

# 2020 LAMINGTON CLASSIC

SATURDAY 24TH & SUNDAY 25TH OCTOBER

## RACE BRIEFING



### NOTE FROM THE RACE DIRECTOR

We are excited that you will be joining us for the **50<sup>th</sup> Anniversary** of this historical run. We are even more thrilled that we're able to go ahead even after the many challenges that we've all faced since last year's cancellation of the event due to the Bush Fires and then with the global pandemic. This races journey began way back in 1970. There has been a couple of course changes over the years but it has stayed pretty much the same.

This year we have runners who are participating for the first time and some who have come back year after year. We always get many good reports back about how much people enjoy this running weekend.

As I've previously communicated, we are going to have to make a few minor changes to the event this year due to Social Distancing and running a COVID safe event. Although we need to make these changes it's still going to be a great weekend of running out on the beautiful Border Track. You will get to take in some of the beautiful rain forest sites this part of the world has to offer.

I also want to take the opportunity to acknowledge that without our volunteers it is impossible to put this sort of an event on, so as you see them over the weekend make sure you let them know how much you appreciate them.

So, with all that said, here's to a great weekend. We hope you enjoy the run and the experience of the Lamington Classic!

Race Director

Amanda Neil

## IMPORTANT DATES

Thursday 1 <sup>st</sup> October	Up until this date you will still be eligible for a race entry refund of \$120. After this it will be at the Race Directors discretion.
Friday 9 <sup>th</sup> October	If you want to change the distance you are running or the days please make any changes before Friday 9 <sup>th</sup> October. You will need to contact the Race Director to do this.

## Basic Event Information

Date	Event	Start At	Finish At	Start Time	Logistics
Saturday 24th	Marathon in a day 42.195km	Binna Burra	Binna Burra	2 start waves 5:30AM - slower runners 7:00AM - rest of field	
Saturday 24th	Half marathon in a day 21.3km	Green Mountain	Binna Burra	8:30AM - staggered start in groups of 8 at 3 min intervals	Be at Binna Burra by 6:00AM We'll transport you to Green Mountain start line
Sunday 25th	Half marathon in a day 21.3km	Binna Burra	Green Mountain	6:30 AM - staggered starts at 30 min Intervals	Will already be at start area from overnight stay
	B2B Saturday Half Marathon (stay overnight) + Sunday Half Marathon	Refer to details above	Refer to details above	Refer to details above	Park in Canunga for the race briefing at 7:00AM on Saturday. We will transport your personal overnight gear from Canunga to Binna Burra on Saturday and back to the finish on Sunday. Can leave your car at Canunga or Green Mountain

					(limited spaces). If your car is at Canungra we will transport you back to your vehicle.
	Saturday Marathon (stay overnight) + Sunday Half Marathon	Refer to details above	Refer to details above	Refer to details above	Bring a person who is not running on Sunday with you, to relocate your car to the Sunday finish at Green Mountains

## **BIB COLLECTION**

### **Saturday Runners**

#### **21.3km Runners**

Race Bibs can be collected from Race Headquarters at the Binna Burra Campsite Tent on either Friday afternoon from 5:00PM - 7:30PM or from 5:00AM up until 5:30AM on the Saturday morning.

You can also collect your Race Bib at the Race Briefing in Canungra on Saturday Morning from 6:50AM. Race briefing begins at 7:00AM at D.J Smith Memorial Park, 1-3 Kidston St, Canungra.

