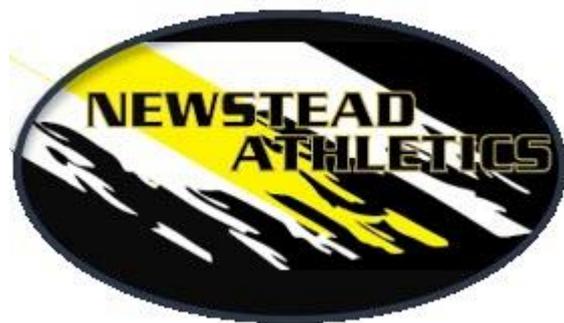

Mt Barrow



DIV 1 ONLY

RESTRICTION: This event is on the road, and while it is a gravel road and usually has minimal traffic, in the event of snow on top of the mountain it can get very busy. Therefore, due to safety concerns of running on a road, runners need to be 16 years of age to participate in our club event.

Distances: 14km, 10km

Start: 10:00am

MEETING PLACE: Just inside turnoff Mt Barrow road.

How to get there: Travel on the Tasman Highway to just beyond Nunamara and turn right into Mt Barrow Road

Both race distances will start from this point and at the same time.

Type of race: Handicap or Sealed Handicap

Toilets: its go bush day today. BYO toilet paper and spade

Course Description:

Both courses have a steady climb with some flat sections. The 10km finish at the Chalet (or previous meeting point) and the 14km course finishes at the top of Mt Barrow. Those travelling to the top in the 14k should carry a wind proof jacket. Challenging courses, weather can be cold, bring warm clothes just in case. Runners will be ferried back to the start line and / or Chalet by finish line officials.

We will try to have hot soup available to runners at the end of their run but this will depend on the number of volunteers we have on the day.

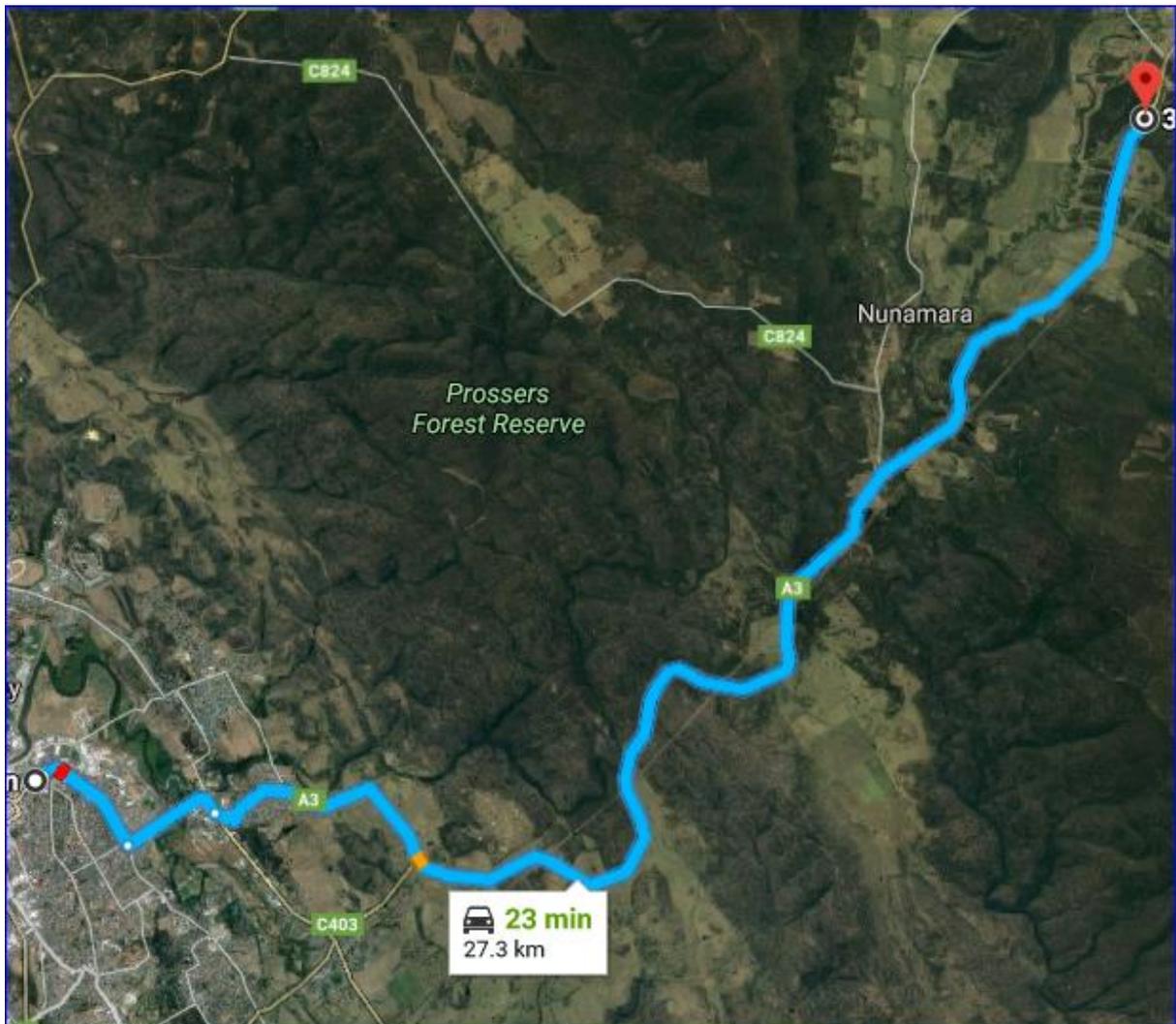
Meet at the "Chalet" for post-race celebration

