

RUN DETAILS

Cut-off Times

| | |
|--|----------------------|
| Meryla Rd Aid Station (11.5 km) | 1 hr 30 mins |
| Gunrock Creek Fire Trail Aid Station (15.8 km) | 2 hrs |
| Patons Aid Station (21.7 km) | 2 hrs 50 mins |
| Meryla Pass Aid Station (26.4 km) | 3 hrs 30 mins |
| Redhills Aid Station (35 km) | 4 hrs 30 mins |
| Overall | 5 hrs 30 mins |

Official Sweeper

The sweeper will run with last runner, but not slower than the cutoff times and a finish time pace of 5 hours 30 mins. If you cannot stay in front of the sweeper you will be retired from the race. Aid Stations cannot be staffed indefinitely and tired runners cannot be left on their own in remote country.

Withdrawals

Runners withdrawing from the event must hand their race numbers at the next check point or to the Official Sweeper. Check points will radio to the finish of your withdrawal. Runners will be transported to the finish.

Aid Stations

The local Rural Fire Service will man all the aid stations and are the major contributor to the success of the event. They will supply the following:
a) Water b) First Aid c) Bananas, watermelon

Rubbish

You will be running through areas of natural bushland so please respect the environment. Any drinking cups, banana or watermelon skins must be left in the Aid Stations.

Personal Requirements

As this is an endurance event, runners might need special requirements in food and drink supplements. Runners must carry their own if required.

FINISH DETAILS

Location

The finish area is located at the start location, Twin Falls Cottages Fitzroy Falls.

Courtesy Tent

A courtesy tent shall be located at the finish area. Water and fresh oranges will be available.

Showers

Shower facilities will be available. Meet at the Courtesy Tent for shuttle pick up.

Finish

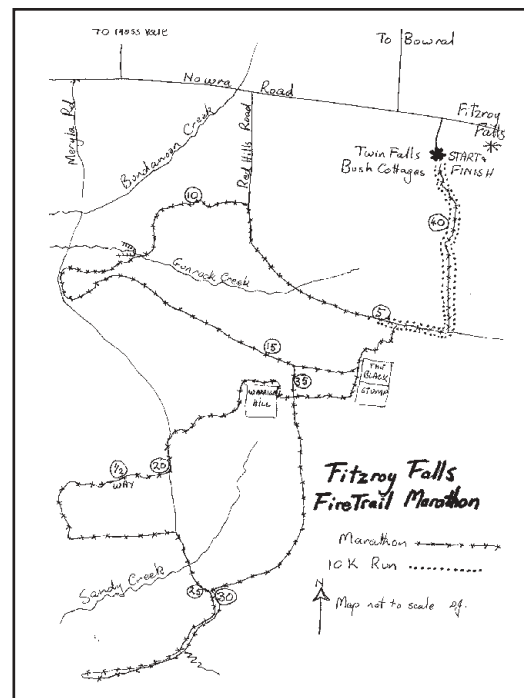
When you finish your time and place will be recorded. Race results will be mailed and recorded on the web.

Photographs

A limited number of photographs from the race will be available on the web.



2003 FITZROY FALLS FIRE TRAIL MARATHON AND 10KM FUN RUN*



A DIFFERENT CHALLENGE

**SATURDAY 11 OCTOBER 2003
8AM START**

**THE MARATHON: NOW IN ITS 4TH
YEAR. 42.195KM ALONG THE FIRE
TRAILS AT FITZROY FALLS IN THE
BEAUTIFUL NSW SOUTHERN
HIGHLANDS.**

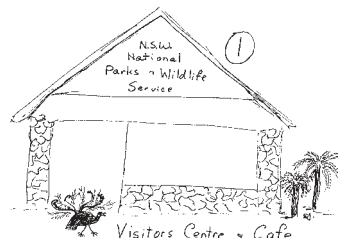
**NEW IN 2003:
10KM FIRE TRAIL
FUN RUN
9AM START**



** In aid of the Avoca, Burrawang &
Robertson Rural Bushfire Brigades.*

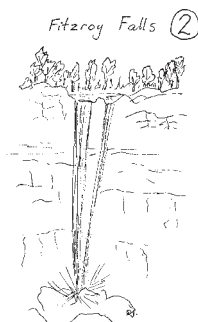
RACE INFORMATION – MARATHON

Start: 8.00 am Saturday 11 October 2003
Course: Start Twin Falls Cottages Fitzroy Falls following Fire Trails to Meryla Pass and finish Twin Falls Cottages Fitzroy Falls
Time Limit: 5 hrs 30 mins
Age Limit: minimum of 18 years
Entry Fee: \$50 entries received by 8 Sept 2003
\$60 entries received by 1 Oct 2003