#### **42.195km Runners**

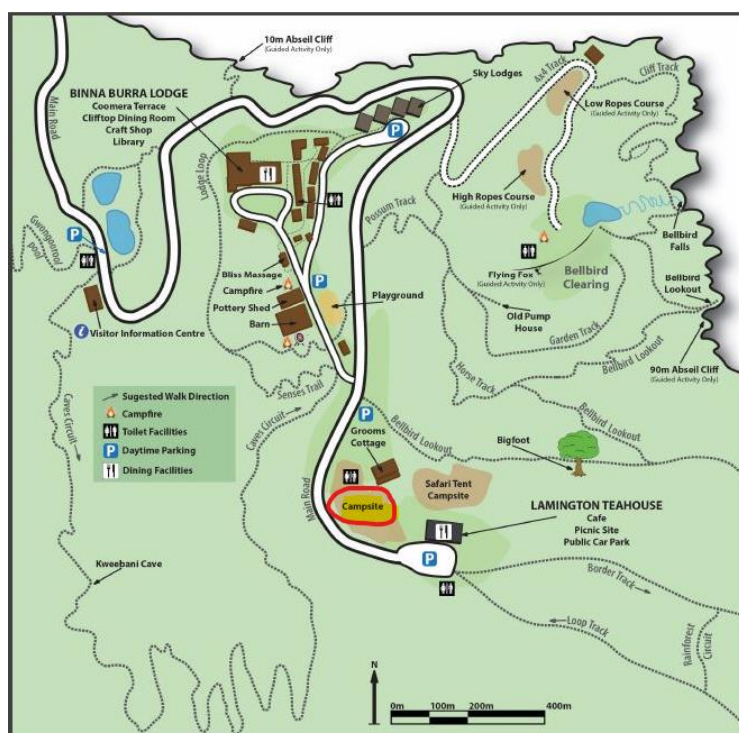
Race Bibs can be collected from race Headquarters at the Binna Burra Campsite Tent on either Friday afternoon from 5:00PM - 7:30PM or from 5:00AM on Saturday morning.

\*If you are running on Saturday and Sunday you will use the same Race Bib for both days.

### **Sunday Only Runners**

Race Bibs can be collected from Race Headquarters at the Binna Burra Campsite Tent on Sunday morning from 5:30AM.

Map of where Race HQ will be situated (campsite area circled in red). We will also have signs up.



Pic 1. Campsite Area circled in red (Race HQ)

## BRING YOUR OWN CUP

At the end of the course we will have water available and water + hydrolyte at the turn of the marathon. Please bring your own cup as we will not be providing disposable cups. There are no water stations on course so you will need to carry your own water while on course.

## RACE WEEKEND DETAILED SCHEDULE

FRIDAY 23 <sup>rd</sup> OCTOBER	
6:00AM	Race Course Set Up
1:00PM	Check In available for runners staying in the Safari Tents
4:00PM	Race Bib Collection for Saturday Runners available from Race HQ.
SATURDAY 24 <sup>th</sup> OCTOBER	
5:00AM - 6:30AM	Race Bib Collection for Saturday Runners available from Race HQ.
4:30AM - 6:30AM	Self-Serve breakfast available in Race HQ kitchen for those staying in the Safari Tents and who booked through us at the time of entry.
5:30AM	First Wave of runners start for the 42.195KM from Binna Burra.

6:00AM	Runners doing the <b>21.3KM</b> who stayed overnight at Binna Burra to meet at HQ to arrange vehicle sharing and transportation to Canungra for Race Briefing.
6:10AM	Runners doing the <b>21.3KM</b> who stayed overnight at Binna Burra to leave for Canungra.
7:00AM	Second Wave of runners start for the <b>42.195KM</b> from Binna Burra.
7:00AM	Race briefing for <b>21.2KM</b> runners at Canungra. D.J Smith Memorial Park, 1-3 Kidston St, Canungra.
7:15AM	Vehicles leave Canungra and head to O'Reilly's for the start of the <b>21.3KM</b> event.
8:00AM	First runners in the <b>42.195KM</b> expected to arrive at O'Reillys for the turn around. Compulsory 3min stop will be enforced and timed by keepers.
8:30AM	Start of the <b>21.3KM</b> run from O'Reilly's. 1 <sup>st</sup> Wave (up to 10 runners only at a time) will leave at 8:30AM. Each consecutive wave will follow in 5min intervals apart.
12:00PM	Takeaway Lunch available for collection from tent kitchen area of Race HQ.
4:00PM	Race Bibs for Sunday only runners available from Race HQ.
4:00PM	Final start waves for Sunday's Event available from Race HQ.
5:30PM	Pre-ordered take away dinner available for collection from the Tea House. Please only go to collect at your appointed time.
<b>SUNDAY 25<sup>th</sup> OCTOBER</b>	
5:30AM	Race Bib Collection for Sunday only Runners available from Race HQ. Those who ran Saturday will reuse their same race bib.
5:30AM	Self-Serve breakfast available in Race HQ kitchen for those staying in the Safari Tents.
6:30AM	First Wave starts for the <b>21.3KM</b> Sunday run from Binna Burra to O'Reillys. Following waves will start consecutively in 15min intervals.
9:45AM	Time Keepers in place at the O'Reilly's end ready to receive the first lot of finishing runners.
11:30AM	Last runner is expected to be in by 11:30AM
11:30AM	Takeaway Lunch available for collection on the pavilion lawn at O'Reillys.



