



Camp Mountain Trails Challenge

Sunday 20 Aug 2017

Incorporating the Queensland Mountain Running Championships
and 'Xtreme Country Challenge'

Bellbird Grove, via Mt Nebo Road (10min drive from The Gap)

This is a fun and challenging off-road race for all ages of 8yrs & above. The various race courses from 1km through to 8.3km are designed to suit different ages and consist of well-constructed forestry trails.

The 8.3km and 4km courses have been used for many years to host the Queensland Mountain Running Championships and also the Australian Mountain Running Championships. Don't be misled by the (for many) shortish distance; this is a fast course where you can really push yourself, so you can make it as tough a race as you would like to make it.

However, if you take it easy and you are not chasing medals, it is a great outing to the top of Camp Mountain and back. Enjoy the national park with the bird song, bush and great city views along the way.

START TIME	DISTANCE	AGE GROUPS	ENTRY FEES QA MEMBERS (INCL TRAQ)	ENTRY FEES NON QA MEMBERS
8:00 AM	8.3 km	Open Male Masters Male 35-44/45-54/55-64/65+ Under 20 Male (16-19 years)	\$20	\$25
8:00 AM	8.3 km	Open Female Masters Female 35-44/45-54/55-64/65+ Under 20 Female (16-19 years)	\$20	\$25
8:00 AM	13.3 km	Non-Championship Race (min. 18yrs)	\$20	\$25
8:05 AM	4000m	Under 16 Boys and Girls (14-15 years)	\$10	\$15
9:00 AM	1000m	Under 10 Boys and Girls (8-9 years)	\$7	\$10
9:05 AM	2000m	Under 12 Boys and Girls (10-11 years)	\$7	\$10
9:15 AM	3000m	Under 14 Boys and Girls (12-13 years)	\$10	\$15

Queensland Mountain Running Championships

The Camp Mountain Trails Challenge incorporates the 2017 Queensland Mountain Running Championships for **Open** Male and Female, **Under 20** Male and Female (16 – 19 years) and **Masters** Men and Women categories. Queensland Athletics State Championship medals will be awarded to these categories.

Age Groups

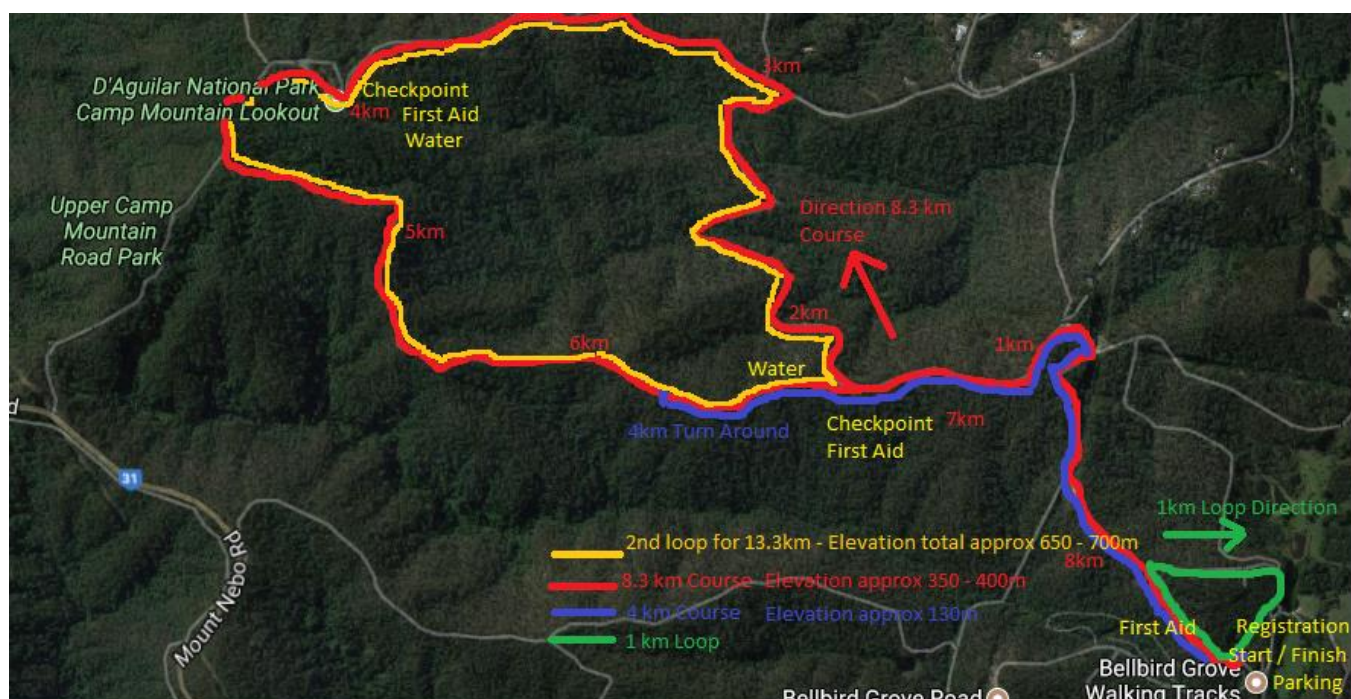
- ✓ Age groups are determined by the competitor's age as at 31 December 2017 (i.e. year born), except for Masters.
- ✓ Masters' ages are taken to be as on the day of the competition.
- ✓ As U20, Masters and Opens are competing together in the same race, all 8.3km competitors in are eligible for state medals in the Open age group in addition to their own age group (U20/Masters).
- ✓ Medals will be presented as soon as possible following the conclusion of each race.
- ✓ TRAQ additionally awards prizes to the overall place getters of the 8.3km and the winners of the 1km, 2km, 3km and 4km races.

