

Bush Capital Bush Marathon Festival

Mt Ainslie and Mt Majura Nature reserves

Campbell High School, Canberra

1km from the city centre

SATURDAY 20 July 2013

- 9.00am** 16km bush run and 16km bush walk
- 12.00pm** Under 13 years 2km children's run; 5km and 10km walks
- 12.30pm** 10km run
- 12.35pm** 5km run

SUNDAY 21 July 2013

- 7.30am** 63.3km ultra run and relay (triple half marathon)
- 8.30am** 42.2km bush marathon run, walk and relay; half marathon walk
- 9.30am** 21.1km bush half marathon run



Race information

Introduction

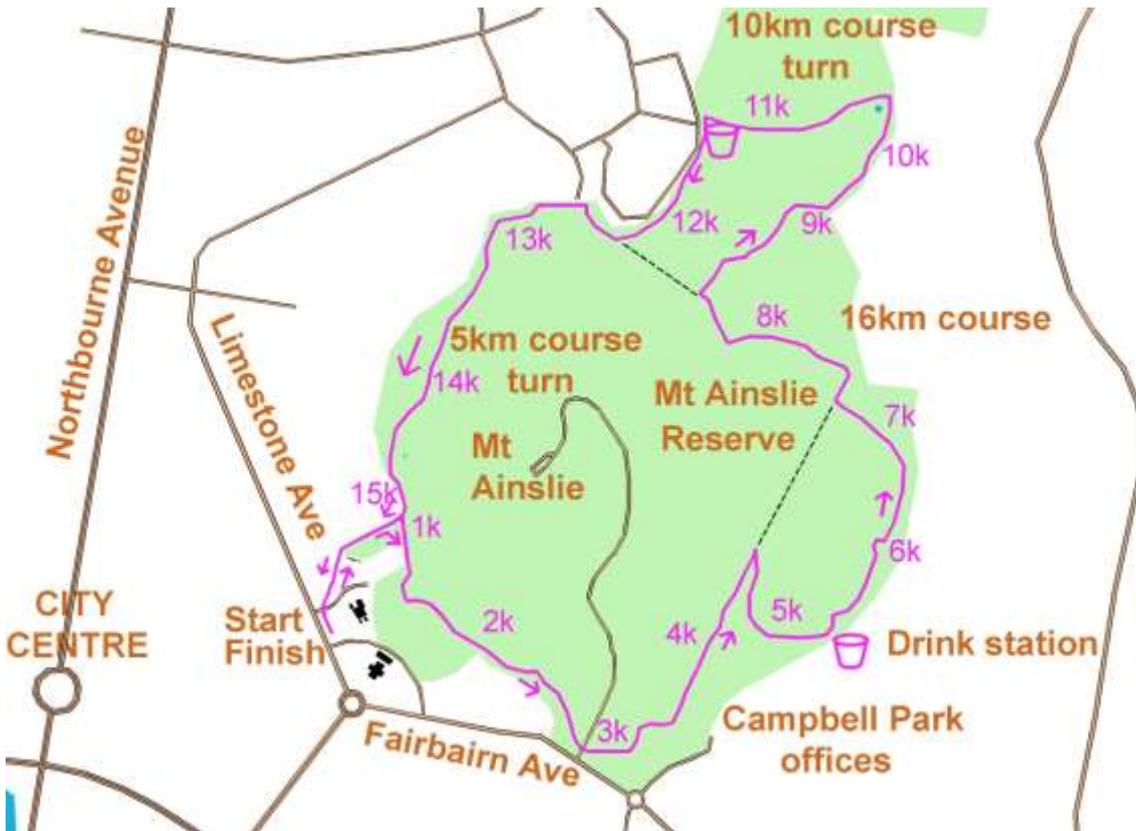
The 2013 Bush Capital Bush Marathon Festival is an exciting 2-day off road running and bush walking event from the centre of Canberra in Mt Ainslie and Mt Majura nature reserves. The events are fully off road, nearly all on well-maintained management trails in the nature reserves.

