

RUNNERS GUIDE



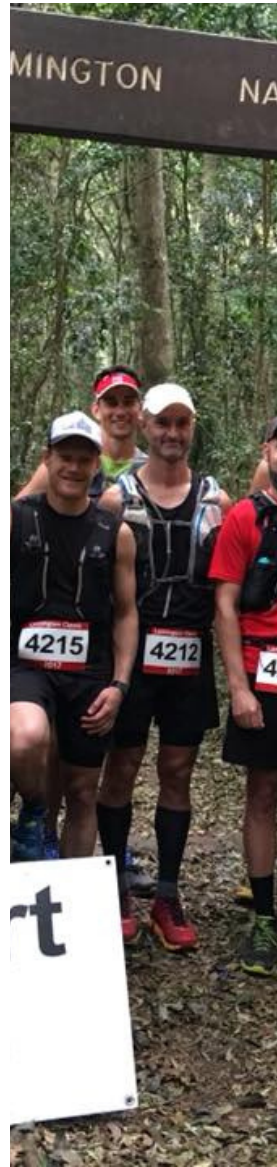
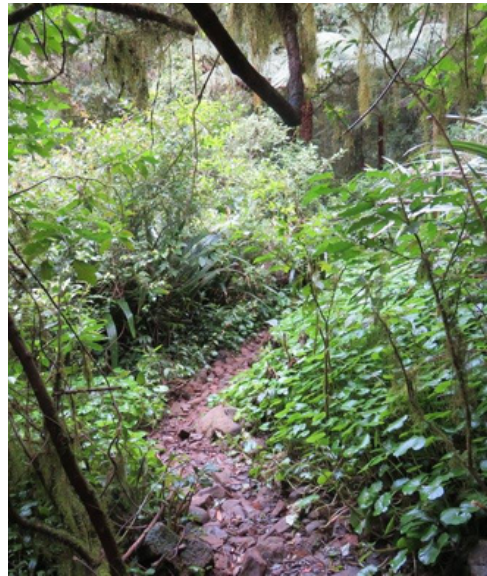
LAMINGTON CLASSIC 2023

OCTOBER 21 & 22

YOUR GUIDE

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NOTE FROM THE RACE DIRECTOR

We're excited you will be joining us for this year's event. This races journey began way back in 1970 and is the longest running trail running event in Australia. There's been a couple of course changes over the years but it's stayed pretty much the same.

A big welcome to those who are participating in this event for the first time and to those who come back year after year we thank you for your support. We always receive many good reports about how much people enjoy this running weekend. Not only do you get to run on some truly spectacular trails it's always a very social event where at the end of day runners get to exchange their stories and hang out with other like minded people.

I would like to take the opportunity to acknowledge the wonderful help and support of our volunteers. Without them this weekend would not be possible, so as you see them over the weekend make sure you let them know how much you appreciate them.

Please make sure you take the time to [read the event logistics](#) for your race. If there's anything you don't understand reach out and contact me.

We'd also like to welcome and acknowledge our major sponsors Run Vault. They've provided prizes for place getters and you'll also see them around helping out over the Lamington Classic weekend.
<https://www.runvault.com.au/>

So, with all that said, here's to a great weekend. We hope you enjoy the run and the experience of the Lamington Classic!

Race Director
Amanda Neil

Major Sponsors

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ACKNOWLEDGEMENT



We acknowledge and pay respect to the land and the traditional families of the Yugambeh region of South East Queensland and their Elders past present and emerging. The Yugambeh region includes families that identify as Kombumerri, Mununjali, Wangerriburra and others.

Yugambeh people are connected to jagun (country) and everything on it. The plants and animals, the mountains and valleys, the rivers and ocean. The language remains in the land, carried by people and is used today in place and suburb names. Local language names - Jalubay-ngagam - (Tallebudgera Creek: dingo urine), Nyirang - (Nerang:shovelnose shark), Majeribah (Mudgeeraba:place of sticky mud), Kooralbyn (copper snake), Gumbubah (Coombah: Place of the gumbu cobra worm), Bimbimbah (Pimpama: Place of soldier bird), Jambreen (Tamborine Mountain: place of the finger lime and yam in a cliff)

CULTURE & HISTORY

First Nations people lived in this area, carefully managing and using its rich natural resources for thousands of years. Known as 'Woonoongoora' in the Yugambeh language, the mountains of Lamington National Park are sacred and spiritual, places to be nurtured and respected.

