

ENTRIES CLOSE (together with race and bunkhouse fees and dinner reservations) on

FRIDAY, 16th October 2008 (or earlier if race limit of **75** reached)

RACE ENTRY (whether you run one or both ways)	\$45.00	x.....	\$.....
Bunkhouse accommodation (covers Fri &/or Sat	\$40.00	x.....	\$.....
BINNA BURRA Dinner at Tea House Friday Night	\$18.00	x.....	\$.....
BINNA BURRA Dinner at Tea House Saturday Night	\$25.00	x.....	\$.....
- Under 12s	\$15.00	x.....	\$.....
		TOTAL	\$.....

If you chose not to use our pre-booked bunkhouse accommodation but are staying overnight, put zero persons above and please book it direct with Binna Burra on 07-5533 3622 or www.binnaburralodge.com.au/

ONLINE ENTRY: www.runtrails.org/articles/?page_id=941

POSTAL ENTRY: (payment must accompany entry form)

Cheques should be made out to: "TRAQ Inc."

and forwarded to: **PO Box 1059 Morayfield 4506**

to reach us no later than 16th OCTOBER 2008

Further inquiries to Greg Waite (07 3869 1661 a/h)

or Peter Ferris (0418 742 056) email: peter.ferris@snclavalin.com

or Bruce Hargreaves (0419 644 399) email: digger@ozemail.com.au

INDEMNITY FORM - LAMINGTON NATIONAL CLASSIC 2009

1. I understand the Lamington trails are a natural surface, which while maintained do contain narrow, uneven and slippery sections which require care. I attest that I am sufficiently fit and have sufficiently trained for this event.

2. I hereby declare that I will not in any way hold the organisers of the Lamington National Classic, the Trail Running Association of Queensland, or Queensland Parks and Wildlife Service responsible for any injury, illness or accident to my person, loss of property, costs associated with rescue or medical evacuation, or death resulting from my participation in this event on 24th and 25th October 2009.

3. I understand that this event may be cancelled by the parks service at short notice for safety reasons, and in these circumstances I understand that entry fees will be refunded, but I will have to absorb the costs of any other expenses I incur.

NAME

SIGNATURE DATE

TRAIL RUNNING ASSOCIATION OF QUEENSLAND

Presents the 40th Anniverary

LAMINGTON NATIONAL CLASSIC

24th – 25th October 2009



- Arthur Groom Trophy: 1st Male & 1st Female (O'Reillys to Binna Burra)
- Bernard O'Reilly Trophy: 1st Male & 1st Female (Binna Burra to O'Reillys)
- Both Ways Trophy: 1st Male & 1st Female (Total time)
- Teams Trophy: Maximum 4 runners, 3 to count (Donated by Run Inn)

This event in the LAMINGTON NATIONAL PARK is held over two days. **On Saturday the event will be run from O'Reillys Guest House to Binna Burra Lodge** and on Sunday runners will run the return journey. The distance covered is 21.8 kilometres in each direction and commemorates the pioneering work of Bernard O'Reilly and Arthur Groom in developing this rainforest area as a National Park.



TRAIL RUNNING ASSOCIATION OF QUEENSLAND

THE COURSE

The course follows the Border Track. It is clearly and permanently signposted at all junctions by Queensland Parks and Wildlife Service, plus our red TRAQ arrows. The O'Reillys end is referred to as "Green Mountains" on signage. The track is undulating and rough in sections. Care and attention are required at all times! Although no restrictions apply, as a guide, runners should be able to run a Half Marathon comfortably in less than two hours. Runners may elect to run both sections of the event on the two days, or one section on the appropriate day; we encourage you to stay for the whole weekend though!

Trail Courtesy: These trails are narrow. Slow to a walk when passing other walkers who may not have seen you.

THE WEEKEND PROGRAM >>> BRING THIS WITH YOU!

Sat 24 October Run from O'Reillys Guest House to Binna Burra Lodge

- 8.00 a.m. Meet at Canungra for transfer of runners to O'Reillys by car. Support people with camping gear can then drive directly to Binna Burra. Cars can be left at Canungra if all occupants are running, with gear transferred to other cars and return lifts arranged for Sunday. Late entries (\$60.00) may be accepted at Canungra provided that the field limit has not been reached - *no guarantee of accommodation or dinner for late entries.*
- 8.30 a.m. Depart Canungra for O'Reillys.
- 10.00 a.m. Race starts outside O'Reillys Guesthouse
- 12.00 p.m. Luncheon for runners (*included in entry fee*) served at Binna Burra Eco-Lodge.
- 6.00 p.m. Dinner at Binna Burra Campsite Teahouse (extra charge; licensed) - Presentation of trophies

Sun 25 October Run from Binna Burra Lodge to O'Reillys Guest House

- 8.30 a.m. Slower runners leave Binna Burra.
- 9.00 a.m. Main group of runners competing for the Bernard O'Reilly Trophy, the Both Ways Trophy and the Team Event leave Binna Burra Lodge.
- 12.30 p.m. Light Lunch (*included in entry fee*) at O'Reillys Guesthouse/Pavilion - Presentation of trophies
Showers available at pool – BYO towel

ENTRY FORM

LAMINGTON NATIONAL CLASSIC 24th-25th OCT 2009

Please ensure that you fill in all details as this will reduce delays and costs.

All runners must sign the Indemnity Form before taking part in the event.

ENTRIES CLOSE Friday 16th OCTOBER 2009

(or sooner if **75** people have registered)

Separate entry forms must be completed for each runner. Include non-participants.

SURNAME _____ GIVEN NAME _____

EMAIL _____
(preferred contact for entry confirmation)

STREET ADDRESS _____

SUBURB _____ POSTCODE _____

PHONE Work _____ Home _____

I intend to run: **Both ways** **Sat only** **Sun only** <<< circle one

TEAM NAME (if applicable) _____
Teams must be nominated before leaving Canungra

NAMES OF OTHER TEAM MEMBERS _____

Recent Half Marathon time/estimate _____ hour _____ min

ACCOMMODATION/CATERING DETAILS

- 1- Light lunches Friday and Saturday are included in entry.
- 2- We have pre-booked bunkhouse accommodation at Binna Burra's "Eco-Lodge". If you want to use this accommodation, please fill out the appropriate sections of this form, otherwise book your own camping or cabin at Binna Burra. For people using the bunkhouse we will supply a light breakfast each morning (Toast, Coffee etc).
- 3- For people using the Pre-booked accommodation, you need to bring your "Bedding and Eating Utensils(cup, plate, bowl, cutlery), **Unless you have special dietary needs, there is no need to bring food for your breakfast or evening meals.**
- 4- For people running both days, you can book for the Saturday meal/prizegiving in the Binna Burra cafe. For those arriving Friday, you can also book your Friday dinner.