

# **16<sup>th</sup> Bush Capital Bush Marathon Festival**

**Mt Ainslie and Mt Majura Nature reserves**

**Campbell High School, Canberra  
1km from the city centre**

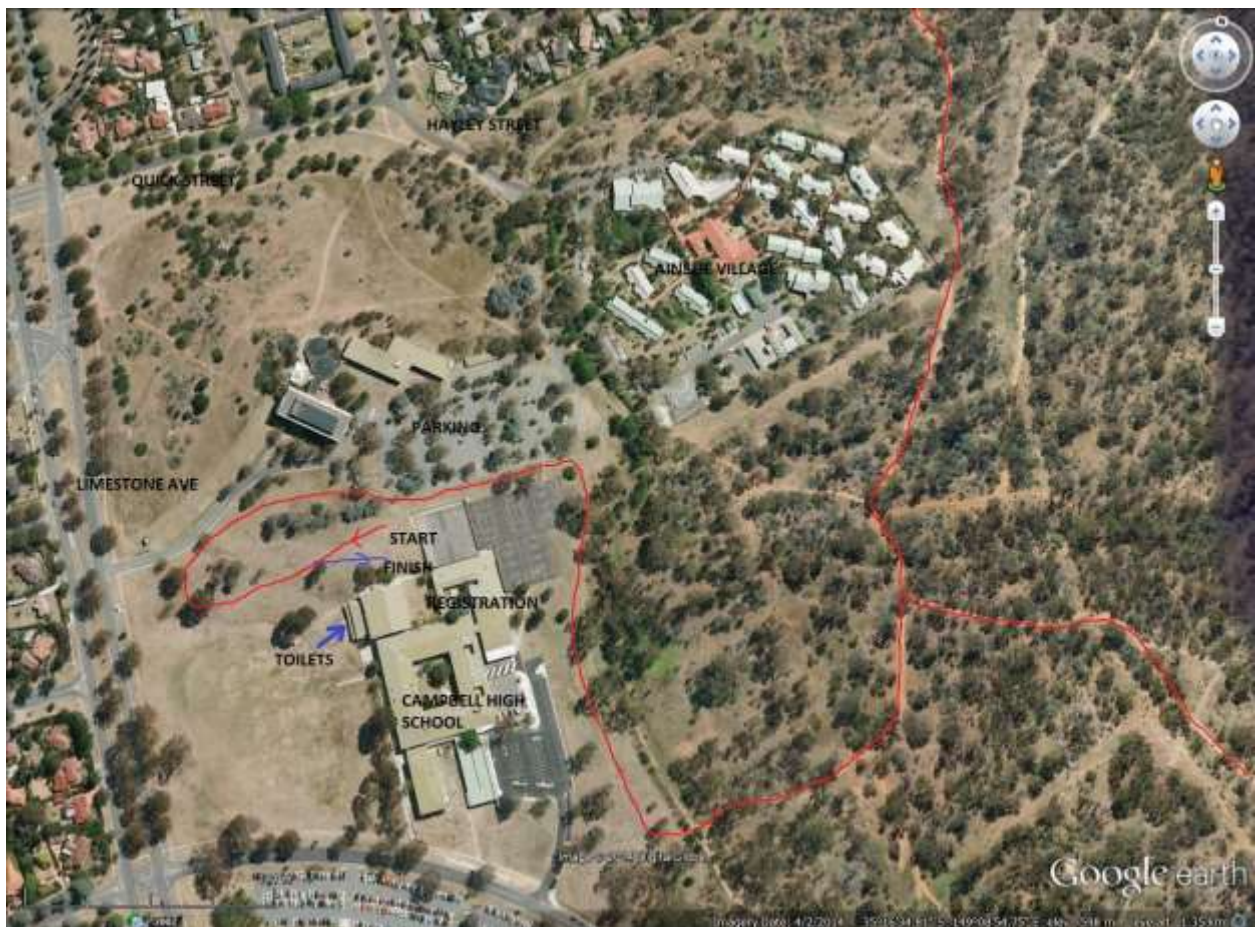
**SATURDAY 28 November 2020**

10 am 16 km and 10 km

**SUNDAY 29 November 2020**

6.30 am 42.2 km marathon; 21.1 km half marathon; 16 km; 10 km

Note: 16 km and 10km entrants may run either at 10am on Saturday or 6.30am on Sunday and the results will be merged