The Yugambeh family groups are identified as the Wangerriburra, Birinburra, Gugingin, Migunberri, Mununjali, Bollongin, Minjungbal and Kombumerri. They shared language, ceremonies, celebrations and economic exchange.

This kinship group used both the open forest and rainforest. Evidence of their occupation has been found in various parts of the park, including the 'Kweebani' (cooking) cave near Binna Burra. It is believed a traditional pathway passed through the southern section of Lamington National Park.



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*some exlusions apply



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RUNNING THE BORDER TRACK

Class 4 track (Australian Standards)

- Distinct tracks with junctions signposted, rough track surfaces with exposed roots and rocks.
- Variable in width, muddy sections and steep grades likely to be encountered.
- May be extensively overgrown; hazards, such as fallen trees and vines, likely to be present.
- Caution needed at creek crossings and naturally occurring lookouts.
- Moderate fitness level with bush walking experience and ankle-supporting footwear required.
- Moderate level of navigation skills recommended, involving self-reliance in first aid and coping with weather hazard situations.

COURSE INFO

The distance has been measured by a 'steel wheel', and is 21.3km from the designated start points to the designated finish points for a one-way crossing. The 42.195km event, starts about 400 metres into the forest, to achieve the correct distance. Please treat any GPS readings with caution because of the forest canopy cover.

Please remember that particularly close to the start and finish line, the track is shared and open to the general public. Always be respectful when passing. The course will be marked by ribbon and arrows and when there are intersections to other tracks there will be a Red Cross indicating not to go that way. Follow the signs and always stay on the Border Track.

Course elevation is 670m.

Course Markers

At track intersections there will be arrows pointing the way to go and tracks you are not to go down will be marked with a red cross.



Along the course you will also see either these orange or yellow fluoro ribbon.



The entire event is run along the Border Track.



WORLD HERITAGE LISTED

Lamington National Park is in southeast Queensland, Australia. It's known for its section of the ancient Gondwana Rainforests, home to the rare Albert's lyrebird.



EVENT SCHEDULE

IMPORTANT DATES

Sunday 1 st October	Up until this date you will still be eligible for a race entry refund of \$120. After this it will be at the Race Directors discretion.
Friday 6 th October	If you want to change the distance you are running or the days, please make any changes before Friday 6 th October. You will need to contact the Race Director to do this.

BASIC EVENT INFORMATION

Date	Event	Start At	Finish At	Start Time	Logistics
Saturday 21 st	Marathon in a day 42.195km	Binna Burra	Binna Burra	2 start waves 5:30AM - slower runners 7:00AM - rest of field	
Saturday 21 st	Half marathon in a day 21.3km	Green Mountain	Binna Burra	8:30AM - staggered start in groups of 8 at 3 min intervals	Be at Binna Burra by 6:00AM We'll transport you to Green Mountain start line
Sunday 22 nd	Half marathon in a day 21.3km	Binna Burra	Green Mountain	6:30 AM - staggered starts at 30 min intervals	Will already be at start area from overnight stay
Saturday 21 st & Sunday 22 nd	B2B Saturday Half Marathon (stay overnight) + Sunday Half Marathon	Refer to details above	Refer to details above	Refer to details above	Park in Canungra for the race briefing at 7:00AM on Saturday. We will transport your personal overnight gear from Canungra to Binna Burra on Saturday and back to the finish on Sunday. Can leave your car at Canungra or Green Mountain (limited spaces). If your car is at Canungra, we will transport you back to your vehicle.
Saturday 21 st & Sunday 22 nd	Saturday Marathon (stay overnight) + Sunday Half Marathon	Refer to details above	Refer to details above	Refer to details above	Bring a person who is not running on Sunday with you, to relocate your car to the Sunday finish at Green Mountains

BIB COLLECTION

Saturday Runners

21.3km Runners

Race Bibs can be collected from Race Headquarters at the Binna Burra Campsite Tent on either Friday afternoon from 5:00PM – 7:30PM or from 5:00AM up until 5:30AM on the Saturday morning.

You can also collect your Race Bib at the Race Briefing in Canungra on Saturday Morning from 6:50AM. Race briefing begins at 7:00AM at D.J Smith Memorial Park, 1-3 Kidston St, Canungra.

