

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

MONDAY, 20th October 2008 (or earlier if race limit of 50 reached)

RACE ENTRY IS \$45.00 (LATE ENTRY IS \$60.00)				\$
(regardless of whether you run one or both ways)				
Bunkhouse accommodation	\$40 Fri/Sat \$30 Sat only	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: http://runtrails.org/articles/?page_id=600

POSTAL ENTRY: (payment must accompany entry form)

Cheques should be made out to: "MyMarathonClub.com"
and forwarded to: P.O. Box 4044 Eight Mile Plains 4113
to reach us no later than 20th OCTOBER 2008

Further inquiries to Greg Waite (07 3225 1093 or 3869 1661 a/h)
or Peter Ferris (0418 742 056) email <mailto:Peter.Ferris@alcan.com>
or Bruce Hargreaves (0419 644 399) email: extra@ausgeo.net

INDEMNITY FORM - LAMINGTON NATIONAL CLASSIC 2008

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 25th and 26th October 2008.
3. I also understand that this event may be cancelled by the parks service on minimal notice for safety reasons, and in these circumstances I understand that entry fees and accommodation costs 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

37th LAMINGTON NATIONAL CLASSIC **25th – 26th October 2008**



- | | |
|--------------------------|--|
| 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. 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.

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

THE WEEKEND PROGRAM

Sat 25 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. Light 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 26 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

37th LAMINGTON NATIONAL CLASSIC 25th-26th OCT 2008

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 Monday 20th OCTOBER 2008

(or sooner if **50** 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-We have pre-booked accommodation at Binna Burra the "Eco-Lodge". If you want to use this Pre-booked accommodation, please fill out the appropriate sections of this form.

2- For people using this pre-booked accommodation, we will supply a light breakfast each morning(Toast, Coffee etc),.

3-For people staying overnight on Friday(as well), we will provide an evening meal at "nominal extra cost"(yet to be decided, and the meal will probably be pasta based)

4-For people using the Pre-booked accommodation, you will need to bring your "Bedding and Eating Utensils(cup, plate, bowl Knives and forks etc), **Unless you have special dietary needs, there is no need to bring food for your breakfast or evening meals.**