# **Australian Mountain Running Association (AMRA) COVID Safe Guidelines as at 31 October 2020**

## **Compliance with ACT Health COVID Safe restrictions**

AMRA will comply with ACT Health restrictions at <https://www.covid19.act.gov.au/> current at the time of each event.

In particular:

- No entries will be accepted from any localities designated by ACT Health as COVID hot spots
- No entries will be accepted from persons who have tested positive to COVID or are required to self isolate or are awaiting results of a COVID test
- As of 9 October 2020, the ACT is at Stage 3.2 of COVID recovery, allowing up to 200 participants in a running event. AMRA will cap entries to events at 200 to ensure compliance.
- Entrants who feel unwell will be told not to attend, as will entrants with pre-existing injuries
- Social distancing of 1 person per 2 square metres in the outdoors will be maintained. There will be no hand shaking, hugs or high 5s
- No food or drinks will be provided; competitors must have a hydration vest or carry a water bottle for events longer than 10 km plus bring their own food and drink for themselves after finishing an event
- Competitors will be asked to follow good hygiene measures such as cover coughs and sneezes with an elbow or a tissue, avoid touching the face, eyes, nose and mouth, and dispose of tissues hygienically
- Hand sanitisers will be made available at each event for use before and after running, and for use before and after visiting toilet facilities
- To ensure compliance with contact tracing requirements, all entries for paid entry events will be online only, containing contact tracing details and closing a few days before race day; race officials will register online with their contact details. There are usually no spectators at AMRA events; those who do are close family members of participants.
- For the free monthly Mt Ainslie and Black Mountain Run Ups (fields of 10 to 25 competitors) name and mobile number will be collected from all participants before the start of each event
- Electronic timing mats at the start and finish of paid events will be used to ensure a minimum of 1 person per 2 square metres social distancing at the start (as time recording does not commence until a participant runs over the start mat)
- Starters in an event will start in small group waves at 5 to 10 minute intervals to enhance facilitation of social distancing while still permitting essential start line safety briefings to be undertaken. For example, in the 2020 Mt Majura Vineyard Two Peaks and One Peak trail races the wave starts were as follows: under 50 age males started first, then under

50 females 5 minutes later, then 50+ age group males and females 5 minutes later. This worked very well.

- All entrants will receive a detailed race briefing by email during the week preceding the race and should take the time to read it carefully as there may be updates to the start times, courses etc. The start line briefing will be kept to a maximum of 2 minutes in accordance with COVID best practice guidelines.
- Competitors in AMRA events will be asked to buy a durable race bib with electronic timing chip that they will keep for all future AMRA events, thus minimising handling of race bibs and pins.

## ***Other race information***

The 2020 Bush Capital Bush Marathon Festival is an exciting 2-day off road running and bush walking event from the centre of Canberra in Mt Ainslie and Mt Majura nature reserves. The events are fully off road, nearly all on well-maintained management trails in the nature reserves.

The major goal is to offer a very enjoyable running or walking experience for all participants. The secondary goal is to raise funds to assist the Australian Mountain Running Team for travel to World Championships.

The support of 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 to Campbell High School for the race start and finish and school facilities.

### **Event centre and car parking**

The event centre, start/finish route, parking and toilets arrangements can be seen in the Google Earth image on page 1. Parking is only 100 metres away in the large car park of the former CSIRO headquarters and can be accessed from Limestone Avenue by following Quick Street and Hayley Streets in Ainslie. The start/finish route to Canberra Nature Park avoids road crossings, increasing safety for competitors.