42.195km Runners

Race Bibs can be collected from race Headquarters at the Binna Burra Campsite Tent on either Friday afternoon from 5:00PM – 7:30PM or from 5:00AM on Saturday morning.

*If you are running on Saturday and Sunday you will use the same Race Bib for both days.

Sunday Only Runners

Race Bibs can be collected from Race Headquarters at the Binna Burra Campsite Tent on Sunday morning from 5:30AM.

RACE WEEKEND DETAILED SCHEDULE

FRIDAY 20th OCTOBER	
6:00AM	Race Course Set Up
1:00PM	Check In available for runners staying in the Safari Tents
4:00PM	Race Bib Collection for Saturday Runners available from Race HQ.
SATURDAY 21st OCTOBER	
5:00AM – 6:30AM	Race Bib Collection for Saturday Runners available from Race HQ.
4:30AM – 6:30AM	Self-Serve breakfast available in Race HQ kitchen for those staying in the Safari Tents and who booked through us at the time of entry.
5:30AM	First Wave of runners start for the 42.195KM from Binna Burra.
6:00AM	Runners doing the 21.3KM who stayed overnight at Binna Burra to meet at HQ to arrange vehicle sharing and transportation to Canungra for Race Briefing.
6:10AM	Runners doing the 21.3KM who stayed overnight at Binna Burra to leave for Canungra.
7:00AM	Second Wave of runners start for the 42.195KM from Binna Burra.
7:00AM	Race briefing for 21.2KM runners at Canungra. D.J Smith Memorial Park, 1-3 Kidston St, Canungra.
7:15AM	Vehicles leave Canungra and head to O'Reilly's for the start of the 21.3KM event.
8:00AM	First runners in the 42.195KM expected to arrive at O'Reilly's for the turn around. Compulsory 3min stop will be enforced and timed by keepers.

RACE WEEKEND DETAILED SCHEDULE

8:30AM	Start of the 21.3KM run from O'Reilly's. 1st Wave (up to 10 runners only at a time) will leave at 8:30AM. Each consecutive wave will follow in 5min intervals apart.
12:00PM	Takeaway Lunch available for collection from tent kitchen area of Race HQ.
1:00PM	Winners Presentation for Marathon and Single Crossing at Race HQ.
3:30PM	Fellowship on the Green. Come and join us for a couple of hours on the grassed area out the front of Groom's Cottage. Bring own blanket, snacks and drinks or purchase from Groom's Cottage.
4:00PM	If not collected yet, Race Bibs for Sunday only runners available from Race HQ.
SUNDAY 22nd OCTOBER	
5:30AM	Race Bib Collection for Sunday only Runners available from Race HQ. Those who ran Saturday will reuse their same race bib.
5:30AM	Self-Serve breakfast available in Race HQ kitchen for those staying in the Safari Tents.
6:30AM	First Wave starts for the 21.3KM Sunday run from Binna Burra to O'Reillys. Following waves will start consecutively in 15min intervals.
9:45AM	Time Keepers in place at the O'Reilly's end ready to receive the first lot of finishing runners.
11:30AM	Last runner is expected to be in by 11:30AM
11:30AM	Takeaway Lunch available for collection on the pavilion lawn at O'Reillys.
12:00PM	Winners Presentation for Double Crossing.

HYDRATION & NUTRITION

HYDRATION AND NUTRITION

You should also be aware, that we only provide a water stop at both the Binna Burra end of the course and the Green Mountain (O'Reillys) end of the course. There are no formal drinks/refreshment stops in-between (which is 21.3km), therefore you must make your own arrangements to re-hydrate yourself, and this means you must carry sufficient fluids for your re-hydration needs, which will vary depending on the daily temperature.

You will also run the 21.3km in a time about 30% slower than on a flat road, so please factor this extra time into your personal hydration plan.

If you intend to use gels or any other form of nutrition on course during the event make sure you take your rubbish with you. Do not throw or leave any type of litter on the course.

Please remember to bring your own cup.

START GROUPS & WAVES

START GROUPS & WAVES

We will finalise the waves and start groups for Saturday's events during the final week before the event and will email you this information during Race Week.

Waves for Sunday's event will be determined on Saturday afternoon. We will aim at making this available by 4:00PM at Race HQ.



