

# ***Deep Space Mountain Marathon & Half Marathon***

***Former Orroral Valley Space Tracking Station to former  
Honeysuckle Creek Space Tracking Station and return,  
Namadgi National Park A.C.T.***

***SUNDAY 10 December 2017***

**Start and finish at the former Orroral Space Tracking Station, end of the bitumen on the Orroral Road, 30kms south of Tharwa via Naas and Boboyan Roads**

**(50 to 60 minutes from Canberra city)**

**Running surface: Some bitumen at the start/finish plus a high quality 4 wheel drive dirt road.**

**6.30am      42.2 km marathon, 1290m of ascent**

**7.30am      21.1 km half marathon run & power walk, 645m of ascent**

**9.00am      8 km run and walk; 5 km run and walk**

The Half Marathon is a 21.1 km out and back route from the former Orroral Space Tracking Station to the former Honeysuckle Space Tracking Station and return. The Deep Space Mountain Marathon does this course twice. The 8 km and 5km are out and back route courses from the Orroral Picnic Area.



## Honeysuckle Creek and Orroral Valley locations and space tracking history

Honeysuckle Creek is located within Namadgi National Park 40 minutes south of Canberra; see the locations of the Honeysuckle Creek camping ground and Orroral Valley picnic area at

[http://www.tams.act.gov.au/\\_data/assets/pdf\\_file/0003/13827/campgroundsandpicnicareasofnamadginationalpark.pdf](http://www.tams.act.gov.au/_data/assets/pdf_file/0003/13827/campgroundsandpicnicareasofnamadginationalpark.pdf)

Google Earth, Google maps reference -35.5832, 148.97511

Read more about the space tracking histories at <http://www.honeysucklecreek.net/index1.html>,

[http://en.wikipedia.org/wiki/Honeysuckle\\_Creek\\_Tracking\\_Station](http://en.wikipedia.org/wiki/Honeysuckle_Creek_Tracking_Station)

and [http://en.wikipedia.org/wiki/Orroral\\_Valley\\_Tracking\\_Station](http://en.wikipedia.org/wiki/Orroral_Valley_Tracking_Station)



**Kangaroos in the Orroral Valley near the start/finish**

### Orroral camping ground

Race officials and competitors in the 6.30am start are encouraged to camp overnight in the Orroral camping ground, about 5 km from the start/finish. Book and pay for this at the Namadgi National Park Visitors Centre.

### Other accommodation (in Tuggeranong)

- Country Comfort Inn, 46 Rowland Rees Cres, Greenway [www.countrycomforthotels.com](http://www.countrycomforthotels.com)
- Abode Tuggeranong, 150 Anketell Street, Greenway [www.abodehotels.com.au/hotels/abode-tuggeranong/](http://www.abodehotels.com.au/hotels/abode-tuggeranong/)

### Kangaroo warning for drivers

Kangaroos are a major driving hazard for drivers in Canberra in the early morning and late afternoon and evening. Especially on the road south of Tharwa. If you collide with one, your car can be a write-off. Please leave plenty of time to drive to Orroral Picnic Area and drive slowly and carefully from Tharwa onwards to minimise the risk of a kangaroo collision.

### Drink stations

There are 4 drink stations planned along the 10.55 km course: at the start/finish, at the Orroral River Bridge, after 7.1 km on the Orroral Ridge Road, and at the Honeysuckle Creek turnaround. Water, sports drink, lollies, fruit cake, salted chips, choc chip cookies will be provided. In the event of wet weather making the Orroral Ridge road inaccessible to vehicles, the drink station there may have very limited supplies.

Competitors must not drop litter in the National Park. All used cups, Gel packs etc must be left at drink stations.

### Qualifying standard for marathon

Because of the danger to competitors of running in the heat, there is a time limit of 5hrs 30mins for the marathon. Entries will only be accepted from competitors who have achieved faster than the following standard during the last 2 years: Deep Space 42km marathon in under 5 hrs 30 mins, Six Foot Track in 5hrs, Bush Capital marathon in 4:40, road marathon in 4hrs 15mins; road half marathon in 2:00. Marathon runners must reach the half marathon point in 2:45 to continue. Other performances may also be nominated to the race director for qualifying consideration.

There are no qualifying standards for the other events but competitors should have good basic running or bush walking fitness.

## Awards

- All finishers in all events: souvenir race mug or wine/chocolate
- Marathon, half marathon, 8km, 5km runs: Trophies: First 3 males and females in each event
- Walks: Wine: fastest male and female who has walked all the way

## Electronic timing by FlyerUltra Timing and online results

Race bibs will have electronic timing chips attached and must be collected on race day **at least 30 minutes before race start**. They are not mailed out beforehand.

### Bib Mounting Instructions

Bibs for chip timing must be mounted on the front of the torso only, oriented correctly (landscape), and pinned securely. For the chips to work, Bibs must not be covered by packs or belts, and they should be clearly visible at the finish for manual backup and confirmation of electronic chip reads.

Do not go anywhere near the timing mats during your pre-race warm up!