RACE INFORMATION – 10KM

Start: 9am Saturday 11 October 2003
Course: Start Twin Falls Cottages Fitzroy Falls following Fire Trails and finish Twin Falls Cottages
Time Limit: 1 hr 30 mins
Age Limit: Parental consent required under 18
Entry Fee: \$15 entries received by 8 September 2003
\$20 entries received by 1 October 2003
Entrant Limit: 250



ENTRY INFORMATION

Closing Date: 1 October 2003
Mailing Address: Fitzroy Falls Fire Trail Marathon
PO Box 98
GLEBE NSW 2037

- * There will be no unofficial runners or late entries on the day.
- * All payments must be received with the entry form. No payments can be received on the day.
- * Payments should be made payable to "Fitzroy Falls Fire Trail Marathon" by cheque or postal order
- * The Race Committee reserves the right to reject any entry or prevent any runner from starting.
- * All runners signing the race entry and waiver will have read and understood these race rules and race information.
- * No refunds are provided.

AWARDS

Awards will be presented in the following categories:

| | |
|--------------------|---|
| Mens Marathon | First, Second and Third. |
| Mens 10km Course | First Second and Third |
| Womens Marathon | First, Second and Third |
| Womens 10km Course | First, Second and Third |
| All finishers | Certificate |
| Multiple Finish | Medallion awarded for each person who completes 5 Fitzroy Falls Fire Trail Marathons. |

Awards Presentation An awards presentation shall occur at the finish as follows:

| | |
|----------|---------|
| 10km | 10.30am |
| Marathon | 2pm |



START DETAILS

LOCATION Start area is located at Twin Fall Cottages Fitzroy Falls. Follow signs to car parking area located at end Throsby Road (off Nowra Road) Fitzroy Falls. Fitzroy Falls is located approximately 20 km south east of Bowral.

FOOD Tea, coffee & damper available at the start.

RACE NUMBERS All marathon competitors report to the start area by 7.00 am (10km runners 8am) to collect your allocated race number and pins. No runner will be eligible for an award or certificate unless completing the course as provided in these rules and within the official time limit and wearing the official race number on his or her chest so the words "Fitzroy Falls Fire Trail Marathon" and the allotted race number can be seen throughout the duration of the event. No cutting or folding of the race number please. Bushfire Brigade personnel will be logging your race numbers at the Aid Stations, they must have a clear view of your race number.

MEDICATION Runners must advise the Race Organiser before the start if they are taking any medication, this will be noted with the Official Sweeper and Bushfire Control. If on medication you will also be required to supply a certificate from your doctor stating your fitness to compete in this event.

T-SHIRTS Pre-ordered T-Shirts available for pick up at the start and finish. Limited number of additional T-Shirts will be available for cash purchase.

TOILET FACILITIES Available at the start.



START Marathon start 8.00 am followed by the 10km course Start at 9.00 am. Please ensure that you have arrived by 7am to allow all processing and briefing.

BRIEFING Race briefing will occur at 7.45 am



2003 FITZROY FALLS FIRE TRAIL MARATHON & 10KM FIRE TRAIL FUN RUN

ENTRY FORM AND WAIVER

| | | | |
|---|---------------------|----------------|--------------|
| Surname: | | First Name: | |
| Address: | | | |
| Suburb: | | State: | Postcode: |
| Contact details: Phone: | | Email: | |
| Sex M/F | | Date of Birth: | |
| Running Club: | | | |
| Most recent event completed: | | | |
| Distance: | | Date: | Finish time: |
|  | | | |
| Entry Fee: | | | |
| Marathon: | by 8 Sept 2003 | \$50 | \$ |
| | by 1 Oct 2003 | \$60 | \$ |
| 10km Run | by 8 Sept 2003 | \$15 | \$ |
| | by 1 Oct 2003 | \$20 | \$ |
| T-Shirts | Quantity@ \$40 each | Size: S M L XL | \$ |
| Donation to Rural Fire Service: | | | \$ |
| TOTAL: | | | \$ |
|  | | | |

Entries close 1 October 2003

Please forward total amount payable to Fitzroy Falls Fire Trail Marathon and this completed Entry & Waiver to:

Race Organsier
Fitzroy Falls Fire Trail Marathon
PO Box 98
Glebe NSW 2037

I undersigned, in consideration of and as a condition of acceptance of entry in the FITZROY FALLS FIRE MARATHON for myself, my heirs, executors and administrators, hereby indemnify and waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event. I acknowledge that I will be responsible for all costs associated with any injury sustained.