## COVID SAFE PLAN

We have in place a COVID Safe plan that aligns with both current Government and sporting event recommendations. Due to this we have needed to make a few necessary changes to our regular format.

The Race Directors will do everything in their power to provide a COVID safe environment. All participants of the event must agree to abide by the recommendations of the QLD government and health authorities at the time of the event and the directions given by the Race Directors.

The Race Directors will be following a COVID Safe Event Checklist as recommended in the Governments COVID Safe plan for Events under 500 people.

Runners will not be able to participate if:

- 1) In the preceding 14 days prior to the event you travelled from overseas or a COVID-19 hotspot.
- 2) You have been in close contact with a person who is positive for COVID-19.

### Tracing Requirements

As all participants are required to register to attend the event this will cover the requirements of tracing for entrants. We will be asking for a Register of other friends or family who will be in attendance over the period of the event.

<https://www.lamingtonclassic.com/covidregistration>

### Hygiene

We will provide hand sanitizer at the start and finish line of the event and at Race Headquarters.

The restroom and accommodation facilities will remain the responsibility of the venue.

### Changes

In adhering to the COVID safe plan required for our type of event we will not be able to permit spectators or non-event personnel at the start and or finish line areas.

Once you have crossed the finish line you will **not** be able to congregate in that area and will be encouraged to move along as soon as is reasonable.

There will be no Saturday Night Group dinner. A takeaway option will be available to those who pre-booked this at time of registration.

There will be no formal place winner presentations. Trophies will be even handed to place winners individually or posted out after the event.

## **COURSE INFORMATION**

The distance has been measured by a 'steel wheel', and is 21.3km from the designated start points to the designated finish points for a one-way crossing. The 42.195km event, starts about 400 metres into the forest, to achieve the correct distance. Please treat any GPS readings with caution because of the forest canopy cover.

Please remember that particularly close to the start and finish line, the track is shared and open to the general public. Always be respectful when passing.

The course will be marked by Green Arrows pointed in the correct direction to go and when there are intersections to other tracks there will be a Red Cross indicating not to go that way. Follow the signs and always stay on the Border Track.

Course elevation is 670m.

### **Class 4 track (Australian Standards)**

- Distinct tracks with junctions signposted, rough track surfaces with exposed roots and rocks.
- Variable in width, muddy sections and steep grades likely to be encountered.
- May be extensively overgrown; hazards, such as fallen trees and vines, likely to be present.
- Caution needed at creek crossings and naturally occurring lookouts.
- Moderate fitness level with bush walking experience and ankle-supporting footwear required.
- Moderate level of navigation skills recommended, involving self-reliance in first aid and coping with weather hazard situations.

## **HYDRATION AND NUTRITION**

You should also be aware, that we only provide a water stop at both the Binna Burra end of the course and the Green Mountain (O'Reillys) end of the course. There are no formal drinks/refreshment stops in-between (which is 21.3km), therefore you must make your own arrangements to re-hydrate yourself, and this means you must carry sufficient fluids for your re-hydration needs, which will vary depending on the daily temperature. You will also run the 21.3km in a time about 30% slower than on a flat road, so please factor this extra time into your personal hydration plan.

If you intend to use gels or any other form of nutrition on course during the event make sure you take your rubbish with you. Do not throw or leave any type of litter on the course.

Please remember to bring your own cup.

