



# COBURG 24 HOUR CARNIVAL

15 - 16 APRIL, 2023



*INCLUDING THE AURA AUSTRALIAN 24 HOUR TRACK CHAMPIONSHIPS  
THE VICTORIAN 24 HOUR TRACK CHAMPIONSHIP  
AND THE 2023 AUSTRALIAN CENTURIONS 24 HOUR WALK*

## INFORMATION FOR COMPETITORS

### WHERE

Harold Stevens Athletics Track, Outlook Road, East Coburg, Victoria  
(Behind Basketball Stadium) - Melways 18 A9 & 10.

### WHEN

Saturday 10<sup>th</sup> April 12PM – Sunday 16<sup>th</sup> April 12PM  
Access to grounds will be available from 9AM on the Saturday morning.

### IMPORTANT DEADLINES AND TIMES

8.00 a.m. Saturday	GROUNDS OPEN FOR CARAVANS, TENTS AND CARS.
10.00 a.m. Saturday	Check-in open.
11:30 a.m. Saturday	Briefing for Ultra Competitors
12.00 p.m. Saturday	<b>Start of 24 Hour Run/Walk and Marathon Run</b>
6.00 p.m. Saturday	<b>Start of 12 Hour Run/walk</b>
6.00 a.m. Sunday	<b>Start of 6 Hour Run/Walk</b>
	Finish of 12 Hour Run/Walk
12.00 p.m. Sunday	Finish of 24 Hour Run/Walk and 6 Hour Run/Walk
12.45 p.m. Sunday	Presentations

### LANE ALLOCATIONS

- Lanes 1 and 3 reserved for 24 Hour runners
- Lane 5 is reserved for marathon runners, then 12 Hour runners, then 6 Hour runners.
- Lane 7 is to be used by all walkers, regardless of the event in which they are entered.
- The aim will be to spread the entrants in such a way that any congestion is mitigated.

Lap distance will be adjusted accordingly, depending on the lane to which the competitor is allocated.

### CARAVANS & TENTS

Caravans may be placed on the grass at the northern end of the track, outside the track railing. Tents may be placed outside the track railing or in the centre grass area of the track. If unsure, just see one of us. No electricity is available for caravans or tents.

### CARS

Ample parking is available just outside the grounds. Cars delivering caravans, tents, etc. enter via the main gate from the Car Park. No cars are allowed on the track.

### TOILETS & SHOWERS

There will be 4 portaloos (2 for men and 2 for women) available trackside for Ultra Competitors only. Additionally, the newly refurbished clubroom toilets and showers will be available. These may also be used by general public, crews and race officials. There are also public toilets behind the clubrooms.

## **FIRST AID**

Our usual fully qualified First Aid personnel will be in attendance throughout the 24 hours and for an hour afterwards to deal with any post race trauma. Of course, you should still have your own management plan for blisters, abrasions and suchlike, but the first aid staff can help if your plans go awry.

## **PHYSIOTHERAPY**

Last year, physiotherapist Luke Dowse joined us on Saturday night and Sunday morning as an additional medical resource to help keep everyone on the track. The great news is that he has volunteered his services again this year and will once more be working in conjunction with our first aid staff.

Luke is part of the team at Continuum Physiotherapy in Heidelberg (<https://continuumphysiotherapy.com.au/>) and has considerable experience working with endurance runners. He attended the 24 Hour World Championships in Albi, France, in 2019 to help the Australian team with injury management.

Luke is also Head Physiotherapist at Heidelberg Senior Football Club and works for AFL Victoria as physiotherapist for the VFL Umpiring Department.

## **PHYSIO AND FIRST AID PRIORITIES**

1. Injured Ultra competitors
2. Other Ultra competitors

## **WEIGHT CHECK**

**Optional** trackside weighing will be provided at 4 separate times as feedback to 24 hour competitors – before the start of the event and at the 6 hour, 12 hour and 18 hour marks. A 10% loss of weight during a race is cause for concern and all competitors should be guided by this feedback. We encourage you to make use of this safety mechanism to monitor your performance.

## **YOU MAY NEED**

Cold weather gear. Wet weather gear. Hot weather gear. Umbrellas. Chair. Shady hat. Several changes of running gear, including shoes. Vaseline. Talcum powder. Adhesive tape. Personal medications. Sports rubs. Fruit. Drinks. Drink containers.

## **IAU CERTIFICATION**

Effective 1 January 2006, for performances at major track and road races to be recognised internationally, races must have official IAU labeling. The Coburg 24 Hour Carnival has IAU Bronze Label Certification. Any performances done at Coburg will be eligible for the IAU yearly ranking lists and for recognition as World Ranking Performances.

