

ULTRA TASMANIA INC.
Its Fun In The Long Run



WITH THE ASSISTANCE OF
CROTTY DENTAL
Major sponsor

PRESENTS THE SEVENTEENTH

J.BOAG & SON

BRUNY ISLAND

64 KM ULTRA RUN

Saturday 27th November 2004

“Bruny Island” is situated 30 km south of Hobart, has a population of less than 500 and offers striking country and ocean scenery. The event starts at the Dennes Point jetty in the North and travels quiet country roads to the finish at the historic Bruny Island Lighthouse and National Park on the southern tip of the island.

The run consists of **solo** and **relay teams**. The latter consisting of serious, social and family teams. Relay teams have between 2 to 10 competitors. Solo competitors always receive great support and encouragement from the relay teams and their support crews along the entire course making for an enjoyable event.

(Race record: Colin Oliver 4hrs 12min 33sec, 2002)

“SCENIC COASTAL RUNNING AT IT’S BEST”

BRUNY ISLAND 64KM ULTRA RUN- 27TH NOVEMBER 2004

OFFICIAL ENTRY FORM

CATEGORY OF ENTRY:

- SOLO
 RELAY TEAM

SOLO RUNNER/ RELAY TEAM CAPTAIN

SURNAME:

FIRST NAME:

ADDRESS:

PHONE: (H) PHONE:(M)

EMAIL:

DATE OF BIRTH:

SUPPORT CREW AND NUMBER OF TIMES CREWED ON BRUNY:

IF RELAY- TEAM NAME:

RELAY TEAM CATEGORY- please tick the category that best describes your team.

- TEAM OF SIX LOCAL TEAM
 SPORTING GROUP (2 TO 10) SENIOR TEAM (7 TO 10)
 ALL MEMBERS OVER 40 JUNIOR (ALL MEMBERS U/18)
 BUSINESS GROUP

SOLO/ RELAY STARTING TIME:

ENTRY FEES

| | | | |
|--------------|---|---------------|-----------------------------------|
| SOLO: | \$35 (must be 18 years or older) | RELAY: | Adult \$20 Junior \$10 |
|--------------|---|---------------|-----------------------------------|

**Entry forms for both solo and relay teams are to be posted to:
Paul Riseley, 23 Wakeford Avenue, Kingston 7050, or to
Sharen Willing, 2 Gunn Court, Rosetta 7010, to arrive by COB Friday 19/11/04**

Please lodge your entry by 19/11/04 to help organisers prepare entry and result sheets prior to the event- late entries will be taken on the day however a late entry fee will apply.

Late entry fee: additional \$10 per team, \$5 per solo entrant

Enquiries may be directed to: Paul Riseley (03) 62296283 (AH) or riz5@bigpond.com
Sharen Willing (03) 62728541 (AH) or thewillings@optusnet.com.au

PLEASE ENSURE THE DECLARATION ON THE REVERSE IS ALSO COMPLETED

BRUNY ISLAND RUN – 27TH NOVEMBER 2004

IF SOLO- RECENT EXPERIENCE (FOR HANDICAPPING):

Recent ultra event distance, time and date:
Best marathon time in last two years:
Your estimated time for the 64 kilometres:

SOLO DECLARATION:

I in consideration of and as a condition of my entry in the 27/11/04 Bruny Island 64km Solo Run for myself, heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for acting out of loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. This waiver release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event, and the servants, agents, representatives and officers of any of them.

Signature Date

RELAY TEAM DECLARATION:

To be signed by each team member who will be running.

We the in consideration of and as a condition of my entry in the 27/11/04 Bruny Island 64km Solo Run for ourselves, heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for acting out of loss of any description whatsoever which we may suffer or sustain in the course of or consequent upon our entry or participation in the said event. This waiver release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event, and the servants, agents, representatives and officers of any of them.

ALL team members, including captain **Signature** **Date**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

BRUNY ISLAND ENTRIES

STARTING TIMES:

- 64km Solo: Solo runners are to arrange their own starting time so as to finish at the Lighthouse door by 2:30pm at the very latest.
Earliest start time is 4:30 am and so the run time limit is 10 hours.
A handicap time will be worked out from recent performances.
- 64km Relay: Teams are to arrange their own starting time so as to finish at the Lighthouse door no earlier than 12:30pm and by 2:30pm at the very latest.

NOTE: Finish times are scheduled so presentations at Alonah can begin 3:00 to 3:15pm sharp. All participants are asked to be realistic with their estimated start and run times so they finish by 2:30pm and make the 30minute car trip back to Alonah relaxed and safe.

ASSISTANCE:

Drink stations will not be provided.

It is the responsibility of all runners to ensure they have sufficient food and liquid to see them through the run, and for sustenance after the finish of the run.

All solo runners should have at least one support crew.

ENTRIES:

Entries for both solo and team runners are to be posted to the following:

Paul Risely, 23 Wakeford Avenue, Kingston 7050, e-mail riz5@bigpond.com or to

Sharen Willing, 2 Gunn Court, Rosetta 7010, e-mail thewillings@optusnet.com.au

And are to arrive by COB Friday 19/11/04.

