

Ultra Tasmania Inc.
Its Fun in the Long Run



WITH THE ASSISTANCE OF

CROTTY DENTAL
MAJOR SPONSOR



PRESENTS THE TWENTY THIRD

Bruny Island

64 KM ULTRA RUN

Saturday 4th December 2010

“Bruny Island” is situated 30 km south of Hobart, has a population of less than 500 and offers striking country and ocean scenery. The event starts at the Dennes Point jetty in the North and travels quiet country roads to the finish at the historic Bruny Island Lighthouse and National Park on the southern tip of the island.

The run consists of **solo** and **relay teams**. The latter consisting of serious, social and family teams. Relay teams have between 2 to 10 competitors. Solo competitors always receive great support and encouragement from the relay teams and their support crews along the entire course making for an enjoyable event.

(Race record: Colin Oliver 4hrs 12min 33sec, 2002)

“SCENIC COASTAL RUNNING AT IT’S BEST”

<http://brunyislandultra.blogspot.com>

<http://www.facebook.com/#!/group.php?gid=202473430944>

BRUNY ISLAND 64KM ULTRA RUN- 4th November 2010

OFFICIAL ENTRY FORM

IF SOLO- RECENT EXPERIENCE (FOR HANDICAPPING):

Recent ultra event distance, time and date:
Best marathon time in last two years:
Your estimated time for the 64 kilometres:

SOLO DECLARATION:

I in consideration of and as a condition of my entry in the 5/12/09 Bruny Island 64km Solo Run for myself, heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for acting out of loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. This waiver release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event, and the servants, agents, representatives and officers of any of them.

Signature Date

RELAY TEAM DECLARATION:

To be signed by each team member who will be running.

We the in consideration of and as a condition of my entry in the 5/12/09 Bruny Island 64km Solo Run for ourselves, heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for acting out of loss of any description whatsoever which we may suffer or sustain in the course of or consequent upon our entry or participation in the said event. This waiver release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event, and the servants, agents, representatives and officers of any of them.

ALL team members, including captain Signature Date

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Commemorative T'Shirts

Due to many requests Organizers are making available 'Bruny Island Run' souvenir t-shirts. If you would like to purchase this unique article of clothing at \$25 each simply indicate the number and the sizes you require below and include payment with your entry form. Ordered shirts can be collected at the event from Organizers representative.

Souvenir Badges will also be available at the presentations for \$5 each.

Sizes: S M L XL No. required in Boxes. Total included at \$28 each

BRUNY ISLAND ENTRIES

STARTING TIMES:

- 64km Solo: Solo runners are to arrange their own starting time so as to finish at the Lighthouse door by 2:30pm at the very latest.
Earliest start time is 4:30 am and so the run time limit is 10 hours.
A handicap time will be worked out from recent performances.
- 64km Relay: Teams are to arrange their own starting time so as to finish at the Lighthouse door no earlier than 12:30pm and by 2:30pm at the very latest.

NOTE: Finish times are scheduled so presentations at Alonnah can begin 3:00 to 3:15pm sharp. All participants are asked to be realistic with their estimated start and run times so they finish by 2:30pm and make the 30minute car trip back to Alonnah relaxed and safe.

ASSISTANCE:

Drink stations will not be provided. Competitors should bring water with them to the Island.
It is the responsibility of all runners to ensure they have sufficient food and liquid to see them through the run, and for sustenance after the finish of the run.
All solo runners should have at least one support crew.
Fruit is provided at the start and refreshments at presentations

RACE ENQUIRIES:

Enquiries may be directed to either of the following:
Paul Risely 03 6229 6283 (AH) 0427 517 737 (Mob)
e-mail paulriseley@gmail.com

Sharen Willing 03 6272 8541 (AH) 0439 202 991 (Mob)
e-mail thewillings@optusnet.com.au

POST EVENT FUNCTION:

Light Refreshments will be available at the Bruny Island Hotel, Alonnah from 2:30pm, with race presentations from 3:15pm. Spot Prizes will be drawn randomly, prior to presentations. Including the Major Spot Prize.
You must be present to be eligible.

ELIGIBILITY:

Entrants in the 64km solo run must be 18 years of age on race day.
Relay teams are to consist of two to ten runners, but to be eligible for a fastest team prize senior or junior, and run a record, a team is limited to a maximum of 6 runners.