## **SUPPORT CREWS**

We recommend that all competitors have a personal handler who understands the unique needs of ultra distance events. This person has the ultimate responsibility for looking after the general well being of the competitor and anticipating their food and drink requirements. In an event of this type, it is not possible for the race organisers to look after you.

## **LANE ALLOCATIONS**

INSIDE THE TRACK	Available for support crews to setup tables and chairs for competitors in lanes 1 and 3
LANES 1 & 2	Reserved for entrants allocated to lane 1. <b>Single file only please, unless overtaking.</b>
LANES 3 & 4	Reserved for entrants allocated to lane 3. <b>Single file only please, unless overtaking.</b>
LANES 5 & 6	Reserved for entrants allocated to lane 5. <b>Single file only please, unless overtaking.</b>
LANE 7	Reserved for entrants allocated to lane 7. <b>Single file only please, unless overtaking.</b>
LANE 8	Available to support crews to setup tables and chairs for competitors in lanes 5 and 7

Overtaking will be on the outside according to standard track usage.

## **TENTS AND TABLES**

**Tables may be setup inside the track but must be set at least 2 metres back from lane 1.** Tables may also be setup outside the track or in lane 8. Just remember that the walkers are in lane 7 so you must not encroach into that lane.

**Tents and shelters may also be setup inside the track but must be set at least 2 metres back from lane 1.** Tents may also be setup outside the track (you can encroach into lane 8, but again, remember there are walkers in lane 7).

Setup your table to allow you easy access and then get your support staff to hand you your refreshments as you run or walk past. It's as simple as that. Be aware of other competitors in your lane.

It's a challenge to secure your tent against strong winds. I have seen many instances of tents being blown away and ruined at carnivals due to insufficient grounding. To make matters worse nowadays, tent pegs are not allowed to be used on the inner grass area, as councils do not want their mowers to be ruined by left behind metal pegs. So **NO TENT PEGS** on the grass inside the track.

I have seen two very simple and effective ways of securing tents and shelters

**1. Sandbags**

Sandbags filled with sand are actually quite heavy! Buy some inexpensive Bunnings gazebo sandbags (see [https://www.bunnings.com.au/oztrail-sand-bag-gazebo-weights-kit-4-pack\\_p3191434](https://www.bunnings.com.au/oztrail-sand-bag-gazebo-weights-kit-4-pack_p3191434)), fill them with sand from the sandpits when you arrive at the track, then empty the sand back into the sandpit at the end of the event. I will have a couple of shovels at the sandpits to aid you.



**2. Water Containers**

Buy some 20L water containers from Bunnings, Kmart or woolworths, and fill them with water. A 20L plastic container filled with water weighs 20kg. Four of those and your tent should be secure. The photo below shows a 10L container – this is really not heavy enough to do the job if the winds get up. Go for the 20L size.



Obviously, if you are setting up your tent outside the track, you may be able to make use of the rail on the outside of lane 8. Bring plenty of rope and tie your tent to the rail. That at least secures one side of the tent. Then use weights to secure the other side.

## **FOOD**

Food and drink are important to Ultra competitors to obtain maximum performance in an event such as this. Competitors should plan their requirements well in advance and have adequate provisions of any special requirements at the track. Lane 1 and Lane 3 competitors may set up their refreshment tables inside the track adjacent to lane 1. Competitors in Lane 5 and Lane 7 may setup their tables in lane 8.

## **REFRESHMENT TABLES**

We will have our own refreshment tables setup near the 100m start point, both inside the track and out in lane 8. These will provide water and gatorade as well as a small selection of sweets, fruit, etc. But this is very much just a bit of extra help. You should have your own crew looking after your specific needs.

## **CANTEEN**

Our canteen will be available for you to purchase light snacks, drinks, sweets and hot food.

- Afternoon tea from 3.00 p.m. Saturday
- Evening meal from 6.00 p.m. Saturday
- Supper from 9.00 p.m. Saturday
- Breakfast from 6.00 a.m. Sunday

Free tea and coffee is available for the full 24 Hour duration of the event.

## **COOKING, HEATING FOOD**

Microwave ovens are available in the kitchen to heat prepared foods. No cooking facilities are available to competitors in the kitchen. Prepare your food beforehand and heat it in the microwave.

## **TRACKSIDE COOKING**

No electricity is available trackside. Take safety precautions if you are cooking with gas. No campfires may be lit.

## **PHONE AND DEVICE CHARGING**

Users may charge their mobile devices in the kitchen. There is a level of security in that area.

## **LAP RECORDING**

Competitors do not need to supply their own recorder as the chip system is fully automated and feeds directly into a computer that updates your laps in real time. Hourly printed updates will be posted for public viewing and will also be uploaded to <http://www.trailsplus.com.au/>. We also have a leaderboard set up behind or alongside the Trails+ recording tent. This will be refreshed every few seconds and will show the distance covered and current position for every one in the race.