This indemnity and waiver will apply in respect of the organisers of the Fitzroy Falls Fire Trail Marathon, National Parks & Wildlife Service, the NSW Rural Fire Service, the Government of NSW, the Minister administering the National Parks & Wildlife Act 1974, the Director General of National Parks & Wildlife and the officers, employees, servants, agents and contractors of the National Park & Wildlife Services and Rural Fire Service.

I have read the race information and race rules and abide by the race rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved of otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them. I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings or any other records of this event for any legitimate purposes. I have read and understood the race rules.

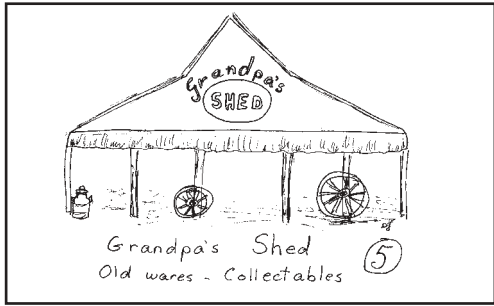
Signed: Date:

10km RUN ENTRANT

IF YOU ARE 17 OR UNDER THIS PART MUST BE SIGNED BY YOUR PARENT/GUARDIAN:

I certify that I am the Parent/Guardian of who is years of age and has my consent to run in this event and I hereby join the indemnity.

Signed Parent/Guardian:Date:



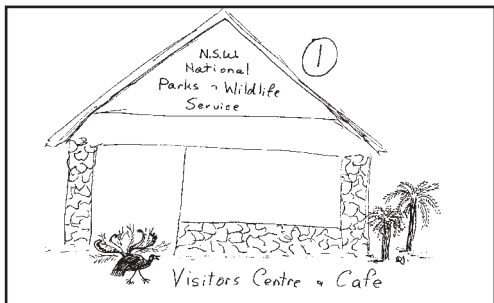
The first section of the walks is a wooden boardwalk suitable for handicapped persons and strollers.

Fitzroy Falls ... Past and Present

Fitzroy Falls has always been a small village, with only several dozen houses and surrounding farmland. (The current population - some few hundred, is part of the Avoca/Myra Vale area.)

Although the view from the Falls shows steep cliffs descending to the valley floor, there is a pathway leading down from the Highlands, first shown to the explorer Charles Throsby by aborigines in 1818. At the foot of this pathway (closely approximating the current Nowra road) is the beautiful Kangaroo Valley.

By the time the Falls were named (by Governor Fitzroy, on a visit to Throsby's property in 1850), they were already well known to other visitors, with local families taking their visitors there to picnic and admire the scenery. This tradition continues today.



Although a town was planned in 1862 by Surveyor Robert Hoddle, very little settlement followed. In 1882 some 4000 acres around the falls were set aside as a reserve, by which time it was already popular as a local sightseeing attraction. With the coming of the motor car, Fitzroy Falls became an even more popular visiting place.