### ***Saturday and Sunday Start/finish***

Outside Campbell High School gymnasium, on the north side of the school, east of Limestone Avenue, Campbell . See map on page 1.

### ***Events***

42.2 km marathon (time limit 7hrs: halfway **cut off** time 3hrs 15 mins)

**Note:** competitors not achieving the cut off point time for the marathon **must** withdraw at that point. They will be included in the results for the half marathon distance but not be eligible for place getter awards at that distance. Any competitor who does not achieve the cut off time and refuses to withdraw will not be included in the results and will be banned from entering future Australian Mountain Running Association events.

21.1 km half marathon (time limit 4hrs 30mins)

16 km (time limit 4 hrs)

10 km (time limit 2 hours);

### ***Age limits***

Minimum age of 18 years for the marathon and 14 years for the half marathon events.

### ***Safety requirements***

In the event of inclement or dangerous weather, organisers reserve the right to delay start times, shorten the advertised distances, re-route courses or cancel the events on that day with no refund applicable.

If a participant is considered by race officials to be suffering from hyperthermia, hypothermia or an acute injury, organisers reserve the right to direct that participant to withdraw from the race in the interests of the participant's personal wellbeing.

### **Course information**

10km course: new course out and back from Campbell High School following the 16 km course to the 5 km point at Campbell Park then following the same route back.

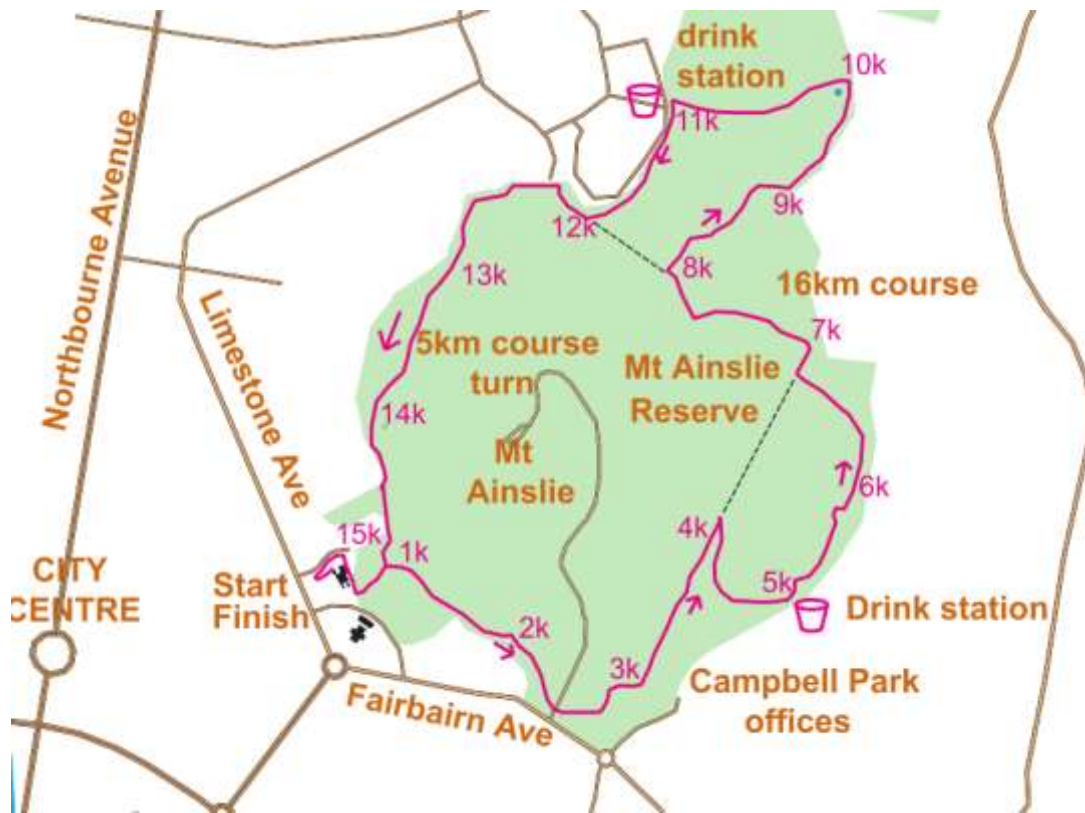
16km course: a circuit around Mt Ainslie and Hackett ridge, along the eastern slopes on the way out, returning along the western slopes.