### Start Protocol

A briefing will be given 10 minutes before each event is due to start. The start line will be defined by 2 cones placed approximately 20m before the start confirmation/finish timing mat. Please ensure after starting that you cross the 4m wide timing mat so that we have a start confirmation for you.

### Finish Protocol

After crossing the timing mat at the finish please do not stop but continue walking another 30m or so through to the Finish Table where you should take off your bib, scan it at the computer there to display your result, and then place the bib in the box provided. Please do not forget to take your bib off. You are welcome to cheer others on at the finish as long as you are not wearing or carrying a bib near the mats.

### Live Results post race (no mobile coverage in Namadgi National Park)

Provisional live results will be available from late afternoon on race on any device with Web access (smartphone, tablet, PC) via a link which will be placed on AMRA website.

Your finish time recorded will be the gun time – i.e. time when you crossed the finish mat minus the start time at the start cones.

### Online Finisher's Certificate

When you access the Web result if you click on your name in any Results List a pop up box with a downloadable/printable Finisher's Certificate will be available for you.

## Compulsory race briefing

10 minutes before the start of each race.

### ***Entry closure strictly on 6 December***

To facilitate use of the electronic timing system, it is most important that entries close a few days before race day to enable timing chips to be attached to bibs and boxed and organised for race day. **Entries will only be accepted online and online entries will close strictly on Wednesday 6 December at 6pm**. No late entries will be accepted after 6pm on Wednesday 6 December and no late entries will be accepted on race day. It will help the organisation considerably if as many people as possible enter before Friday 13 November.

### Entry fees by 11.59pm, 23 November

Runs and bush walks—marathon: \$60; half marathon: \$40; 8k: \$25; 5k: \$15.

### Entry fees from 24 November to 6pm 6 December

Runs and bush walks—marathon: \$75; half marathon: \$55; 8k: \$30; 5k: \$20.

## Cancellation, Refund, Entry Transfer and Change of Distance policies

**Helping us to help you:** The Australian Mountain Running Association is a not for profit and volunteer run organisation that strives to put on very affordable events of a very high standard. We rely on

participants to assist us in keeping entry fees low and event organisation volunteer friendly by observing race rules and by volunteering themselves from time to time.

**Event cancellation:** If the event is cancelled by AMRA, for example in the case of a total fire ban or extreme weather, AMRA will refund 70% of your entry fee. AMRA is a non-profit organisation and the remaining funds will go towards some of the costs that we cannot get refunded.

**Partial refund due to illness/injury/family or work commitment:** Entrants who wish to cancel their registration due to illness/injury/family or work commitment may apply to receive a refund of the entry fee less an administration fee of \$10 up to 6pm on 6 December. The application should be emailed to John Harding at [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com) and include your name, your email address, the name of the event, and your Registernow registration number (emailed to you when you entered) before 6pm on 6 December. No refunds will be given for applications after 6pm on 6 December, and emails after 6pm on 6 December requesting refunds will not be answered. Refunds will be processed in bulk.

**Transfer of your entry to another participant:** Sorry, we are unable to do this. You will need to cancel your own entry (see above) and the other participant can sign up as normal if the event registration deadline has not yet passed. If the event registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant. If you are caught doing this both entrants may be disqualified from future events.

**Transfer of your entry to a different AMRA event in the future:** Sorry, we are unable to do this. You will need to cancel your entry (see above) and register for the future event.

**Changing your event distance:** Any requests to change race distance or from a run to a walk or vice versa must be emailed at the latest by midday on Friday 8 December to John Harding at [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com). No refund will be given where the change is to a cheaper entry fee event. If the change is to a more expensive entry fee event, there will be a fee applicable of the additional cost which must be provided in cash when collecting your race bib on race day.

**Event queries:** Please download and read the event information in this document, and in the pre-race enews bulletin that will be emailed to all entrants during the week before race day. Do not email or message in the last 2 days before race day as Namadgi National Park has no mobile reception.

## **Volunteering**

Volunteers are needed for a range of jobs. To volunteer, please complete the online Volunteer form at [www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au)

## **Weather**

In December Orroral and Honeysuckle Creek can experience weather ranging from sub-zero snow and sleet to heat of 30 degrees plus. In 2008 snow fell right through the night and during the first 2 hours of the race. There were several cms of snow on the trails on the course in the higher places. Competitors should therefore come prepared for all types of weather.

## **Time limits**

Time limits are necessary for personal safety and for consideration to drink station attendants who volunteer many hours to help on the day.

The following time limits shall apply and persons not achieving the time limits will be disqualified.

Marathon: must reach the halfway point in 2 hrs 45 mins to continue, then the finish in 5 hrs 30 mins to not be disqualified.

Half marathon run and power walk: 4 hours 20 mins.