Host and Further Information

- ✓ Your host for this event is the Trail Running Association of Queensland (TRAQ).
- ✓ For more information please visit: www.traq.org.au or you can connect with TRAQ via Facebook: www.facebook.com/TrailRunningAssociationQLD

Course

- ✓ Below is a map incorporating the three courses.



Course Description

- ✓ Good fast course to test your fitness.
- ✓ Suitable for the new and experienced Trail and Mountain Runners.
- ✓ 8.3km course for those 16 years and older – 350m to 400m elevation.
- ✓ 4km course for 14 and 15 year olds – approx 130m elevation.
- ✓ 1 – 3km for the 8 to 13 year olds – they use the 1km loop only.
- ✓ Water at the top of the mountain and at the 6.7km mark (1.6km and 2.4km mark for the 4km course).
- ✓ Refreshments at the finish line.
- ✓ First aid at 1.5km, 4km, 6.7km and start / finish line.

Registration

- ✓ Please go to <https://www.registernow.com.au/secure/Register.aspx?E=26436>

- ✓ If you are not a QA member, please join [TRAQ](#) or [another club](#) of your choice.
- ✓ No registrations on the day, but registrations only close at 2pm the previous day.

Race Day

- ✓ Please pick up your race bib from the registration table at least 30 minutes before your race starts.
- ✓ Please park orderly.
- ✓ Don't leave at least 30 minutes before your race starts.
- ✓ Please park orderly.
- ✓ Don't leave any litter behind, take all litter with you.
- ✓ As it is a national park you are not allowed to bring in domestic animals

Refreshments and Catering

- ✓ TRAQ always includes fruit and morning tea or other refreshments in their entry fees. There will also be water and sports drink. If you have not entered and would like some fruit and morning tea, you can purchase this for a few dollars.
- ✓ Of course there is mobile coffee facility to purchase your hot beverage from.
- ✓ And usually there is a fundraiser going on as well, so please bring along some spare change.

Transport and Direction

- ✓ It's about a 10 minute drive from The Gap. After about 7 minutes take the right hand turnoff to Bellbird Grove. From there it is about 2 – 3 minutes to the Bellbird Grove picnic area.
- ✓ Please try to carpool, to save the environment, make room for other people who visit the area and to minimise the traffic on the busy (Sunday morning) Mount Nebo Road.
- ✓ If you want to carpool, please indicate this when you register for the event – there is an option to do so. TRAQ will share your details with like-minded others in your area.
- ✓ If you take the 385 bus to the last stop (The Gap Park N Ride) and you would like to get a lift, please indicate at your registration that you would like to car pool.

Volunteering

- ✓ If you cannot run, but would like to be involved and be part of this great event, please contact Hubertien – details below
- ✓ Jobs include, registration, parking, marshalling (particularly for the 8 – 13 year olds on the 1 km loop), checkpoints, water station, catering, timing, stand by 4WD.

Contact

- ✓ Hubertien Wichers – Camp Mountain Trails Challenge Race Organiser – Trail Running Association of Queensland (TRAQ).
- ✓ 0404 922 577 – hubertien.wichers@gmail.com
- ✓ General enquiries for TRAQ: info@traq.org.au