

Event 1

Cook's Tour - Sunday May 20th

80km 4am **Entries close 13th May at midnight
50k 6am
30k 8.00am
12k 9.30am

(Total field limit 300)

This event is based at Woodford Pool, Petersen Rd. Woodford. The course will cover forest trails and dirt roads with views of several volcanic mountain plugs. A BBQ and swim will follow the event. An early start can be negotiated for 50k & 80k, particularly walkers.



Series winners Caine Warburton and Delina Rahmate
Photo by Tim Miller, Dream Sport Photography

Event 2

Matthew Flinders Tour - Sunday July 29th

50k 7am **Entries close 22nd July at midnight
25k 9am
10k 10am

(Total field limit 300)

Start/Finish at Beerburrum State School. The ultra runners will be running up Mt. Beerburrum. A BBQ will follow the event. An early start can be negotiated for the 50k event for slower entrants.

Event 3

Glasshouse 100 - Sat 15/Sun 16th September

100 ml 5.30am 15th Start at Beerburrum S.S.
100k 5.30am 15th Start at Beerburrum S.S.
50k 6.30am 15th Start at Beerburrum S.S.
30k 7.30am 15th Start at Beerburrum S.S.
10k 8.30am 15th Start at Beerburrum S.S.

Field limit is 350.

**Entries close 19th Aug at midnight for 100ml and 100km
Entries close Sept 9th for 50, 30 and 10k.

NB. Ultra runners need to fill in a medical form and statement of qualification. These are available on request or on our website. Please post, or scan and email before event.

Costs

*100ml *100km* 80km 50km 24-30km 8-12km
Basic Cost: \$200 \$130 \$100 \$60 \$45 \$40

TRAQ member discount - 10% for all events

School age children \$20

NO LATE ENTRIES

* Close-off dates for 100ml/100km and 80km are 3 weeks prior to the closing date for postal entries (see Important Condition no.5) 100 mile & 100km competitors receive commemorative T shirts & 80km receive a cap.

BBQ Extras: BBQ fee included in entry cost for runners.

Non runners \$10 pre-book on entry form or pay on the day.

Awards

Medals to top placegetters.

Random draw prizes

Special commemorative mugs (made locally) to all finishers.

Medals for 100 mile; 100k and 80km finishers.

*Polo shirts may be purchased for 100mile and 100km event

How to Enter

On-line entry www.glasshousetrails.com.au

Enquiries only Ian Javes: 5495 4334
Mobile: 0407 045 785

Email enquiries ijaves@caloundra.net

Mail Glasshouse Trail
PO Box 1059, Morayfield Qld 4506

Conducted under the auspices of
Trail Running Association of Queensland

Entry Form

Surname

First Name

Sex M F

D.O.B Age (on race day)

Address

Suburb

Town/City

State P/Code

Phone nos (land)

Mobile

Email

Emergency race day contact

Ph

Participant's Agreement signed on the day when race numbers are picked up. (Guardian to sign for competitors under the age of 18 years).

**** One entry form to be filled in per event**

Event selected

Distance

Basic Entry fee \$

TRAQ member discount \$

BBQ Extras (pre-book) \$

Total \$

No. of vegetarians

Cash Cheque Money order

**Cheques/money orders payable to:
Trail Running Association of Queensland**