21.1 km half marathon course: 16km course plus an out and back 4WD trail course on the north western slopes of Mt Majura.

Marathon course: Double the half marathon course.

**16 km course: run anti-clockwise**





**Half marathon (one lap); marathon (twice)**



**Half marathon course: 16km course plus out and back 5.1 km on north-western Mt Majura fire trail from the Mackenzie St, Hackett drink station.**



## **No cup drink stations with water only**

There will be 2 drink stations only on the courses each day (one at the 5km point at Campbell Park and the other at the 11km point at Hackett). A drink station attendant will have water in a jug to refill a hand held mug or water bottle or hydration vest. Participants will not touch the jug. .

Marathon runners can set up their own personal refreshment stations at the halfway point at Campbell High school.

## **Compulsory gear**

All participants in races 16 km and longer must have a 0.5 litre to 1 litre water bottle or mug or water bladder in a race vest to provide hydration during the event and enable refills as required at the drink stations.

## **Recommended gear**

Hat, trail running shoes with good grip. If the weather is inclement, a lightweight waterproof jacket. Warm clothes to change into after finishing.

## **Rubbish**

Keep the Nature Park clean. No cups, gel wraps or other rubbish are to be discarded anywhere on the course.

## **Off track danger**

**We are required to advise you that Mt Ainslie many years ago was an army firing range and a few unexploded ordinances have been found in recent years.** You will not encounter any such things on the Bush Capital Bush Marathon Festival trails. However, if you venture off the trail for any reason and encounter any metal objects on the ground, stay right away from them and do not pick them up. If they look at all like an unexploded military device, please report the location to race organisers and to police.

## **Awards information**

### All events

- Souvenir Bush Capital Bush Marathon Festival coffee mugs for all finishers with the logo below.

### 10km, 16km, half marathon, marathon

- Trophies for first three male and female finishers.

## **Electronic timing by FlyerUltra Timing and online results**

Race bibs will have electronic timing chips attached and participants who do not already own a permanent race bib must collect theirs on race day **at least 30 minutes before race start.**

## **Bib Mounting Instructions**

Bibs for chip timing must be mounted on the front of the torso only, oriented correctly(landscape), and pinned securely. For the chips to work, Bibs must not be covered by packs or belts, and they should be clearly visible at the finish for manual backup and confirmation of electronic chip reads.

Do not go anywhere near the timing mats during your pre-race warm up!

## **Start Protocol**

A 2 minute briefing will be given 5 minutes before each event is due to start. The start line will be defined by 2 cones placed approximately 20m before the start confirmation/finish timing mat. Please ensure after starting that you cross the 4m wide timing mat so that we have a start confirmation for you.

## **Finish Protocol**

After crossing the timing mat at the finish please do not stop but continue walking another 30m or so through to the Finish Table where you should collect your finish mug. You will keep your race bib for future AMRA events