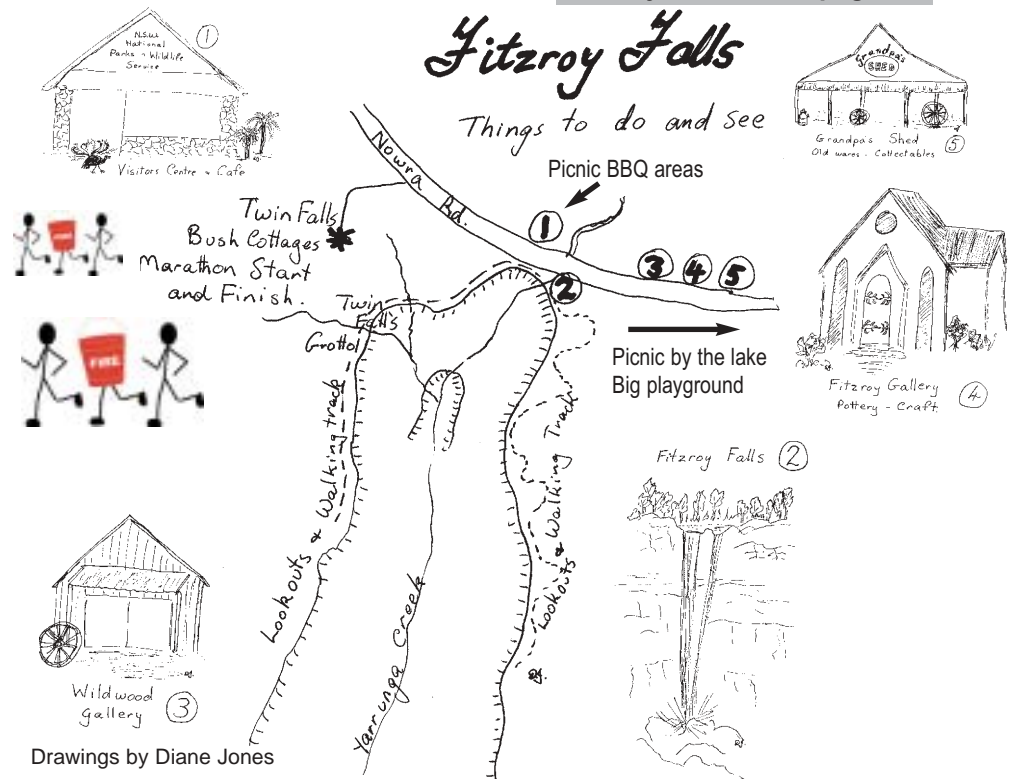
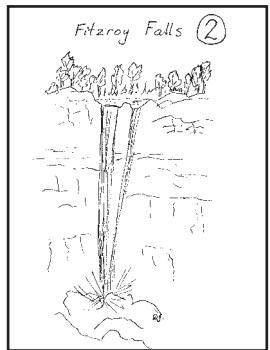
Since the 1960s the Falls have been administered by the NSW National Parks & Wildlife Service (after the creation of Morton National Park). Today there is an impressive tourist centre with information, displays, cafe, and picnic area.

The area around the top of the Falls is a well re-established nature reserve, and there are many walking trails to enjoy.

Twin Falls is a smaller version of Fitzroy 300m further along. The track crosses the creek via a narrow bridge fairly close to the cliff edge. The main lookout shows the falls close by and the rocks below. In the distance you'll see Mt. Carrialoo.

In the village, there is an old-fashioned general store, Grandpa's Shed antique store, the Fitzroy Gallery pottery, Wildwood Galley with its wooden furniture, the berry farm and riding school. A must see is the Visitors' Centre, with National Parks & Wildlife's displays of its services and Australia's natural heritage. There is a picnic area by the lake with a great children's playground.

See the District
Drive on to Robertson via Belmore Falls, see the area where the film Babe was produced or to Bowral via the village of Burrawang (with its historic hotel). Alternatively travel down the road to Kangaroo Valley.



Fitzroy Falls, the village and the spectacular falls are situated on the edge of the Southern Highlands escarpment. It is in the Morton National Park, about 140km south-west of Sydney. Fitzroy Falls is located on Nowra Road 40km west of Nowra and 20km from Moss Vale and Bowral.

To get there from Sydney: take the M5 Motorway and follow the freeway and the Hume Highway from Liverpool and take the Mittagong exit. Continue through Bowral then follow the signs south to Nowra. Alternatively head to Wollongong down the Princess Highway and then join the Illawarra Highway at Albion Park.

If travelling from *Canberra / Goulburn* take the Moss Vale exit off the freeway. From the *South Coast* head for Nowra then Kangaroo Valley via Nowra Road.

What to do at Fitzroy Falls
A short walk from the Marathon Start at Twin Falls Bush Cottages is Fitzroy Falls. Waterfalls are always spectacular and the vision of millions of litres of water dropping to splash upon rocks 81 metres below has been attracting visitors to this area for more than 150 years. Flowing from a reservoir, Yarrunga Creek plunges over Hawkesbury sandstone cliffs into Yarrunga Valley to form Fitzroy Falls. The creek then flows over Lady Horden Falls and into the Kangaroo River.

The Walks
There are two excellent walks that offer views of the falls and valley; the East Rim Track and the West Rim Track. The 7km East track explores the eastern cliffs with eight fenced lookouts offering spectacular views of the falls and valley. The 4km West Rim Track is a cliff top walk.

Drawings by Diane Jones