## **START GROUPS AND WAVES**

We will finalise the waves and start groups for Saturday's events during the final week before the event and will email you this information during Race Week.

Waves for Sunday's event will be determined on Saturday afternoon. We will aim at making this available by 4:00PM at Race HQ.

## **SATURDAY NIGHT GROUP DINNER & TROPHY PRESENTATION**

This has been cancelled for 2020. Those who pre-paid for the dinner there will be a takeaway option to be collected from the Tea House. We will need to have a timed staggered collection. You will be notified of your collection time when you collect your Bib / Race Number.

## **THE BIG ONE.....RACE LOGISTICS**

### **PLEASE TAKE NOTE OF THE INSTRUCTIONS BELOW SPECIFIC TO YOUR EVENT/S**

#### **INSTRUCTIONS FOR THOSE DOING 21.3KM ON SATURDAY AND 21.3KM TO GREEN MOUNTAIN (O'Reillys) ON SUNDAY**

You must be at the park in the middle of Canungra, for the race briefing at 7:00AM on Saturday 24th October 2020

Unless you make other arrangements we will transport your personal overnight gear from Canungra to Binna Burra for you, and then on Sunday, we will transport your personal gear from Binna Burra to the Sunday finish at Green Mountains.

Parking is limited at Green Mountain, so we will car pool from Canungra to Green Mountain. If your car is left at Canungra, then on Sunday after the race, we will transport you back to Canungra.

*Note A:* It is important that your car is at either at Canungra or Green Mountain, because on Sunday, there will be no way of getting a ride back to Binna Burra, unless you chose to run (and carry all your own gear as well).

*Note B:* We will do everything possible to both explain and put in place the procedures, you must accept some responsibility in ensuring that your sleeping gear and your car are in the right place when you need them.

#### **INSTRUCTIONS FOR THOSE DOING 21.3KM ON SATURDAY ONLY**

Unless you bring a non-runner to drive your car, you must be at Binna Burra ready to be transported to the start at 6:10AM on Saturday 24th October 2020 (We suggest you arrive before 6:00AM.)



If you bring a non-runner with you to drive your car, then you can go straight to the race briefing at Canungra at 7:00AM.

After the briefing, we strongly recommend that your non-runner drive straight to Binna Burra, and we will arrange for you to be transported to O'Reilly's for the start.

The briefing is in the park, on the corner of the turn to O'Reilly's in the middle of Canungra. (D.J Smith Memorial Park)

### **INSTRUCTIONS FOR THOSE DOING 42.195KM ON SATURDAY ONLY**

You must be at Binna Burra ready to run at either 5:00AM or 7:00AM (depending on what wave you have been allocated) on the Saturday. (We suggest you arrive 30mins before, so that you can register and collect your race number etc as no race numbers will be mailed out). If you think that it will take you 5+hours to run the 42.195km, the 5:00AM start will best suit you.

#### **Compulsory 3 min stop at O'Reilly's:**

This is to allow all 42.195km competitors to recharge their hydration units etc. Failure to stop for the full 3mins will result in disqualification. No discussion will be entered into, this is Rule No 1.

### **INSTRUCTIONS FOR THOSE DOING 42.195KM ON SATURDAY AND 21.3KM ON SUNDAY**

Unless you have other arrangements, you will need to bring a person who is not running on Sunday with you to relocate your car to the Sunday finish at Green Mountains (O'Reilly's). It is only a 21.3km run, but via roads it is 60+km, on narrow winding roads, and we do not have the man power to drive your car on Sunday to the finish.

#### **Compulsory 3 min stop at O'Reilly's:**

This is to allow all 42.195km competitors to recharge their hydration units etc. Failure to stop for the full 3mins will result in disqualification. No discussion will be entered into, this is Rule No 1.

*Note:* If you run the 42.195km on Saturday and the 21.3km on Sunday, you are NOT eligible to win the Garry Briggs Trophy for the combined fastest time for the double crossing.

### **INSTRUCTIONS FOR THOSE DOING 21.3KM ON SUNDAY ONLY**

You must be at Binna Burra before 6:30AM to number up etc. And it is your responsibility to get your car from the start at Binna Burra to the finish at

O'Reilly's, as we do not have the man-power to do this for you, therefore you will need to bring a non-running friend.