RACE ENQUIRIES:

Enquiries may be directed to either of the following:

Paul Risely 03 6229 6283 (AH)

e-mail riz5@bigpond.com

Sharen Willing 03 6272 8541 (AH)

e-mail thewillings@optusnet.com.au

POST EVENT FUNCTION:

Light Refreshments will be available at the Hotel Bruny at Alonah from 2:30pm, with race presentations from 3:15pm.

There is a major Spot prize – you must be there to collect.

ELIGIBILITY:

Entrants in the 64km solo run must be 18 years of age on race day.

Relay teams are to consist of two to ten runners, but to be eligible for a fastest team prize senior or junior, and run a record, a team is limited to a maximum of 6 runners.

SAFETY FIRST:

Rules of the road apply and all of the course will remain open to general traffic.

Run on the safest side of the road and preferably facing oncoming traffic.

On narrow sections the support vehicle is to move ahead and wait.

Vehicles must display hazard blinkers and show a caution sign if possible.

Runners are required to wear light coloured clothing so as to be visible to traffic.

Support crews are not to travel alongside runners, a safe distance of 50m is recommended. It is preferred that support crews wait for their runners at the 2km changeover points.

Support crews of younger runners are requested to follow their competitors adhering to a 50m safe distance

Support crews and competitors must follow instructions of race referees who will be on course to

ensure safety first guidelines are followed.

RELAY TEAM GUIDES:

Social or serious relay teams are welcome to participate.

Each relay leg is 2 kilometres with a roadside marker indicating changeovers.

Runners may run in any order, one running per team leg.

Runners may run back to back legs if the team chooses.

BRUNY ISLAND DETAILS

BRUNY ISLAND PRIZES

All finishers receive a Bruny Island Run Certificate.

SOLO:

Fastest Time: Kingborough Council Perpetual Shield / \$50 voucher.

Second Fastest Time: \$35 voucher

Handicap: Ultra Tas Plaque / \$50 voucher

RELAY:

Fastest Time: Bruny Chamber of Commerce Perpetual Lighthouse Trophy.

Ultra Tas Plaque, and \$25 voucher to each runner and the manager.

Second Fastest Time: \$15 voucher to each runner.

Handicap team: Ultra Tas Plaque.

Fastest Junior Team (under 18): Ultra Tas Plaque / \$10 voucher to each runner.

Sporting Group Team: Tasty Selection

Business Group Team: Tasty Selection

Fastest Local Team: Ultra Tas Plaque.

Best Social Team: Southern Cross Trophy.

SUPPORT CREW

Maureen Brundle Memorial Crew Award: Tasty Selection.

Many thanks to our Bruny Island Run Supporters over the years.....

Talays

J. Boag and Son

Kinborough Council

Bruny D'Entrecasteaux Visitor Centre

Button's Quality Meets

At Your Service Cleaning Services

Crotty Dental

The Old Woolstore Apartment Hotel

Parks and Wildlife Services

North West Bay Shipping and Towage

The Bruny Hotel

BRUNY SOLO RACE RECORD

Colin Oliver 4 hours 12 minutes 33 seconds (2002)

BRUNY RELAY TEAM RECORD

Gerry and the Pacemakers 3 hours 16 minutes 38 seconds

BRUNY JUNIOR RELAY TEAM RACE RECORD

St. Virgils College 4 hours 7 minutes 45 seconds (2003)

BRUNY ISLAND COURSE

- *Driving from Hobart to the ferry at Kettering takes 30 minutes.*
- *Ferry trip from Kettering to Roberts Point takes 15 minutes.*
- *Driving from Roberts Point to the start at Dennes Point takes 20 minutes.*
- *Driving from the Lighthouse back to Alonnah takes 30 minutes.*
- *Driving back to the ferry from Alonnah takes 30 minutes.*

COURSE NOTES

1. Start is at the Dennes Point jetty.
2. Go right at the Adventure Bay junction to Alonnah.
3. Follow the main road through Alonnah.
4. Turn right at junction just after Lunawanna.
5. Finish is by touching the Lighthouse door.

**BRUNY ISLAND
FERRY TIMETABLE**

SUNDAYS

| Kettering | Roberts Point |
|-----------|---------------|
| 8.00 am | 8.30 am |
| 9.30 am | 10.15 am |
| 11.15 am | 11.45 am |
| 1.45 pm | 2.15 pm |
| 2.45 pm | 3.15 pm |
| 4.00 pm | 4.30 pm |
| 5.00 pm | 5.30 pm |
| 6.30 pm | 7.00 pm |

ALL OTHER DAYS

| Kettering | Roberts Point |
|-----------|---------------|
| 6.50 am | 7.15 am |
| 7.45 am | 8.25 am |
| 9.30 am | 10.00 am |
| 11.05 am | 11.35 am |
| 12.05 pm | 12.35 pm |
| 1.45 pm | 2.15 pm |
| 2.45 pm | 3.15 pm |
| 3.45 pm | 4.30 pm |
| 5.00 pm | 5.30 pm |
| 6.30 pm | 7.00 pm |

FRIDAY ONLY

| | |
|---------|---------|
| 7.30 pm | 7.50 pm |
|---------|---------|

Cost: \$22 return per car

NOTE
Although entry fees now apply to enter the national Park just before the lighthouse, the Parks and Wildlife Service have generously waived the fee for all runners and supporters
Remember, dogs are not permitted within national parks.