## **Live Results**

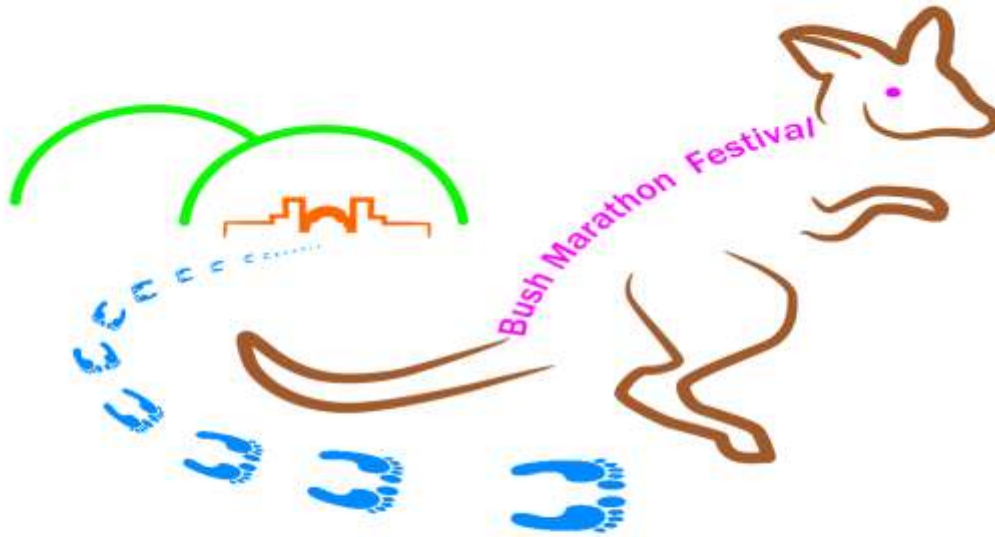
Live results will be available on any device with Web access (smartphone, tablet, PC) via the following link which will be placed on AMRA website: **<http://my5.raceresult.com>** Copy and paste this link into your browser.

Your finish time recorded will be the gun time- ie time when you crossed the finish mat minus the start time at the start cones.

## Online Finisher's Certificate

When you access the Web result if you click on your name in any Results List a pop up box with a downloadable/printable Finisher's Certificate will be available for you.

### *Event logo (designed by Zoe Cuthbert)*



### ***Entry closure strictly when the entry cap on numbers each day is reached or at the latest at 11pm on Wednesday 25 November***

To facilitate use of the electronic timing system, it is most important that entries close a few days before race day to enable timing chips to be attached to bibs and boxed and organised for race day. **Entries will only be accepted online and online entries will close strictly when either the entry cap on numbers is reached or at the latest on Wednesday 25 November at 11pm.** No late entries will be accepted.

### ***Entry fees***

Marathon run \$70; Half marathon \$45; 16km \$35; 10km \$25. Discount of \$5 if you already have a permanent race bib from the Mount Majura Vineyard Two Peaks and One Peak event.

## **Cancellation, Refund, Entry Transfer and Change of Distance policies**

**Helping us to help you:** The Australian Mountain Running Association is a not for profit and volunteer run organisation that strives to put on very affordable events of a very high standard. We rely on



participants to assist us in keeping entry fees low and event organisation volunteer friendly by observing race rules and by volunteering themselves from time to time.

**Event cancellation:** If the event is cancelled by AMRA, for example in the case of a total fire ban or extreme weather, AMRA will contact all entrants and invite them to either donate their entry fee to the Australian mountain running team or seek a refund of 70% of your entry fee, which must be notified within a week as a single batch of all refunds will then be processed. AMRA is a non-profit organisation and the remaining funds will go towards some of the costs that we cannot get refunded.

**Partial refund due to illness/injury/family or work commitment:** Entrants who wish to cancel their registration due to illness/injury/family or work commitment may apply to receive a refund of the entry fee less an administration fee of \$10 up to 6pm on 25 November. The application should be emailed to John Harding at [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com) and include your name, your email address, the name of the event, and your Registernow registration number (emailed to you when you entered) before 6pm on 25 November. No refunds will be given for applications after 6pm on 25 November, and emails after 6pm on 25 November requesting refunds will not be answered. Refunds will be processed in bulk.

**Transfer of your entry to another participant:** Sorry, we are unable to do this. You will need to cancel your own entry (see above) and the other participant can sign up as normal if the event registration deadline has not yet passed. If the event registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant. If you are caught doing this both entrants may be disqualified from future events.

**Transfer of your entry to a different AMRA event in the future:** Sorry, we are unable to do this. You will need to cancel your entry (see above) and register for the future event.

