

EVENT INFORMATION – TEAM PARTICIPANTS

Race Safety

The road is open to the public so you **MUST** run on the right at all times and follow instructions of the SES Marshals. iPods, headphones etc should not be used, and wearing light-coloured clothing is advised. Support vehicles must drive ahead to changeover points not beside runners. Park on the left as far off the road as possible. Please use hazard lights. Obey all Tasmanian road rules – police will be patrolling and enforcing compliance.

Vehicle congestion at the Lighthouse

For our safety and the future of the event, a parking area 4km from the finish will be signed and marshalled for parking of vehicles that do not need to proceed to the Lighthouse. Please carpool and utilise this provided parking if possible or park back from the Lighthouse and ensure a clearway for traffic flow.

Baton collection and registration

Each team is allocated a baton with timing chip. One team member must check in at the registration desk at the start line to be allocated the team baton. Batons **MUST BE CARRIED** at start and finish to record times.

Support crew

Support crews **MUST NOT** travel alongside runners - they **MUST** wait for their runners at the 2km changeover points.

Start times and process

Teams choose their own start time aiming to finish at the Lighthouse door between 11am and 2.30pm. Earliest start time is 4am. Maximum run time limit is 10.5 hours. Actual start time is determined on race day at registration. Start times are staggered to ease road congestion and participants cross start timing mat one at a time to ensure accurate chip timing.

Changeover locations

Participants can run in any order, may run back-to-back sections or multiples of 2km legs but must only change at changeover points marked with signage on the course. Changeover locations are as close as safely practicable to 2km distances. Changeovers **MUST ONLY** occur on the right-hand side of the road.



Bruny Island Ultra & Relay 2024

Food and water

It is the responsibility of all runners to ensure they have sufficient food and water throughout the event. Participants or support crews should bring food and water with them to the Island. However, water and Gatorade will be available at the 18km changeover location and at the Lunawanna Hall (toilet), 44km mark and at the finish.

Toilets

Available at the start, CWA hall, The Neck car park, Community Centre and Bruny Hotel in Alonnah, Lunawanna Hall, and at the finish.

Presentations

Bruny Hotel beer garden from 3.15pm. Some food is provided, beverages available at own cost.

Accommodation

Camping is available at CWA Hall oval with bathroom facilities (\$15pp donated to Volunteer Fire Brigade, pay the ladies in the hall). There's heaps of room, no need to book. Or Hotel Bruny has self-contained accommodation as does Captain Cook Holiday Park (book directly with them).

National Park rules

The event's major sponsor, Tasmanian Parks and Wildlife Service, has kindly waived park fees for competitors and support crews of the Sealink Bruny Island Ultra & Relay.

Entering the South Bruny National Park we must all abide by park rules and "leave no trace".

DOGS ARE NOT PERMITTED, including inside vehicles. To reduce vehicle congestion grab a photo with the finish sign at the Lighthouse then make your way to the presentation venue at Hotel Bruny.

Covid-19 management

Please do not attend if feeling unwell and observe Covid management practices applicable at the time of the event as required by Tasmanian Health Department.

Medical assistance

Call 000 for emergency. Non-emergency: Community Health Centre, 16 School Road, Alonnah 03 62931143. St John Ambulance Event Health Services will be located at the Lighthouse.

Contacts

Race Director 0427517737. Email brunyislandrun@gmail.com Website brunyislandultra.com.au

