

## **Mt Barrow Challenge**

**Address:** Cnr Tasman Highway and Mt Barrow Road – Allow 25 mins from Launceston CBD

**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 this event.

**Meet:** Cnr Tasman Highway and Mt Barrow Road

**Cost:** Free for club and \$25 for non club members (to cover insurance)

**Start:** 10:00am

**Distances:**

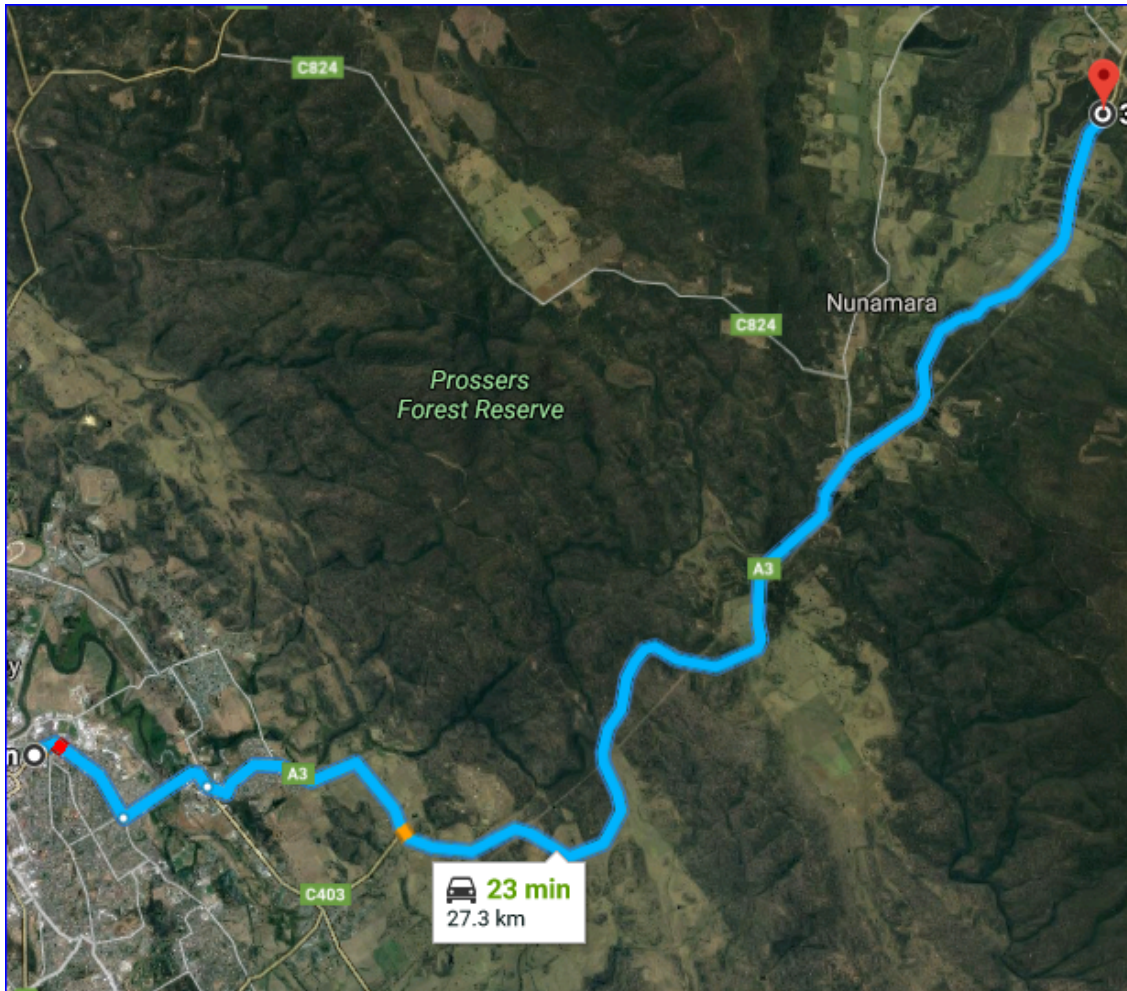
Division 1 – 14km (to the summit)

Division 1 – 10km ( to the “chalet”)

**Type of Race:** Handicap events today for all races

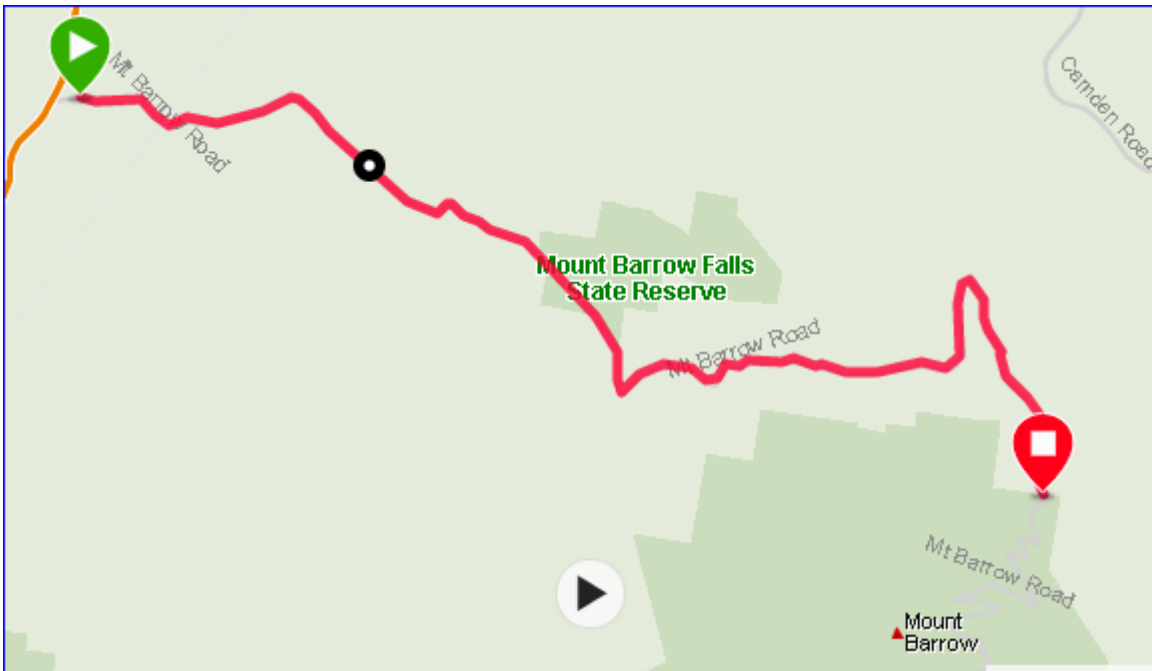
**Course Description:** Both courses have a steady climb with some flat sections. The 10km finish at the Chalet (or previous meeting point) and the 14km course finishes at the top of Mt Barrow. Those travelling to the top in the 14k should carry a wind proof jacket. Challenging courses, weather can be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

**Map to Venue:** 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.



**Event: Division 1 – 10km**

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



**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 jacket on the last 4km of this course. Parts of this course have 20% elevation.

