

2017 COBURG 24 HOUR CARNIVAL

6 HOUR RUN/WALK
24 HOUR RUN/WALK
100 KM ELITE RUN

SUNDAY MARCH 5th 2017
APRIL 22nd - 23rd 2017
APRIL 22nd - 23rd 2017

BE PART OF THE 30th ANNUAL COBURG 24 HOUR CARNIVAL, WITH

- THE 17th COBURG HARRIERS 6 HOUR CHAMPIONSHIPS
- THE 34th VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 32nd AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE INAUGURAL COBURG 100 KM RUN CHAMPIONSHIPS

As for 2016, the Coburg 24 Hour Carnival will extend over 3 days. Our 6 Hour track championships will again be held as a separate Ultra event in early March, followed by our traditional 24 Hour Carnival in April.

This year, we have extended the 24 Hour Carnival to include an additional 100km Run Championship option. This will be for elite runners only, with qualification standards set at 8:00 for men and 9:30 for women. This category will be restricted to 15 runners in total and they will start alongside the 24 Hour runners and walkers at 10AM on the Saturday, and will be allocated to lane 1, alongside the top ranking 24 Hour participants.

Entry fees are priced as follows

○ 6 Hour Run/Walk	Sunday 5 March 2017	\$ 80 (\$70 for AURA members)
○ 24 Hour Run/Walk	Saturday 22 April 2017	\$ 160 (\$150 for AURA members)
○ 100 Km Run	Saturday 22 April 2017	\$ 100 (\$90 for AURA members)

A total field limit of 70 places has been set for both the 6 Hour and the 24 Hour / 100 Km events, with lanes 1 and 3 to be used to spread the entrants as per usual, with the top ranked entrants in lane 1 and all others in lane 3.

Current AURA members will receive a discount on their entries. This is built into the entry fee.

While our event has Public Liability Insurance, we do not offer anything in the way of Personal Accident Insurance. In the event that you suffer an injury during our event and subsequently incur either medical expenses or time off work, it comes out of your pocket. We therefore recommend that competitors take out their own precautions in this matter by means of Private Health Insurance, Ambulance Victoria membership and/or their own Sports Insurance.

AURA used to offer Personal Accident Insurance as part of its membership package but that is not the case at the moment. However, I still recommend AURA membership to any competitors who regularly compete in these ultra events and I refer you to their website at <http://www.aura.asn.au>.

I must also alert you to a second matter of importance, given the possibility of hot weather, especially on the day of the 6 Hour event. As in previous years, our heat policy will be in place:

If the forecast is for extremely hot weather on the day of the race, we reserve the right to postpone the event to either later in the day or to a different day. As per the guidelines issued by Sports Medicine Australia, we regard extreme conditions as conditions where the forecast temperature is expected to be 36^oC or higher. Such a decision would normally be made on the morning of the race. For further reading on this matter, you are referred to <http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>.

This is just a heads up in case the worst happens and is an indication of the fact that ultra race organisers now increasingly factor such a 'duty of care' into their race plans.

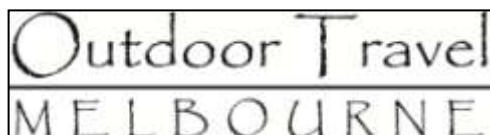
We did encounter a very hot day for the 2013 6 Hour Championship event so we brought the start time forward to 6AM and used sprays to keep competitors cooler in the final couple of hours. We now keep the 6 Hour start time at 6AM, given the ongoing possibility of similar conditions.

For further information, contact either one of

- Tim Erickson home 03 93235978, mobile 0412 257 496, email terick@melbpc.org.au
- Bernie Goggin home 03 98504958, mobile 0417 012 682, email bernard.goggin@bigpond.com

or view the latest information on the Coburg 24 Hour website <http://www.coburg24hr.org>.