Mt Barrow



Directions – How to get there

From Elphin road, turn left into Hoblers Bridge road, at the roundabout, take the first exit onto Tasman Highway. Follow the highway through Nunamara until you get to the Mt Barrow Turn off, approximately 27km from Launceston. Allow 25 minutes to get there.

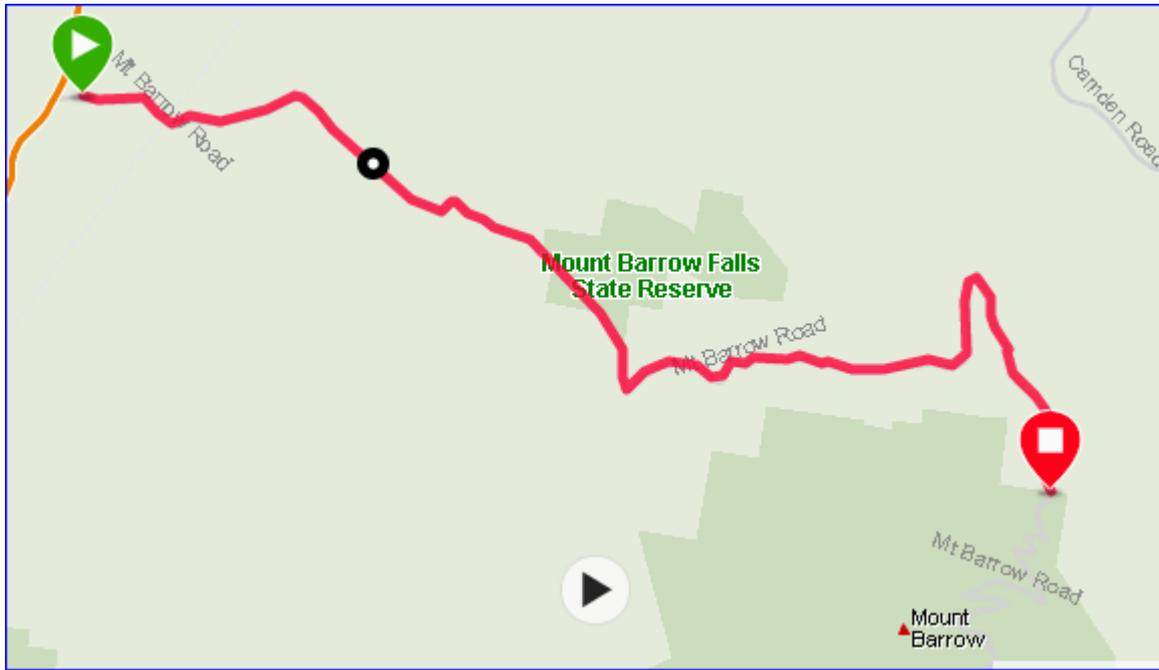


Mt Barrow



Event: Division 1 – 10km

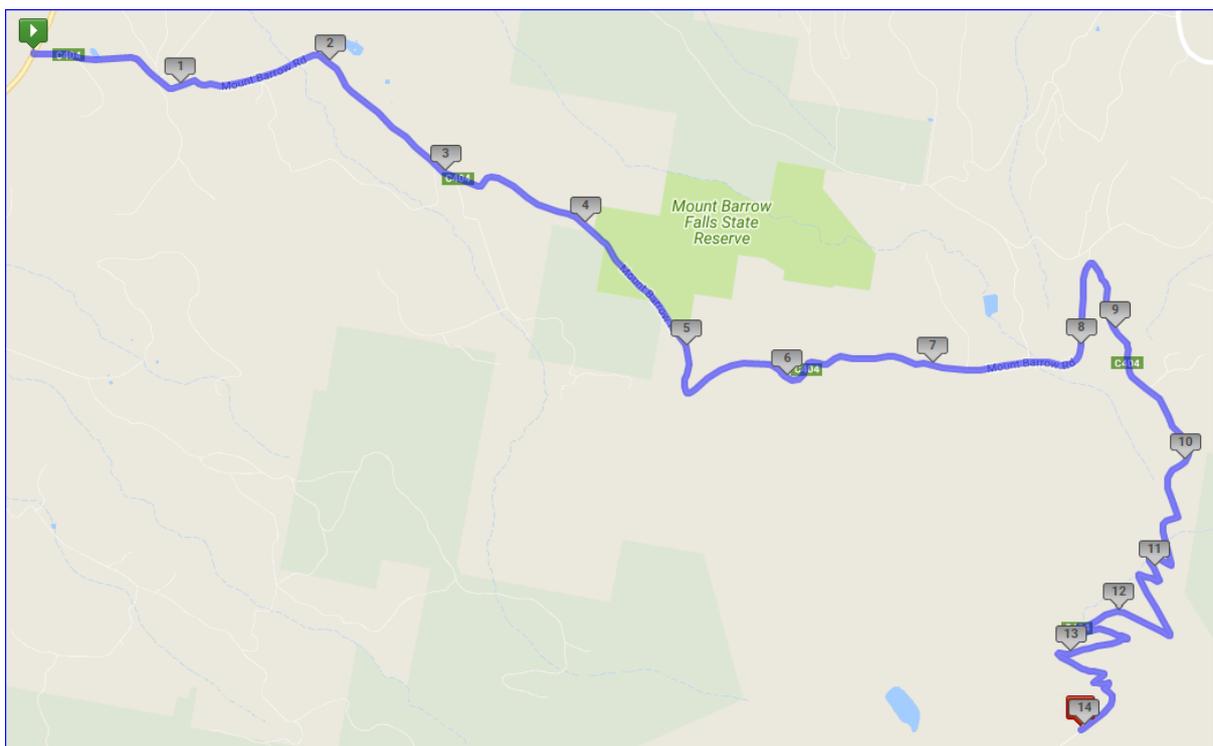
Course Description: Follow Mt Barrow road to the “Chalet” Tough



Climb.

Event: Division 1 – 14km

Follow the 10km course but continue on to the top of the mountain. Final 4km are tough winding and exposed to the elements. Can be extremely cold. Runners are required to take windproof



Mt Barrow



jacket on the last 4km of this course. Parts of this course have 20% elevation grade. Great training run for the Point to Pinnacle