THE BIG ONE.....RACE LOGISTICS

PLEASE TAKE NOTE OF THE INSTRUCTIONS BELOW SPECIFIC TO YOUR EVENT/S

INSTRUCTIONS FOR THOSE DOING 21.3KM ON SATURDAY AND 21.3KM TO GREEN MOUNTAIN (O'Reilly's) ON SUNDAY

You must be at the park in the middle of Canungra, for the race briefing at 7:00AM on Saturday 21st October 2023

Unless you make other arrangements we will transport your personal overnight gear from Canungra to Binna Burra for you, and then on Sunday, we will transport your personal gear from Binna Burra to the Sunday finish at Green Mountains.

Parking is limited at Green Mountain, so we will car pool from Canungra to Green Mountain. If your car is left at Canungra, then on Sunday after the race, we will transport you back to Canungra.

Note A: It is important that your car is at either at Canungra or Green Mountain, because on Sunday, there will be no way of getting a ride back to Binna Burra, unless you chose to run (and carry all your own gear as well).

Note B: We will do everything possible to both explain and put in place the procedures, you must accept some responsibility in ensuring that your sleeping gear and your car are in the right place when you need them.

INSTRUCTIONS FOR THOSE DOING 21.3KM ON SATURDAY ONLY

Unless you bring a non-runner to drive your car, you must be at Binna Burra ready to be transported to the start at 6:10AM on Saturday 21st October 2023 (We suggest you arrive before 6:00AM.)

If you bring a non-runner with you to drive your car, then you can go straight to the race briefing at Canungra at 7:00AM.

After the briefing, we strongly recommend that your non-runner drive straight to Binna Burra, and we will arrange for you to be transported to O'Reilly's for the start.

The briefing is in the park, on the corner of the turn to O'Reilly's in the middle of Canungra. (D.J Smith Memorial Park)

INSTRUCTIONS FOR THOSE DOING 42.195KM ON SATURDAY ONLY

You must be at Binna Burra ready to run at either 5:00AM or 7:00AM (depending on what wave you have been allocated) on the Saturday. (We suggest you arrive 30mins before, so that you can register and collect your race number etc as no race numbers will be mailed

out). If you think that it will take you 5+hours to run the 42.195km, the 5:00AM start will best suit you.

Compulsory 3 min stop at O'Reilly's:

This is to allow all 42.195km competitors to recharge their hydration units etc. Failure to stop for the full 3mins will result in disqualification. No discussion will be entered into, this is Rule No 1.

INSTRUCTIONS FOR THOSE DOING 42.195KM ON SATURDAY AND 21.3KM ON SUNDAY

Unless you have other arrangements, you will need to bring a person who is not running on Sunday with you to relocate your car to the Sunday finish at Green Mountains (O'Reilly's). It is only a 21.3km run, but via roads it is 60+km, on narrow winding roads, and we do not have the man power to drive your car on Sunday to the finish.

Compulsory 3 min stop at O'Reilly's:

This is to allow all 42.195km competitors to recharge their hydration units etc. Failure to stop for the full 3mins will result in disqualification. No discussion will be entered into, this is Rule No 1.

Note: If you run the 42.195km on Saturday and the 21.3km on Sunday, you are NOT eligible to win the Garry Briggs Trophy for the combined fastest time for the double crossing.