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<http://www.toptentreks.com.au>





COBURG 24 HOUR



CARNIVAL 2017

COBURG 6 HOUR RUN / WALK CHAMPIONSHIPS SUNDAY 5th MARCH 2017

17TH COBURG 6 HOUR CHAMPIONSHIPS

- 6 Hour Run 6.00AM to 12.00PM Sunday 5th March
- 6 Hour Walk 6.00AM to 12.00PM Sunday 5th March
- Presentations 12:30PM Sunday 5th March

Held at: Harold Stevens' Athletic Track
 Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)
 Enquiries: Tim Erickson mob: 0412257496 or ah: (03) 93235978

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/>
ADDRESS (No. and Street)		DATE OF BIRTH (D/M/Y)
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	STATE	POSTCODE
		SEX (M/F)
		AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	
PHONE (HOME)	PHONE (MOBILE)	
<input type="text"/>		<input type="checkbox"/>
EMAIL		AUST CITIZENSHIP (Y/N)
<input type="text"/>		<input type="checkbox"/>
PERSON TO BE NOTIFIED IN CASE OF EMERGENCY		AURA MEMBERSHIP (Y/N)
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (MOBILE OR WORK)	RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets YES NO

I agree that photos of me competing in this event may be passed onto interested media outlets YES NO

- | | | | | | | |
|-------------|------------------------|--------|--------------------------|---------------------------|--------|--------------------------|
| Tick Event: | 6 Hour Run (Non AURA) | (\$80) | <input type="checkbox"/> | 6 Hour Run (AURA Member) | (\$70) | <input type="checkbox"/> |
| | 6 Hour Walk (Non AURA) | (\$80) | <input type="checkbox"/> | 6 Hour Walk (AURA Member) | (\$70) | <input type="checkbox"/> |

Details of Your Best Track Ultra Performances:

6 Hour	-----	Km	50 Km	-----
12 Hour	-----	Km	100 Km	-----
24 Hour	-----	Km	50 Miles	-----

SEND ENTRIES TO : TIM ERICKSON
 1 AVOCA CRES
 PASCOE VALE
 VICTORIA, 3044

Entries close Sunday 26th February 2017 or earlier if the maximum field size of 70 competitors is reached.



COBURG 24 HOUR CARNIVAL



CARNIVAL 2017



COBURG 24 HOUR CARNIVAL SATURDAY 22nd – SUNDAY 23rd APRIL 2017

34th VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 32nd AUSTRALIAN CENTURIONS 24 HOUR WALK CHAMPIONSHIPS INAUGURAL COBURG 100KM RUN CHAMPIONSHIPS

- 24 Hour Run/Walk 10.00AM Saturday 22nd April to 10.00AM Sunday 23rd April
- 100 Km Run 10.00AM Saturday 22nd April
- Presentations 11:00AM Sunday 23rd April

Held at: Harold Stevens' Athletic Track
Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)
Enquiries: Tim Erickson mob: 0412257496 or ah: (03) 93235978

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (No. and Street)	DATE OF BIRTH (D/M/Y)	
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	STATE	POSTCODE
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (MOBILE)	SEX (M/F)
<input type="text"/>	<input type="text"/>	<input type="text"/>
EMAIL	AUST CITIZENSHIP (Y/N)	
<input type="text"/>	<input type="text"/>	
PERSON TO BE NOTIFIED IN CASE OF EMERGENCY	AURA MEMBERSHIP (Y/N)	
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (MOBILE OR WORK)	RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets YES NO

I agree that photos of me competing in this event may be passed onto interested media outlets YES NO

- | | | | | | | |
|-------------|-------------------------|---------|--------------------------|----------------------------|---------|--------------------------|
| Tick Event: | 24 Hour Run (Non AURA) | (\$160) | <input type="checkbox"/> | 24 Hour Run (AURA Member) | (\$150) | <input type="checkbox"/> |
| | 24 Hour Walk (Non AURA) | (\$160) | <input type="checkbox"/> | 24 Hour Walk (AURA Member) | (\$150) | <input type="checkbox"/> |
| | 100 Km Run (Non AURA) | (\$100) | <input type="checkbox"/> | 100 Km Run (AURA Member) | (\$90) | <input type="checkbox"/> |

Details of Your Best Track Ultra Performances:

6 Hour	----- Km	50 Km	-----
12 Hour	----- Km	100 Km	-----
24 Hour	----- Km	50 Miles	-----

SEND ENTRIES TO : TIM ERICKSON
1 AVOCA CRES
PASCOE VALE
VICTORIA, 3044

Entries close Sunday 16th April 2017 or earlier if the maximum field size of 70 competitors is reached.

