

The Australian Mountain Running Association (AMRA) and Athletics Australia present

2022 Australian Mountain Running Championships

including the Australian junior, veteran and open age groups

Mt Tennent

Apollo Road, Naas A.C.T.

Uphill Championships Saturday 11 June 2022

including the Australian veteran and open age groups

Up/Down Championships Monday 13 June 2022

including the Australian junior, veteran and open age groups



Event organiser

Australian Mountain Running Association. Contact John Harding 049 0048 031 evenings or by email at hackettrunner@hotmail.com

Saturday 11 June: Australian Uphill Championships: race day program & events contested

11.30am Race check in and registration opens

1pm Australian Open and M40, M45, M50, M55, M60, M65 and M70+ Men's 6.3 kms Uphill Championship

1.10pm Australian Open and W40, W45, W50, W55, W60, W65 and W70+ Women's 6.3 kms Uphill Championship

Course: 6.3 kms: start uphill on fire trail to the summit (total ascent 700 m)

The presentation of awards will take place when everyone is back down the mountain. All competitors, unless injured, are responsible for making their own way down the mountain after completing their event. All competitors must check in and receive their race number at least 30 minutes before the start time for their races. The start is close to the car parking area.

Monday 13 June: Australian Up/Down Championships: race day program & events contested

8.30am Race check in and registration opens

9.30am Australian Open and M40, M45, M50, M55, M60, M65 and M70+ Men's 12.6 kms Up/Down Championship

9.40am Australian Open and W40, W45, W50, W55, W60, W65 and W70+ Women's 12.6 kms Up/Down Championship

9.50am Australian Junior Up/Down 6 kms Championship

Courses:

12.6 kms: start uphill on fire trail to the summit and return the same way.

6 kms: start uphill on fire trail to the 3km point and return the same way.

The presentation of awards will take place when everyone is back down the mountain. All competitors, unless injured, are responsible for making their own way down the mountain after completing their event.

All competitors must check in and receive their race number at least 30 minutes before the start time for their races. The start is close to the car parking area.

How to get there on race day

See the course map on page 5. Please car pool if possible. Warning: Cars with very low ground clearance may have difficulty entering and exiting the car parking area.

The race venue is a 20 minute drive south of Tharwa via Naas and Apollo Roads. Continue on the road south from Tharwa past the Namadgi National Park Visitors Centre (well worth a stopover) until the right hand turn on to Apollo Road. The turn-off to the right onto the Mt Tennent fire trail will be clearly sign-posted after another 4.5kms. Please take care turning right as the turn-off is on a bend. Please keep the gate closed. After 500m, you will turn left onto a farm laneway for parking.

Access on other days

For runners wishing to train over the course before race day, please drive a further 450m along Apollo Road and park at the bush walkers car parking area on the right hand side of the road. Then jog 1km back down the road and along the Mt Tennent fire trail to the Namadgi National Park entrance locked gate.

Race refreshment stations

Water will be available at the start area and at the summit.

Australian Mountain Running Association (AMRA) COVID Safety Plan as at May 2022

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 persons who have tested positive to COVID and are required to self isolate or are awaiting results of a COVID test
- ACT Health allows up to 1000 participants in an outdoors running event without requiring a special permit.
- Entrants who feel unwell must not attend, or entrants with pre-existing injuries
- Social distancing of 1.5 metres in queues for registration and toilets. There will be no hand shaking, hugs or high 5s.
- Competitors must 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
- 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 have a permanent durable race bib with electronic timing chip that they keep for all future AMRA events, thus minimising handling of race bibs and pins.

Awards will given to the following categories

Athletics Australia championship medals will be awarded to the first three individual competitors outright in each of the open men's uphill and up/down championships, open women's uphill and up/down championships, and junior men's and junior women's up/down championships..

AMRA awards will be made to the first three finishers in each of the following age groups in each of the uphill and up/down championships:

open, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70+.

For Masters runners, age is age on 11 June.

Age restriction for juniors

The World Mountain Running Association in 2003 introduced the following rule which applies to the Australian Championships: Competition in WMRA Junior races (male and female) is limited to those aged 16, 17, 18 and 19 years on the 31st December in the year of the competition. This rule will be strictly implemented; please do not enter if younger than the age cut off.

