

17th Bush Capital Bush Marathon Festival

Mt Ainslie and Mt Majura Nature reserves

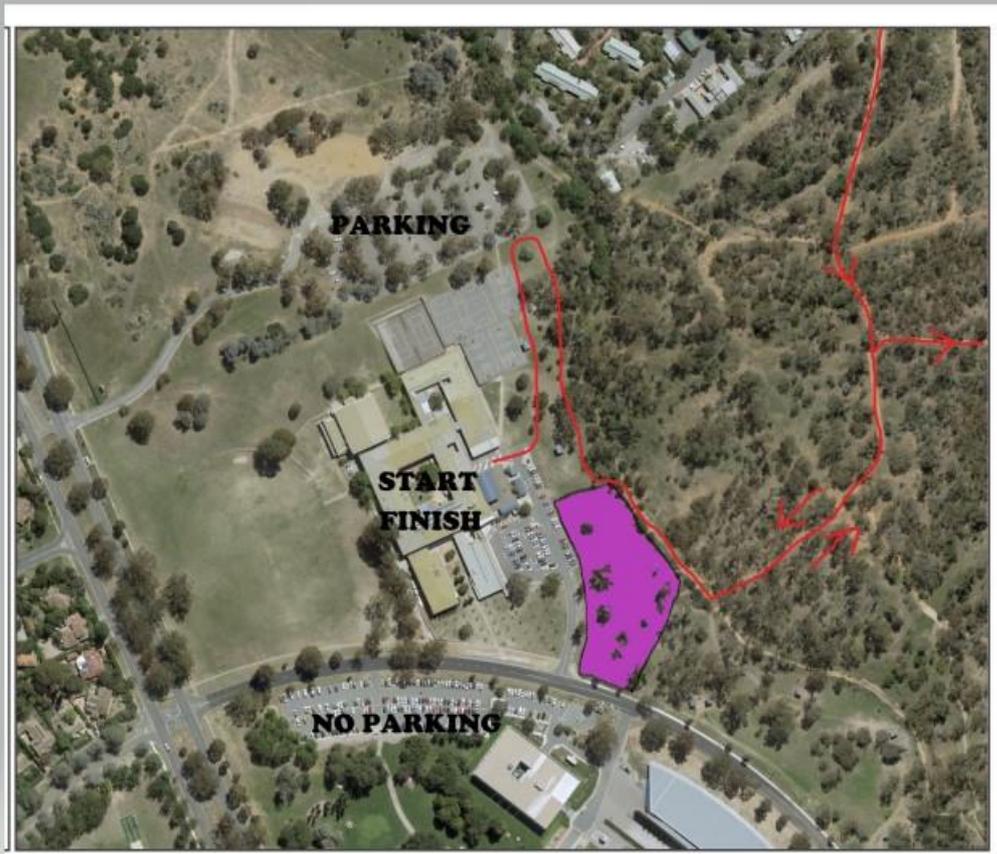
Campbell High School, Canberra

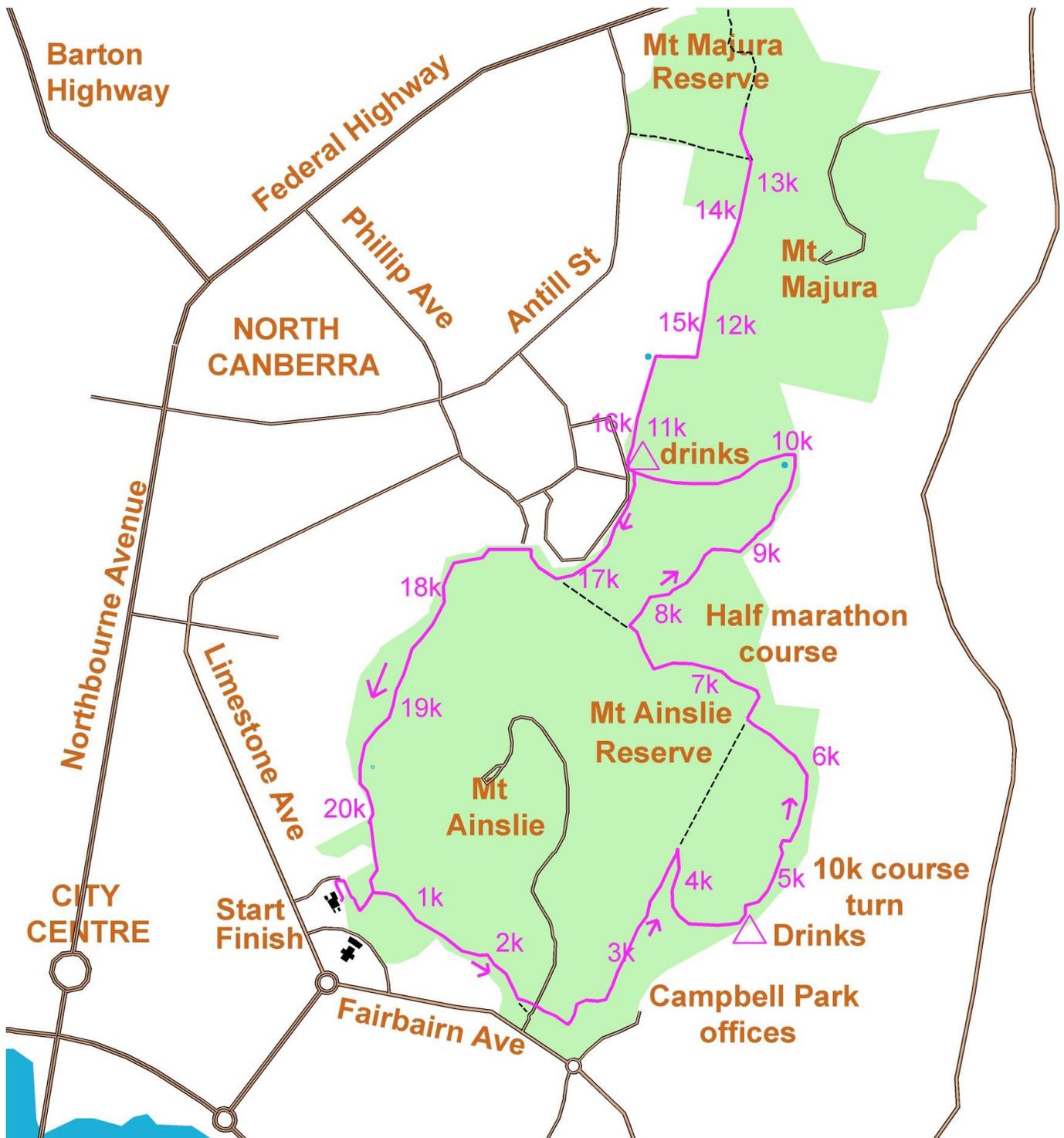
1km from the city centre

SUNDAY 8 August 2021

7am 42.2 km marathon run; 8am 21.1 km half marathon run/walk; 9am 10 km run/walk

New start-finish route with carpark construction zone shown in purple





Half marathon: 1 lap
Marathon: 2 laps
10 km: out to the 5km drink station and back

Australian Mountain Running Association (AMRA) COVID Safety Plan as at 10 July 2021

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:

- All participants and race helpers and spectators must check in on race day with the Check In CBR app to the Australian Mountain Running Association events QR code
- 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
- AMRA will cap entries to events at 500 to comply with ACT Health guidelines.
- 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 over and above QR code check in, 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 in 2020 were asked to buy a durable race bib with electronic timing chip that they keep for all future AMRA events, thus minimising handling of race bibs and pins. Many of the competitors in events in 2021 will have these bibs; those that don't will be required to buy new bibs for ongoing participation in AMRA events

Other race information

The 2021 Bush Capital Bush Marathon Festival is an exciting 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.

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)

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.

No cup drink stations with water only

There will be 2 drink stations only (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 the half marathon and marathon 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 coffee mugs with a KitKat each for all finishers

10km, half marathon, marathon

- Trophies for first three male and female finishers.

Australian Mountain Running Association permanent race bib (see pic below)



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 <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.

Entry closure strictly at 11pm on Thursday 5 August

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.** No late entries will be accepted.

Entry fees

Marathon run \$70; Half marathon \$45; 10km \$30.

There is an additional charge of \$5 if you do not already have a permanent Australian Mountain Running Association race bib. Note: NOT a Sri Chinmoy trail series: this is not accepted.

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 5 August. The application should be emailed to John Harding at 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 5 August. No refunds will be given for applications after 6pm on 5 August, and emails after 6pm on 5 August 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 5 August to John Harding at hackettrunner at hotmail dot 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, 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 Campbell high school 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.

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. 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/>

2021 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 21.1km half marathon

42.2km marathon run

Permanent race bib

Do you have a permanent AMRA race bib (given to participants in the 2020 Mount Majura Vineyard Two Peaks and One Peak and 2020 Tour de Ridges)?

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

If yes, what is the bib number?

If no, there will be a charge of \$5 to provide a permanent bib for this and future AMRA events.

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:.....