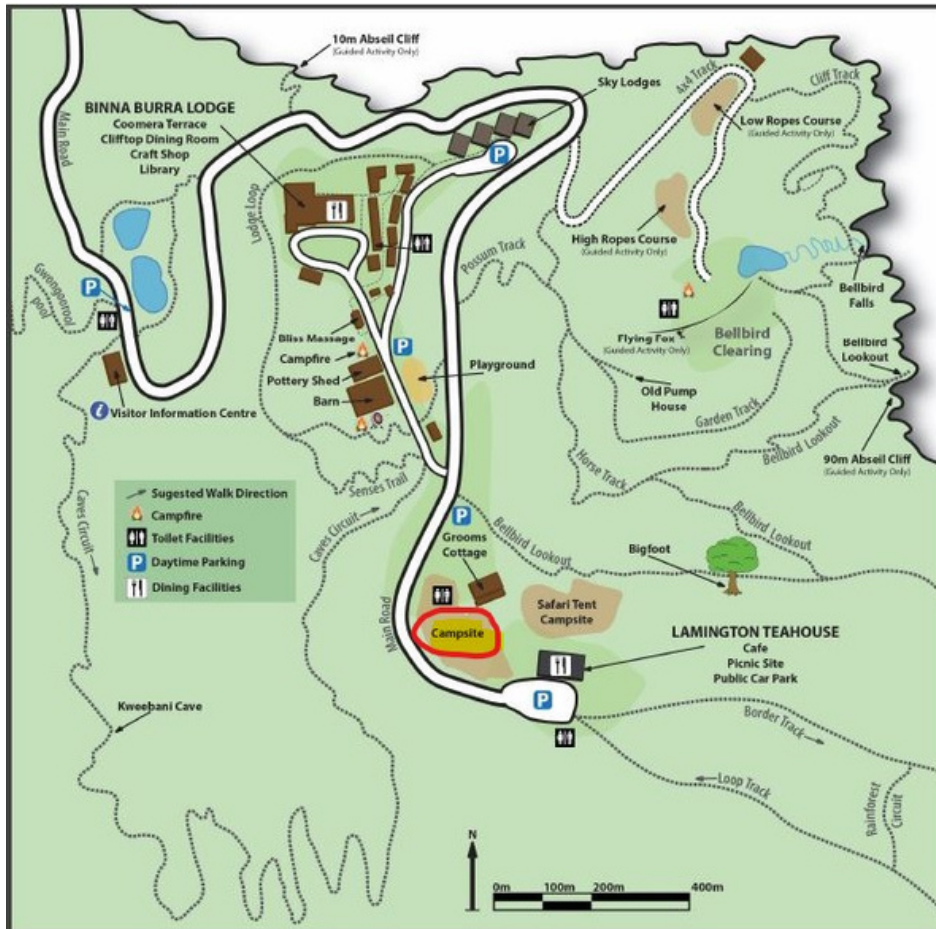
INSTRUCTIONS FOR THOSE DOING 21.3KM ON SUNDAY ONLY

You must be at Binna Burra before 6:30AM to number up etc. And it is your responsibility to get your car from the start at Binna Burra to the finish at O'Reilly's, as we do not have the man-power to do this for you, therefore you will need to bring a non-running friend.



RACE HQ & BRING YOUR OWN CUP

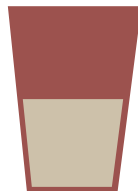
MAP OF WHERE RACE HQ WILL BE SITUATED (CAMPSITE AREA CIRCLED IN RED). WE WILL ALSO HAVE SIGNS UP.



Pic 1. Campsite Area circled in red (Race HQ)

REMINDER - BRING YOUR OWN CUP

At the end of the course we will have water available and water + hydrolyte at the turn of the marathon. Please bring your own cup as we will not be providing disposable cups. There are no water stations on course so you will need to carry your own water while on course.



SAFETY



SWEEPERS

There will be sweepers out on the course on both days and will start about 15 mins behind the last runner. They will be carrying some basic first aid to help treat minor cuts, snake bites, abrasions etc.

RUNNERS

On the back of each runner's race bib is the contact telephone number of the Race Director which can be used to contact the Race Director in case of an emergency.

OTHER INFO

Toilets: There are permanent toilet facilities within 20 metres of the start lines at each end of the track.

Public: Please note the general public will also be on the course. This tends mainly to be towards the start and finish areas of the track. A reminder to be courteous at all times.

Litter: Please do not litter these beautiful surroundings. If you use gels etc. or the like take all your rubbish with you.