Entry fees and closing dates

Australian Uphill Championships

Open age group and Masters: \$30 by 11pm on 3 June. \$40 by 11pm on 9 June.

Australian Up/Down Championships

Open age group and Masters: \$30 by 11pm on 3 June. \$40 by 11pm on 9 June.

Juniors: \$20 by 11pm on 3 June. \$30 by 11pm on 9 June.

NO LATE ENTRIES ON THE DAY ACCEPTED FOR EITHER CHAMPIONSHIP.

Race bibs

If you already have a permanent Australian Mountain Running Association race bib, please advise the number of the bib when entering and make sure you bring it and wear it on the day for each event.

If you do not already have an Australian Mountain Running Association race bib, there is a charge of \$5 to purchase the bib, which will be collected on race day and used for both events and any future Australian Mountain Running Association events.

Mt Tennent

Mt Tennent is the tallest, isolated mountain to the south of urban Canberra and overlooks Tharwa. Mt Tennent was named after John Tennant, a bushranger, who was arrested in 1827 by the manager of Duntroon, James Ainslie. Rumour has it that John Tennant and his gang had their hide-out in a cave on Mt Tennent.

Acknowledgments

Mr Steve Angus, Ballineen property

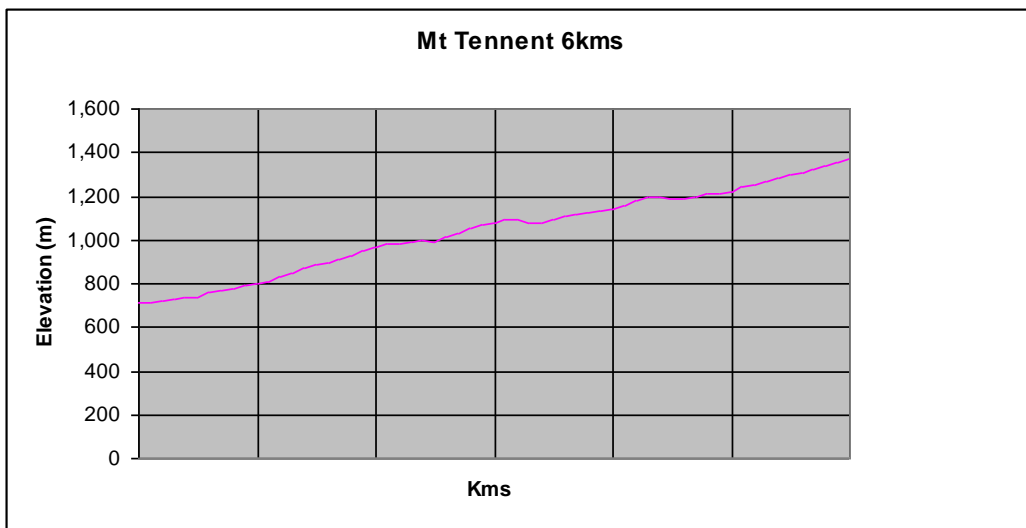
Thank you to Mr Steve Angus for permitting access to the Ballineen property for car parking and race administration.