SAFETY FIRST:

Rules of the road apply and all of the course will remain open to general traffic.
Run on the safest side of the road and preferably facing oncoming traffic. **In Compliance with Athletics Australia Guidelines**
On narrow sections the support vehicle is to move ahead and wait.
Vehicles must display hazard blinkers and show a caution sign if possible.
Runners are required to wear light coloured clothing so as to be visible to traffic.
Support crews are not to travel alongside runners, a safe distance of 50m is recommended. It is **preferred** that support crews wait for their runners at the 2km changeover points.
Support crews of younger runners are requested to follow their competitors adhering to a 50m safe distance
Support crews and competitors must follow instructions of race referees who will be on course to ensure safety first guidelines are followed.
No **MP3 players** are to be worn whilst running
When arriving at the start line by vehicle from the Ferry Terminal please turn **left on to the Barnes Bay Road** and not the Bruny Island main road. This is so there is less traffic for the runners who are using the main road. This will make the running **safer for all competitors**. This will only add 5 minutes to your travelling time. **Signs will be posted to guide you to the start** using this alternative route.

RELAY TEAM GUIDES:

Social or serious relay teams are welcome to participate.
Each relay leg is approximately 2 kilometres with a roadside marker indicating changeovers.
Runners may run in any order, one running per team leg.
Runners may run back to back legs if the team chooses.
When a changeover takes place, it must take place on the Right Hand side of the road, and at designated areas indicated with the changeover markers. **(This is an important race requirement for Safety reasons)**

BRUNY ISLAND DETAILS

BRUNY ISLAND PRIZES

All finishers receive a Bruny Island Run Certificate.

SOLO:

Fastest Time: Kingborough Council Perpetual Shield / \$50 voucher.

Fastest Female: \$50 voucher

Second Fastest Time: \$35 voucher Male and Female

Handicap: Ultra Tas Plaque / \$50 voucher

RELAY:

Fastest Time: Bruny Chamber of Commerce Perpetual Lighthouse Trophy.

Ultra Tas Plaque, and \$25 voucher to each runner and the manager.

Second Fastest Time: \$15 voucher to each runner.

Handicap team: Ultra Tas Plaque.

Fastest Junior Team (under 18): Ultra Tas Plaque / \$10 voucher to each runner.

Sporting Group Team: Tasty Selection

Business Group Team: Tasty Selection

Fastest Local Team: Ultra Tas Plaque.

Best Social Team: Southern Cross Trophy.

Fastest team of Two: Plaque

Fastest Female Team : Plaque

Challenge Trophy : Bootcamp

SUPPORT CREW

Maureen Brundle Memorial Crew Award: Tasty Selection.

Many thanks to our Bruny Island Run Supporters over the years.....

Sportsco - Northgate

The Old Woolstore Apartment Hotel

Parks and Wildlife Services

North West Bay Shipping and Towage

Aura – Australian Ultra Runners Association

Crotty Dental

Kingborough Council

Bruny D'Entrecasteaux Visitor Centre

The Bruny Island Hotel

BRUNY SOLO RACE RECORD

Colin Oliver 4 hours 12 minutes 33 seconds (2002)

BRUNY RELAY TEAM RECORD

Gerry and the Pacemakers 3 hours 16 minutes 38 seconds (1995)

BRUNY JUNIOR RELAY TEAM RACE RECORD

St. Virgils College 4 hours 7minutes 45 seconds (2003)

BRUNY ISLAND COURSE

- Driving from Hobart to ferry at Kettering takes 30 minutes
- Ferry trip from Kettering to Roberts Point takes 15 minutes
- Driving from Roberts Point to the start at Dennes Point takes 20 minutes
- Driving from the Lighthouse to Alonnah takes 30 minutes
- Driving back to the ferry from Alonnah takes 30 minutes

Bruny Island Ferry Timetable

Sunday

Kettering	Roberts Pt.
0745	0825
0930	1000
1105	1135
1205	1235
1345	1415
1545	1630
1700	1730
1830	1900

Mon-Sat

Kettering	Roberts Pt.
0635	0700
0745	0825
0930	1000
1105	1135
1205	1235
1345	1415
1445	1515
1545	1630
1700	1730
1830	1900

Late Friday Only

1930	1950
------	------

Course Notes

1. Start is at Dennes Point Jetty
2. Go right at the Adventure Bay junction to Alonnah.
3. Follow the main road through Alonnah
4. Turn right at junction just after Lunawanna
5. Finish is by touching the Lighthouse door

Note

Although entry fees now apply to enter the National Park just before the Lighthouse the Parks Wildlife Service have generously waived the fee for all runners and supporters. **Remember** dogs are not permitted within the national parks