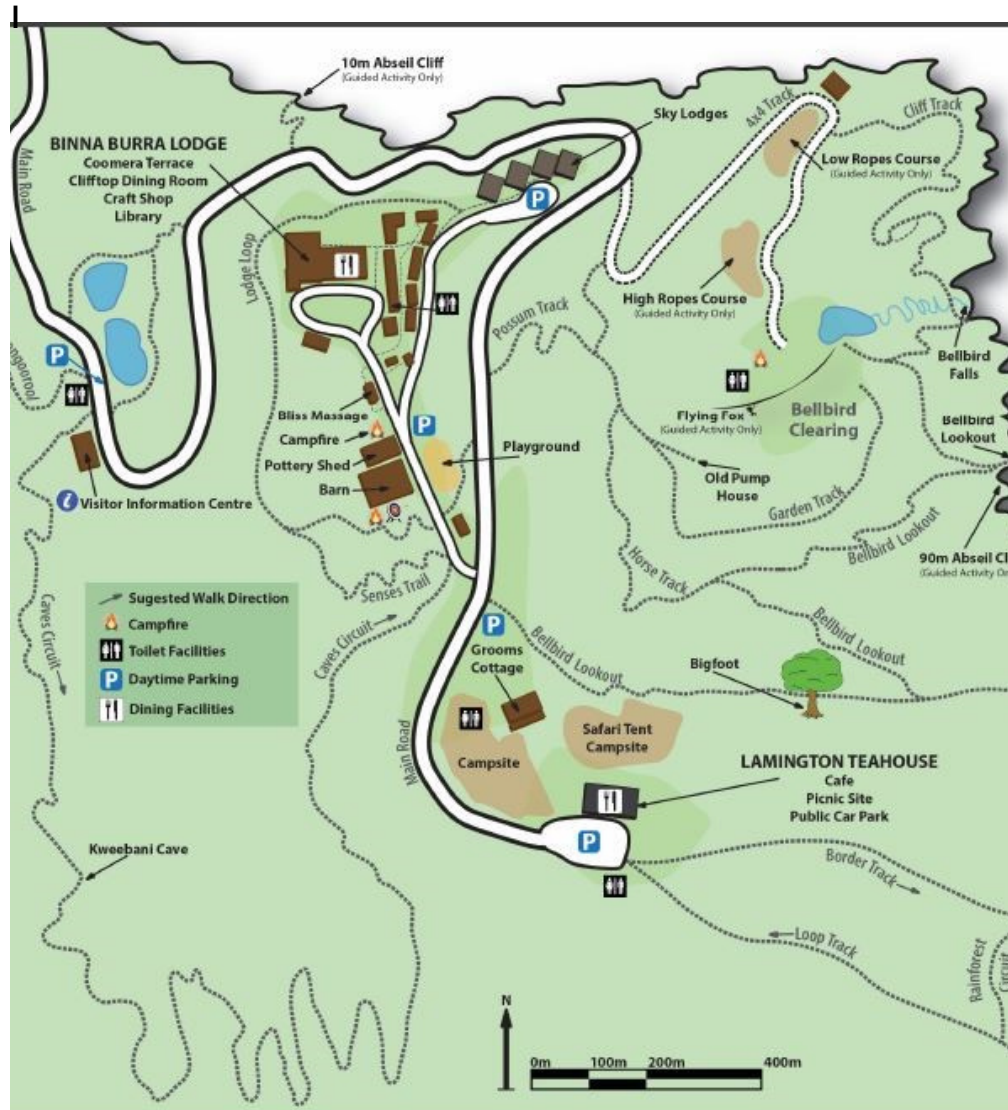
National Parks & Wildlife: Parks Rangers will be present over the course of the weekend. Please follow their instructions and treat them with honour and respect. It is important we comply with the Parks requirements so that we can continue to be granted permission and access to these amazing National preserved areas.

BINNA BURRA MAP & ACCOMMODATION

BINNA BURRA LAYOUT

See below the Map for the Layout of Binna Burra. Race Headquarters will be in the Camp Site Area.

Also note the Tea House. The Finish and Start line from the Binna Burra end is at the start of the Border Track. Just go to the end of the Road past the Tea House and follow the signs.



BUNKHOUSE ACCOMMODATION

If you have booked Accommodation in the Bunkhouse when you registered for the event you will need to check in with us at Race HQ and **not** with Binna Burra.

For information about the campsite or grounds go here:

<https://www.binnaburrallodge.com.au/accommodation/bunkhouses/>

Code of Conduct

Regardless of ability, please be mindful of other runners: If you're a faster runner wanting to pass, advise the runner in front by all means, but be patient and don't pressure anyone. It can be unnerving and easily lead to a trip. Conversely, if you are aware of a faster runner behind you, take the utmost of care and allow them to pass when it's safe. Many a runner/walker's day can be blighted by the smallest of incidents and we want everyone to leave on Saturday night being a little better for their experience. Look after each other out there.

Also be mindful that we are sharing the track with the general public. Please be courteous and respectful at all times.

Respect the beautiful environment we are privileged to run in, the people we share it with, our fellow competitors, the volunteers, organisers and land owners - and represent the broader trail run community with a sense of fun and pride!