

Bruny Island Ultra & Relay 2024

EVENT INFORMATION – SOLO 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.

Support crew

ALL solo runners must have **AT LEAST ONE** support crew (no support crews are provided by the event organisers). Support crews **MUST NOT** travel alongside runners – they must wait for their runner at the 2km team changeover points.

Bib collection

Race bibs are fitted with timing chips and you can't start without one. Bibs can be collected on Friday 29 November from 10am until 6pm at the CWA Hall – corner of Bruny Island Main Road and Killora Road (6km from start line) or Saturday from the start line at Dennes Point.

Start times

Aim to finish between 11am and 2.30pm when choosing a start time – preferably closer to 11am to reduce road congestion and avoid the vehicle dust. Earliest start time is 4am with maximum run time permitted 10 hours 30 minutes..

Start protocol

Check in at the registration table ensuring you have your race bib allocated with timing chip. Start times are staggered to ease road congestion. Aim to leave early to avoid relay congestion but finishing no earlier than 11am. Proceed to starter when ready to start with allocated race bib. Start time is confirmed as you cross timing mat.

MAKE SURE YOU HAVE YOUR BIB ON AT THE START AND FINISH OF THE RACE.



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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

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