to 2.00PM Sunday 15<sup>th</sup> March
- Presentations 2:30PM Sunday 15<sup>th</sup> March

Held at: Harold Stevens' Athletic Track  
 Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)  
 Enquiries: Tim Erickson mob: 0412257496 or ah: (03)90125431

SURNAME       FIRST NAME       INITIALS  
 ADDRESS (No. and Street)         DATE OF BIRTH  
 SUBURB or TOWN       STATE       POSTCODE       SEX (M or F)       AGE ON RACE DAY  
 PHONE (HOME)       PHONE (WORK)  
 EMAIL

Tick Event:      6 Hour Run (\$40)       Elite 100 Km Run (\$50)       6 Hour Walk (\$40)

#### PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME       FIRST NAME  
 PHONE (HOME)       PHONE (WORK)       RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets      YES       NO   
 I agree that photos of me competing in this event may be passed onto interested media outlets      YES       NO

**Details of Your Best Track Ultra Performances:**

6 Hour    \_\_\_\_\_ Km      50 Km    \_\_\_\_\_

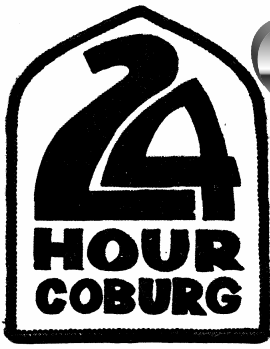
12 Hour   \_\_\_\_\_ Km      100 Km   \_\_\_\_\_

24 Hour   \_\_\_\_\_ Km      50 Miles   \_\_\_\_\_

SEND ENTRIES TO :      TIM ERICKSON  
 1 AVOCA CRES  
 PASCOE VALE  
 VICTORIA, 3044

Entries close 6<sup>th</sup> March 2009 or earlier if the maximum field size of 45 competitors is reached.

Make cheques payable to Coburg Harriers Club Inc.



# COBURG 24 HOUR



# CARNIVAL 2009

## 24 HOUR ENDURANCE RUN / WALK SATURDAY 18<sup>th</sup> – SUNDAY 19<sup>th</sup> APRIL 2009

### 26<sup>th</sup> ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 25<sup>th</sup> AUSTRALIAN CENTURIONS 24 HOUR WALK

- 24 Hour Run/Walk 10.00AM Saturday 18<sup>th</sup> April to 10.00AM Sunday 19<sup>th</sup> April
- Presentations 11:00AM Sunday 19<sup>th</sup> April

Held at: Harold Stevens' Athletic Track  
Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)  
Enquiries: Tim Erickson mob: 0412257496 or ah: (03) 90125431

SURNAME       FIRST NAME       INITIALS  
 ADDRESS (No. and Street)         DATE OF BIRTH  
 SUBURB or TOWN       STATE       POSTCODE       SEX (M or F)       AGE ON RACE DAY  
 PHONE (HOME)       PHONE (WORK)  
 EMAIL  
 Tick Event:      24 Hour Run (\$60)       24 Hour Walk (\$60)

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME       FIRST NAME  
 PHONE (HOME)       PHONE (WORK)       RELATIONSHIP

- I agree that my contact details may be passed onto interested media outlets      YES       NO
- I agree that photos of me competing in this event may be passed onto interested media outlets      YES       NO

**Details of Your Best Track Ultra Performances:**

6 Hour ----- Km      50 Km -----

12 Hour ----- Km      100 Km -----

24 Hour ----- Km      50 Miles -----

SEND ENTRIES TO :      TIM ERICKSON  
1 AVOCA CRES  
PASCOE VALE  
VICTORIA, 3044

**Entries close 10<sup>th</sup> April 2009 or earlier if the maximum field size of 45 competitors is reached.**

**Make cheques payable to Coburg Harriers Club Inc.**



# COBURG HARRIERS



AND THE AUSTRALIAN CENTURIONS PRESENT

26th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

25th AUSTRALIAN CENTURIONS 24 HOUR WALK

## INFORMATION

- Ⓞ AURA regulations apply - AURA and IAU certified.
- Ⓞ For health and safety reasons, competitors must be aged 18 years or over.
- Ⓞ Computer lap scoring is used. Individual lap scorers are not required.
- Ⓞ The venue record is 294.504 km, set by Yiannis Kouros in 1996.
- Ⓞ Trophies will be awarded to male and female winners in all run and walk categories.
- Ⓞ Entrants in the 24 Hour events to have equipment set up by 8:30 a.m. on the Saturday.
- Ⓞ The event is conducted on a high quality synthetic athletic track.
- Ⓞ A 24 Hour canteen will provide hot & cold snacks as well as main meals.
- Ⓞ Male and female hot showers and toilets are available in the clubrooms.
- Ⓞ A trackside portable toilet is available for all ultra runners.
- Ⓞ Masseurs and qualified first aid support will be available.
- Ⓞ Printed hourly progress reports are provided.
- Ⓞ Trackside camping (no electricity) is allowed for vans and tents.
- Ⓞ 24 Hour Walk entrants may compete concurrently in the 'Racewalking Australia' 100 km walk championships for men and women.

*Please note:* **NO CARS ALLOWED ON THE TRACK!**

### WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2009, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes, but not limited to, Commonwealth and State departments and instrumentalities, medical and paramedical practitioners and personnel and shall operate whether or not the loss, injury or damage is attributable to the act of neglect of any or more of them.

I have read the rules and conditions of the event as stated in the declaration above and upon literature and other materials distributed in connection with the event and agree to abide by them.

<b>ENTRY FEES:</b>	<b>6 HOUR RUN/WALK:</b>	<b>\$40.00</b>
	<b>100 KM ELITE RUN:</b>	<b>\$50.00</b>
	<b>24 HOUR RUN/WALK:</b>	<b>\$60.00</b>
	<b>6 HOUR RUN/WALK AND 24 HOUR RUN/WALK:</b>	<b>\$80.00</b>
	<b>ELITE 100 KM RUN AND 24 HOUR RUN/WALK:</b>	<b>\$90.00</b>

Please find enclosed cheque/money order for \$\_\_\_\_\_ made payable to Coburg Harriers Club Inc.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Name** (please print) \_\_\_\_\_