The courses do not take in the peaks, instead sticking to the undulating trails on the lower slopes. Various sections of the courses offer spectacular scenery, both from the higher points and in the valleys.

The major goal is to offer a very enjoyable running or walking experience for all participants. The secondary goal is to raise funds to assist the Australian Mountain Running Team. Each year members of the team have to self finance up to \$4,000 each to represent Australia at world mountain running championships in Poland. Funds raised from the voluntary organisation of the Bush Capital Bush Marathon Festival enable subsidies to be provided to our Australian mountain running representatives.

The support of ACT Parks Conservation and Lands is greatly appreciated in providing access to some of the most beautiful areas of Canberra's nature reserves, and to Campbell High School for Saturday's race start and finish.

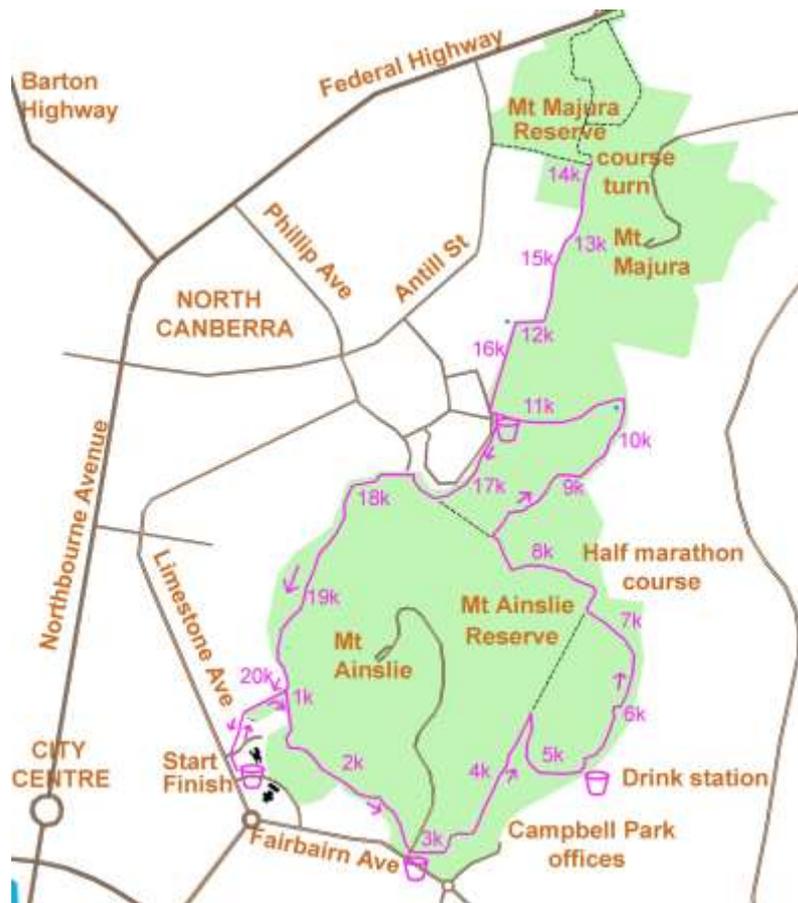
16 km course: run anti-clockwise



Half marathon (one lap); marathon (twice), 63.3kms (3 times)



Half marathon course: 16km course plus out and back 5.2 km on north-western Mt Majura fire trail from the Mackenzie St, Hackett drink station.



Saturday and Sunday Start/finish

Campbell High School sports field, adjacent to Limestone Ave, Campbell ACT (near the intersection with Treloar Crescent). This is across the road from the Australian War Memorial and less than one kilometre from the city centre.

Weather conditions:

In 2005, 2006, 2007, 2008, 2009, 2011 and 2012: still and sunny. In 2010 a few short showers but good conditions.

