

Mt Majura Vineyard Three Peaks 26km, Two Peaks 20km, One Peak 7.3km and 3 person relay run

plus Two Peaks and One Peak bush walks

Saturday 8 November 2008

6.30am Start for 20kms and 26kms, 26km relay and bush walks

7am Start for 7.3km run

Mt Majura Vineyard, Majura Road, Canberra ACT



Time limit: 5 hours.

Facilities The Mt Majura Vineyard has a large parking area, toilets and wine sales outlet. Mt Majura Vineyard wines will be on sale for finishers. Internet

www.mountmajura.com.au

Location See location map at www.mountmajura.com.au

Courses One peak: Mt Majura; Two peaks: Mt Majura & Mt Ainslie; Three Peaks: Mt Majura, Mt Pleasant and Mt Ainslie. Maps will be on the AMRA website in late October.

Awards:

All run and bush walk finishers: Bottle of Mt Majura Vineyard wine, or extra virgin olive oil for non-drinkers.

26km, 20km and 7.3km runs: 1st male and female: Mt Majura Vineyard premium wine pack.

Relays: Bottle of Mt Majura Vineyard wine for each team member.

Presentations: Finishers will be presented with their awards as they cross the finish line.

Drink stations: Five drink stations with water and Gatorade roughly every 5kms.

Relay:

Leg 1 (10.1 kms, Mt Majura, Majura-Ainslie ridge and lower Mt Ainslie) finishes at the drink station at the Mt Ainslie Road crossing, 200m from Fairbairn Avenue.

Leg 2 (8.1 kms, Mt Pleasant and Mt Ainslie) finishes at the drink station on the summit of Mt Ainslie.

Leg 3 (7.8 kms) downhill run from Mt Ainslie, finishing at Mt Majura Vineyard.

Organiser: Australian Mountain Running Association

www.mountainrunning.coolrunning.com.au

Enquiries John Harding 02 6248 6905 email: hackettrunner at hotmail dot com

Mt Majura Vineyard Three Peaks, Two Peaks and One Peak 2008 Entry Form

Name.....

Address.....

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Telephone.....(hm)..... (wk)

Email address (use BLOCK LETTERS)

Sex (M or F).....Date of birthAge in yrs on day of run.....

Event: 26 km run 20 km run 7.3 km run 26 km relay

20 km walk 7.3 km walk

Australian Mountain Running Association member: Yes No

Relay team name and names of team members: all team members must complete and sign a copy of this form for insurance reasons. Please attach completed forms.

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Declaration: (all entrants must sign)

I, the undersigned, in consideration of and as a condition of entry in the Mt Majura Vineyard Three Peaks, Two Peaks, One Peak, Relay runs and bush walks, 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, injury or damage upon my entry or participation in this 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.

Signed.....Date.....

Age restriction: Individual competitors must be age 16 or more for the 20km and 26km runs, and age 13 or more for the 7.3km run, relay, and the bush walks.

Entry fees

Note: AMRA—Australian Mountain Running Association

Individuals: \$25 pre-entry for AMRA members, \$30 for non-members by 3 November (\$35 for late entries)

Teams: \$20 pre-entry per person for AMRA members and \$25 for non-members by 3 November (\$30 for late entries)

Please enter before race day. Collect your chest number on race day.

Send entries to:

John Harding, 42 Stanley St, Hackett ACT 2602

with cheques made out to **Australian Mountain Running Association.**

(Late entries will be accepted on race day from 6am to 6.20am. Please enter before race day to avoid possible delays in the starts and insufficient drinks being available on the course)