## SWEEPERS

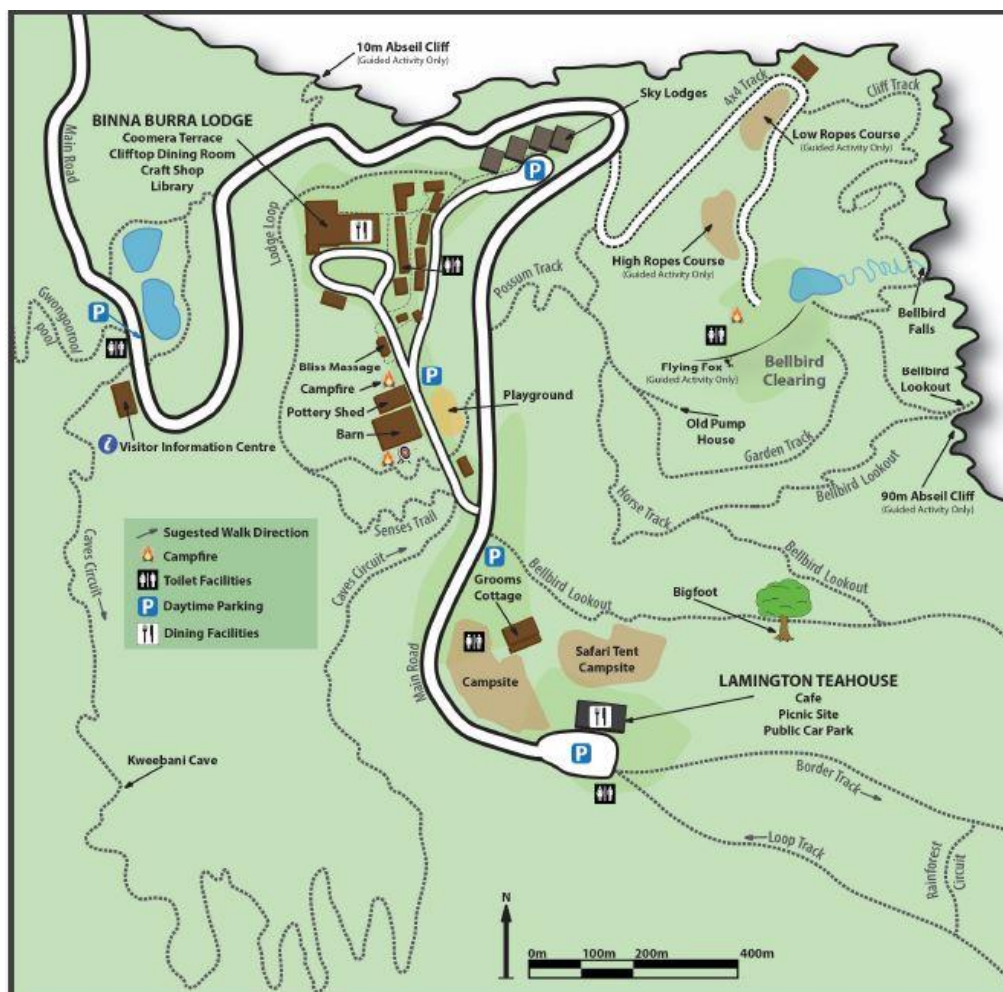
There will be sweepers out on the course on both days and will start about 15 mins behind the last runner. They will be carrying some basic first aid to help treat minor cuts, abrasions etc.

## MAP OF BINNA BURRA

See below the Map for the Layout of Binna Burra. Race Headquarters will be in the Camp Site Area.

Also note the Tea House. The Finish and Start line from the Binna Burra end is at the start of the Border Track. Just go to the end of the Road past the Tea House and follow the signs.

If you have booked Accommodation in the Bunk House this has been changed to Safari Tents (Check-In at Race HQ).



We look forward to seeing you soon!

Regards,

Amanda

For more information go to: [www.lamingtonclassic.com](http://www.lamingtonclassic.com)

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