## **CHIP READS AND BIB CONSIDERATIONS**

We use race chips to record laps, with each competitor wearing race bibs front and back. In past years, we used detectors on an overhead race gantry to read the chip and we required everyone to wear the bibs at chest height. We now use ground mats, so the bibs should be worn a bit lower to get the best read. Ideally, get yourself a bib belt and wear your bibs at waist level. Then you don't have to worry about unpinning and repinning bibs when you change clothing (see below).

We do need to be able to see your numbers as a visual check, not only to ensure your laps are counted but to ensure everyone is in the correct lane (white bibs in lane 1 / yellow bibs in lane 3 / green bibs lane 5 / pink bibs in lane 7). Hence your bibs should not be covered by additional layers of outer clothing.

Our recommended approach is to wear a 2XU or similar race number belt. To avoid the possibility of the race belt rotating sideways during the race, we recommend securing it to your clothing with a pin. As you can imagine, during the 24 hour period there can be up to 25,000 chip reads, and we don't want to miss even one.

## **GENERAL RULES & CONDITIONS**

- A.U.R.A and I.A.U. regulations apply.
- No smoking, alcohol or pets allowed in the boundaries of the venue during the entire period of the 24 Hour event. Note: This applies to participants, crews and spectators.
- The start/finish line recording area is strictly out of bounds to all except those involved in lap scoring. All queries to go to the race director/referee who will liaise with the lap scorers. You can check the progress of your runner/walker by viewing the realtime leaderboard.
- Cars are not permitted on the track. Children are not permitted on the track unless supervised by an adult.
- Note that the infield (centre of the ground) is generally out of bounds to all. The only exception is for support crews handing items to competitors allocated to lane 1.
- Any non-competitor who wishes to run or walk with a competitor (for whatever reason) must be aware that the competitor may be disqualified if their help is deemed to be extensive enough to be pacing. Anything over half a lap may be brought into question.
- Ultra competitors are responsible for the actions of their crews, teams and supporters.
- All complaints or protests to be made in writing to the race director/referee.
- Rule violations may lead to disqualification of ultra competitors.
- How you progress and rest is your own concern but you must make sure that any extensive periods off the track are recorded by your helpers in case we need to query your laps after the event. It is not necessary to tell us when you leave the track.
- Direction will be reversed every 4 hours according to standard practice. Ultra competitors must complete their current lap before reversing direction.
- Fellow competitors have a right to protest if pacing of any sort occurs. Distances will continue to be recorded for any competitor who is paced, but the distance may not be recognised for awards or records.

## **RECORD CONSIDERATIONS**

1. Competitor or crew to advise organisers before the start of the event about specific records being sought. This must be in writing and should contain details of the current record. We need to know details of the current record to be able to monitor the exact situation. We take no responsibility for word of mouth requests given to us on the day.
2. Three watches are required to be stopped (at least temporarily) at the record milestone if it is a distance such as 50 km, 50 miles, etc.
3. Realistically, only major milestones will be measured. It is impossible to both run a successful event and undertake extensive record checking for more obscure records involving things such as hourly splits. Competitors with more extensive record requests must initiate discussions with the race organizers well before the event.
4. The crew of the potential record breaker should also notify one of the event referees 30 minutes to one hour before the expected record milestone. This will be a cross check to ensure the important measurement is not missed.
5. It is the responsibility of the competitor to provide the relevant record forms to the organisers. We in our turn will fill out these forms and verify the performance and then pass them back to the competitor for further actioning.
6. In summary, although we will do all in our powers to help competitors achieve recognition of their performances, it remains ultimately the responsibility of the competitor and his/her team to ensure that all is done correctly.

Note that you should familiarise yourself with the AURA rules pertaining to record applications. The criteria have changed recently. See more at <https://www.aura.asn.au/records-criteria/>.

## **START AND FINISH INSTRUCTIONS**

**START** • Competitors are to be at the start line opposite the computer lap scoring tent 5 minutes before the scheduled start time of their event. All events will start at the exact start time designated. The start will not be delayed for competitors who are late.

**FINISH** • Just before the designated finish time, a small sandbag marked with the competitor's name will be given to each competitor.

- When the gun sounds to finish the race, the competitor will drop the sandbag into lane 2 or lane 4 or lane 6 or lane 8, adjacent to where he/she is at that moment.
- The ultra competitor or an attendant is to wait for the club official at the appropriate sandbag. The club official will record the additional distance achieved by the competitor in the final lap. The measurement will be 'rounded down' to the nearest metre.