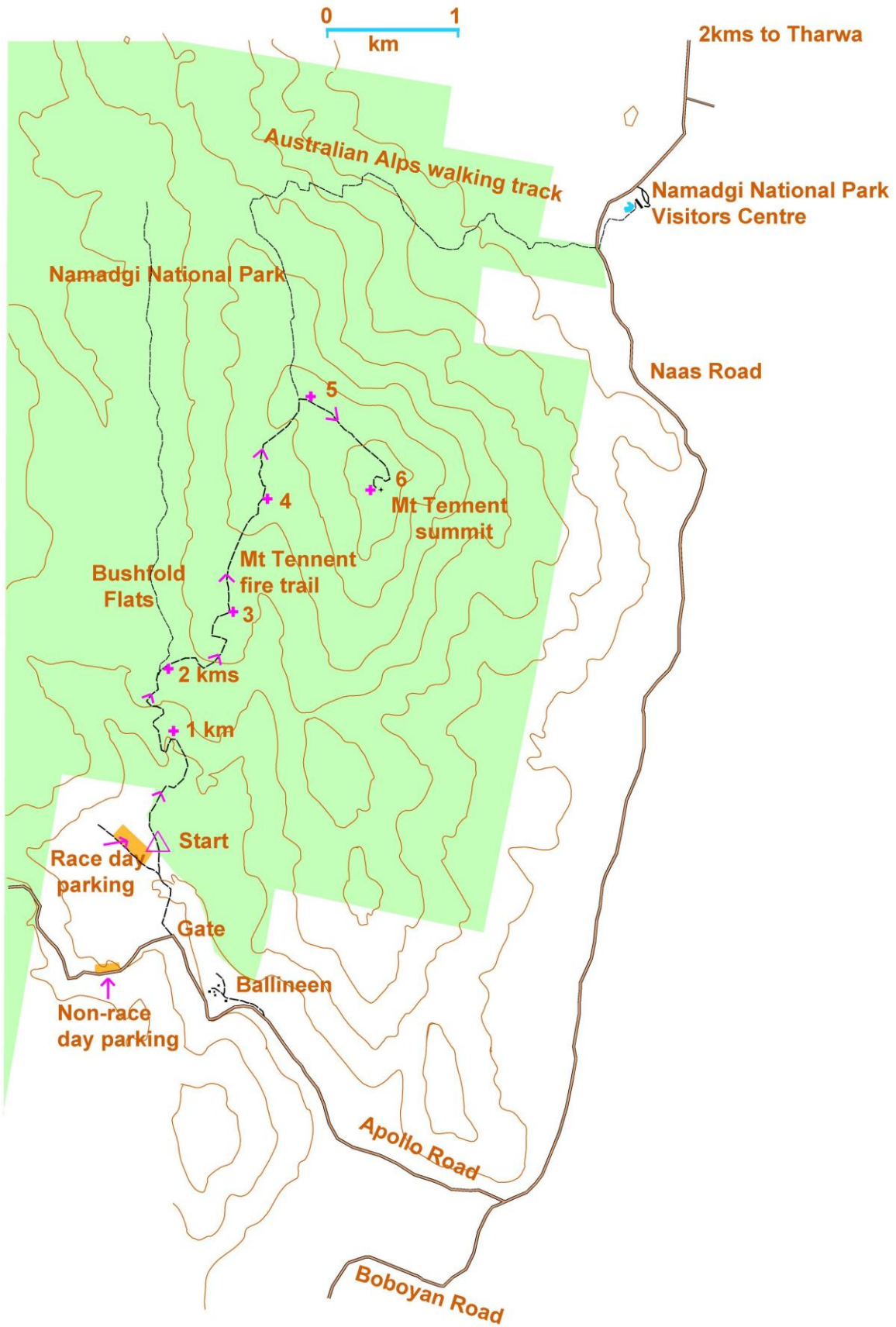
Namadgi National Park

Thank you to Namadgi National Park for access to the Mt Tennent fire trail to enable the Championships to be conducted.

Athletics Australia

Athletics Australia will provide the open and junior championship medals.





2022 Australian Mountain Running Championships

Entry form

Given name Surname

Address.....
..... Post code

Telephone Mobile

Email address (please write clearly)

Sex (male/female) Date of birth Age in years on 11 June 2022

Events entered

Australian Open and Masters Uphill Championship: yes/no

Australian Open and Masters Up/Down Championship: yes/no

Australian Junior Up/Down Championship: yes/no

Are you currently a registered member of an athletics club within a State or Territory Athletics Association?

No Yes Club:Registration no.

Permanent race bib

Do you have a permanent AMRA race bib (from a previous AMRA event)?

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

If yes, what is the bib number?

If not, there is a \$5 charge for your race bib, which you will keep permanently for future events.

Remittance enclosed:

Race entry fees	\$.....
Purchase of a race bib	\$.....
Donation to the Australian mountain running team	\$.....

Total	\$.....
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Risk Statement

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

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

Declaration: (all 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 Australian Mountain Running Championships 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 understood the preceding risk statement.

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