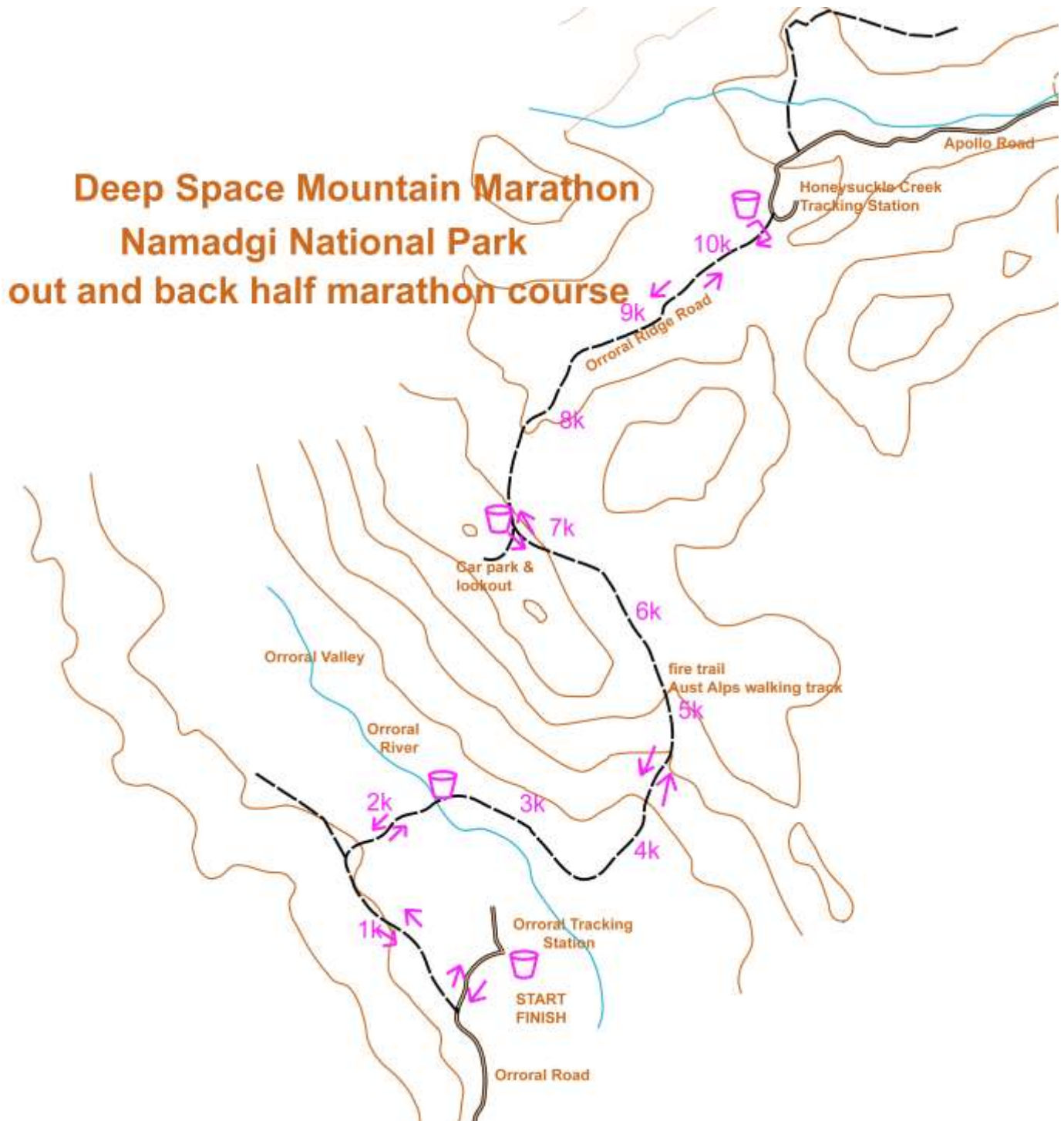
10 km run and walk: 3 hours.

## Age limits

Minimum age of 18 years for the marathon and 15 years for the half marathon events.

## Dogs

No dogs or other pets are permitted in Namadgi National Park.



# 2017 Deep Space Mountain Marathon program entry form: do not use this form: online entry only

Please enter securely online with credit card at [www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au)

Given name ..... Surname .....

Address.....

..... Post code .....

Telephone ..... (home) ..... (work)

Email (please write clearly using box letters) .....

Sex (male/female) ..... Date of birth .....Age in years on 10 December 2017 .....

## Event

**Runs:**  5kms  10 kms  Half marathon  Marathon

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**Bush walks:**  5 kms  10 kms  Half marathon

**Remittance enclosed:** Cheques should be made out to Australian Mountain Running Association

Entry fee \$.....

Donation to Australian mountain running team \$.....

Total \$.....

## Risk Statement

In entering this mountain running and walking event you should recognise that mountain running and walking is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration.

You should be aware that there is no personal accident insurance on your participation and you participate at your own risk.

## Declaration: (all individual and team entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the Deep Space Mountain Marathon and supporting events, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging this event.
2. I have downloaded and read the event information, including the risk statement and race rules, especially in respect of the time limits and cancellation, refund and transfer of entry policies, and I agree, in entering, to comply with all race rules and conditions.
3. I have trained for this event, have no medical impairment which may be detrimental to my health, and I will withdraw from the event if I suffer a viral complaint during the last seven days before the race, or I feel unwell on the day.

Signed:..... Date:.....

If under 18 years, signature of parent or guardian approving participation of the above in the event:

Signed:..... Date:.....