

LATEST NEWS – GH 100 – 2010

ENTRIES CLOSE – 5pm Monday, 6th September

START TIMES:

100 miles/km – 5.30am Saturday, September 11 ; 50km - 6.30am Saturday, September 11
30km - 6.30am Sunday, September 12 ; 12km - 8.00am Sunday, September 12

Note that there are no early starts for any event. *Entrants in the 30 and 12 km events on the Sunday will be taken by bus to the starting points at Checkpoint 4 and the Lookout respectively. Thus Race numbers need to be collected from the Beerburum School at least 30 minutes before the start times. Some entrants may be taken to starting points by family or friends once they have collected their Race Numbers and signed a waiver.*

Entrants in the three runs on the Saturday start from the school.

FINISH:

All events finish at the school. There are **cut off times** for each checkpoint. Any entrant not Making these cut offs will be withdrawn from the event. If you feel you cannot make these cut offs then it is best to select a shorter run.

Cut offs- Chpt 4 – 10am Sat ; Chpt 5 – 11.30pm Sat (ultras) and 10am Sun (30km) ;

Chpt 6 – 9.30pm Sat (ultras) and 8.30am Sun (30km) ;

Chpt 7 - 8.30pm Sat ; Chpt 8 – 5.30pm Sat ; Chpt 9 – 9.30am Sun ; Chpt 10 – 9.00am Sun ;

Chpt 1a – (12/30km only) – 10.45am Sun.

BBQ:

The Beerburum P&C will conduct the post race BBQ between 9am and noon on the Sunday.

WATER BOTTLES/ HYDRATION PACKS:

Note that entrants in all events must start and finish with a water bottle or hydration pack. Checkpoints will not put out cups of water or other fluids for entrants to grab as they pass. If electrolytes etc are desired, the runner can fill a cup and drink it at the checkpoint and deposit the used cup in the bin provided. No wrappings or other litter should be discarded along the tracks.

PASTA PARTY:

This will be held at the school between 6pm and 7.30pm on Friday, September 10. It is free for ultra entrants and volunteers but will cost around \$12 for others. Please notify the Race Director if you are having friends or family with you for the meal if you haven't already done so.

RACE NUMBER PICK UP:

Those in the **ultra runs on Saturday** may pick up Race Numbers and sign a waiver between 4pm and 7pm on Friday, September 10 or between 4am and 6am on Saturday morning.

Those in the **30 and 12 km** can pick up numbers after 4.30am on the Sunday

CREW:

Those ultra runners who have crew should ensure the crew vehicle (one per entrant only) is registered with the organisers. They will be given a copy of the Race Permit. Checkpoints are there to cater for runners and officials only so crew should carry their own food/fluid. Public **toilets** are located at the Lookout and Matthew Flinders park. There are toilets at the school and the Mobil Service Stations near Checkpoint 9.