Average temperature on 20 & 21 July at 9am: 5.1 degrees

Average maximum temperature: 12.5 degrees

Sunrise: 7.00am Sunset: 5.20pm

Events

63.3km ultra run (triple half marathon) (time limit 9hrs)

42.2km marathon run & walk & relay (time limit 7hrs 30mins)

21.1km half marathon run & bush walk (time limit 5hrs)

16km run and bush walk (time limit 3hrs 30mins)

5km & 10km bush walks (time limit 2 hours)

2km, 5km and 10km runs (time limit 1 hr 45 mins)

Age limits

Minimum age of 18 years for the marathon and ultra, and 16 years for the half marathon events.

Awards information

All events

- Souvenir Bush Capital Bush Marathon Festival coffee mugs for all finishers.

2km, 5km, 10km, 16km, half marathon, marathon and ultra runs

- Trophies for first three male and female finishers.

5km, 10km, 16km, half marathon and marathon bush walks & marathon & ultra relay

Souvenir mugs for all finishers and relay team members but no awards for fastest finishers.

Entry fees

10% discount for all entries by 1 July.

20% discount for online family entry (2 parents & 1 or more children under 20 years of age, or 1 parent and 2 or more children under 20 years)

Walks: 5km, 10km, 16km walks: \$15 by 15 July; \$20 afterwards. Half marathon walk: \$30. Marathon walk: \$50.

Running events:

Entry by 8 July

63.3km \$70; Marathon \$60; Marathon relay \$25 per person
Half marathon \$35; 16km \$25; 10km \$18; 5km \$12; 2km \$8

Late: From 9 July to 17 July

63.3km \$80; Marathon \$70; Marathon relay \$28 per person
Half marathon \$40; 16km \$35; 10km \$22; 5km \$15; 2km \$10

Very late: 18 July up to 40 minutes before start time

63.3km \$90; Marathon \$80; Marathon relay \$32 per person
Half marathon \$45; 16km \$40; 10km \$22; 5km \$16; 2km \$12

Marathon relay

Teams may comprise 2 runners, each doing 1 lap of the half marathon course.

Ultra Marathon relay

Teams may comprise 3 runners, each doing 1 lap of the half marathon course.

Race registration

Entrants prior to 24 July will have their chest numbers posted to them. Those with email will be emailed updates.

Other entrants will need to collect their chest numbers at the registration tent on Saturday or Sunday.

Race day registration at the start areas: 8am-1pm Saturday 20 July; 7am-9.30am Sunday 21 July.

Event Merchandise

White Coolmax T shirts with red panels for \$35. **A small number will be available for sale on race day..**

Accommodation and information on Canberra

See <http://www.visitcanberra.com.au/>

Nearest hotel: Canberra Mercure hotel (4 star), cnr. Ainslie & Limestone Avenues, Braddon. This is only 300m from the race start/finish. <http://mercurecanberra.com.au/>

The Hotel is offering a special discount accommodation deal for Bush Capital Bush Marathon Festival participants and families:

Superior King/Twin Room – Maximum 2 Adults \$165 room only per room per night

Deluxe Loft Room – 2 Adults & 2 Children - \$185 Room Only per room per night

To get these rates you need to quote the following code when booking: BUSHMARATHON

Phone number for bookings: (02) 6243 0012

Course information

2km, 5km and 10km courses: out and back from Campbell High School heading north on the western side of Mt Ainslie.

16km course: a circuit around Mt Ainslie, along the eastern slopes on the way out, returning along the western slopes.

21.1 km half marathon course: 16km course plus an out and back 4WD trail course on the north western slopes of Mt Majura.

Marathon course: Double the half marathon course.

63.3km ultra course: Triple the half marathon course.

Drink stations: Water, Gatorade, various lollies, cookies at each.

Saturday:

At the 5.3km and 11 km points on the 16 km course, and at the 4.5km and 5.5km point on the 10 km course.

Sunday: Four drink stations on the half marathon course:

At the start/finish, 3km (Mt Ainslie Road crossing), 5.3km (north of Campbell Park offices), 11km/16.2km (near Canberra Nature Park carpark off Mackenzie St, Hackett, near junction with Grayson St).

16 km course profile (GPS from Steve Hanley)

