



COBURG 24 HOUR CARNIVAL 2007



24th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
23rd AUSTRALIAN CENTURIONS 24 HOUR WALK
21st - 22nd APRIL 2007

- 24 Hour Run/Walk 10.00AM Saturday 21st April to 10.00AM Sunday 22nd April
- 12 Hour Run/Walk 10.00AM to 10.00PM Saturday 21st April
- 6 Hour Run/Walk Heat A 10.00AM to 4.00PM Saturday 21st April
- 6 Hour Run/Walk Heat B 4.00PM to 10.00PM Saturday 21st April
- 12 Hour Team Relay 10.00PM Saturday 21st April to 10.00AM Sunday 22nd April
- Presentations 11:00AM Sunday 22nd April

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

ENTRY FEE: 24hr \$60, 12hr \$50, 6hr \$40

ULTRA ENTRY FORM

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/>
ADDRESS (No. and Street)		DATE OF BIRTH
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	STATE	POSTCODE
		SEX (M or F)
		AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	
PHONE (HOME)	PHONE (WORK)	
<input type="text"/>		
EMAIL		
Tick Event:	6 Hour Run Heat A <input type="checkbox"/>	6 Hour Run Heat B <input type="checkbox"/>
	12 Hour Run <input type="checkbox"/>	24 Hour Run <input type="checkbox"/>
	6 Hour Walk Heat A <input type="checkbox"/>	6 Hour Walk Heat B <input type="checkbox"/>
	12 Hour Walk <input type="checkbox"/>	24 Hour/100 Mile/100 Km Walk <input type="checkbox"/>
PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:		
<input type="text"/>	<input type="text"/>	
SURNAME	FIRST NAME	
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (WORK)	RELATIONSHIP

Details of Your Best Track Ultra Performances:

6 Hour	Km	50 Km
12 Hour	Km	100 Km
24 Hour	Km	50 Miles
Best Marathon		

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

Entries close 13th April 2007 or earlier if maximum field size of 45 concurrent competitors is reached.

A fully detailed Information Pack will be forwarded upon receipt of your entry form.



COBURG HARRIERS



AND THE AUSTRALIAN CENTURIONS PRESENT

24th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

23rd AUSTRALIAN CENTURIONS 24 HOUR WALK

INFORMATION

- Ⓢ AURA regulations apply.
- Ⓢ 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 are required 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.
- Ⓢ Entries close on 13th April 2007 or earlier if our maximum field size of 45 concurrent competitors is reached. Late entries will be accepted only if places are still available.
- Ⓢ There are 2 heats in the 6 hour events with the winners being those with overall best times. Organisers reserve the right to allocate later 6 hour entries to one or other heat as required to even out the fields. So enter early for the 6 hour event.
- Ⓢ 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 2007, 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.

ENTRY FEES: 24 HOUR EVENTS: \$60.00
12 HOUR EVENTS: \$50.00
6 HOUR EVENTS: \$40.00

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

Signature _____

Date _____

Name (please print) _____

COBURG 24 HOUR CARNIVAL

APRIL 21st – 22nd 2007

COME AND BE PART OF THE 20th ANNUAL COBURG 24 HOUR CARNIVAL, INCORPORATING

- THE 24th VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 23rd AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE 12 HOUR RELAY TEAM CHALLENGE

This year we continue the 6 Hour & 12 Hour Run/Walk events in addition to the 24 Hour Run/Walk events.

ENTRIES : \$60 - 24 HOUR
 \$50 - 12 HOUR
 \$40 – 6 HOUR
 \$80 - 12 HOUR RELAY TEAM

- The Relay is a 12 hour event for teams of 8 runners / walkers (16 for junior teams). Join in the fun by putting a team together. There are trophies for the winning Open, Masters and Junior teams as well as certificates etc. for team members. The relay event starts at 10 PM on Saturday 21st April and will run THROUGH THE NIGHT to finish at 10 AM on Sunday 22nd April.
- Each relay team member runs 3 x 30 minute legs in any sequence. School, Little Athletics and other junior teams are able to run / walk 3 x 15 minute legs.
- Top quality synthetic athletic track, canteen for snacks & meals, computer lap scoring, hot showers, massage and qualified first aid support.

The Carnival will be held at the Harold Stevens Athletic Track, Outlook Road Coburg, Victoria 3058 (behind Basketball Stadium) Melway Ref: 18 A9.

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For further information, contact any of

- Tim Erickson (home phone 03 90125431, email terick@melbpc.org.au)
- Bernie Goggin (home phone 03 98504958, email gogginbj@bigpond.com)
- Gordon Proudfoot (home phone 03 94650898, email gproudfoot@pacific.net.au)

or view the latest information on the Coburg Harriers website at

<http://www.coburgharriers.org.au>

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P.S. A social get-together will take place on the Friday Night before the event (e.g. pasta meal in a restaurant). More details will be forwarded to all entrants in the final mailout.