**Changing your event distance:** Any requests to change race distance must be emailed at the latest by 6pm on Wednesday 25 November to John Harding at [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com). No refund will be given where the change is to a cheaper entry fee event. If the change is to a more expensive entry fee event, there will be a fee applicable of the additional cost which must be provided in cash when collecting your race bib on race day.

**Event queries:** Please download and read the event information in this document, and in the pre-race enews bulletin that will be emailed to all entrants during the week before race day. Do not email or message in the last 2 days before race day as the Race Director will be out in the bush course marking and undertaking other race organisation.

## ***Dogs***

Participants may run or walk with dogs providing:

- The dogs are friendly, sociable dogs
- Dogs are kept on a short lead at all times
- Dogs are kept away from children and food and drink stations in the assembly and registration areas
- Runners and walkers with dogs start at the back of the field, take care passing others, carry dog poo collection bags and stop and collect any dog droppings during the event.

## ***Accommodation and information on Canberra***

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

**Nearest hotel:** Mercure hotel (4 star), cnr. Ainslie & Limestone Avenues, Braddon. This is only 300m from the race start/finish. <http://mercurecanberra.com.au/>

## ***Having a bad day on race day***

If you are doing the marathon on Sunday, you can cut short and just complete the half marathon and go in the results for that event. However, you must advise the finish recorder you have done this. You will not be eligible for a place getter trophy if you swap to the shorter distance.

### ***Toilets and change rooms***

There are male and female toilets at ground floor level in the Campbell high gymnasium, just near the start/finish. See the map on page 1. Please arrive in plenty of time before your race to warm up well and use the toilets, taking into account that there may be a wait in a queue for up to 10 minutes at peak times before each start to use the toilets.

***Portaloo on the course:*** There will be a portaloo in the nature park carpark off Mackenzie Street, Hackett, close to the drink station at that point.

### ***Start arrangements***

All competitors in each event must be at the start line at least 5 minutes before the start for a compulsory pre-race briefing. This is a compulsory requirement in respect of the event risk management procedures agreed by the ACT government approval agencies.

## **Volunteering**

Many volunteers are needed on both days. If you are competing on Saturday and can help out on Sunday, it will be greatly appreciated. Likewise, if you are competing on Sunday and can help out on Saturday, it will be greatly appreciated. Volunteers will be rewarded with a choice of wine, chocolate or a race T shirt from a previous year, plus a race mug.

To volunteer, please fill in your contact details and preferred job and day to help at the VOLUNTEER button on the Australian Mountain Running Association website at <https://mountainrunningaustralia.org/volunteer/>

### ***Event updates before race day***

Event updates will be emailed to entrants and published as news announcements on the website <https://mountainrunningaustralia.org/>

**Inquiries:** `hackettrunner at hotmail dot com` **Further information:** <https://mountainrunningaustralia.org/>

# 2020 Bush Capital Bush Marathon Festival entry form

Please do NOT use this form. Please enter and pay online.

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

Address.....

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

Country, if other than Australia .....

Telephone ..... (mobile)

Email (please write clearly using box letters) .....

Sex (male/female) ..... Date of birth ..... Age in years on 28 November 2020 .....

## Event

10km  12km  16km  21.1km half marathon

42.2km marathon run

## Permanent race bib

Do you have a permanent AMRA race bib (given to participants in the Mount Majura Vineyard Two Peaks and One Peak)?

Yes..... No.....

If yes, what is the bib number? .....

If yes, \$5 discount on entry.

## Remittance enclosed:

Entry fee \$.....

Donation to Australian mountain running team \$.....

Total \$.....

## Risk Statement

In entering this trail running and walking event you should recognise that trail running and walking is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration; and vehicular traffic at the road crossing.

You should be aware that there is no personal accident insurance on your participation and you participate at your own risk.

## 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 Bush Capital Bush Marathon Festival and supporting events, 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.
3. I have read and understand the Risk Statement.

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

If under 18 years, signature of parent or guardian approving participation of the above in the event:

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