

Burra BARROW PUSH



**SUN 1ST
OCT 2023**

- **Event Brief**

The Burra Wheelbarrow Push (the event) is run in a relay format over a single day in October.

The race starts in Terowie going on to Hallett then, following a 30-minute break, continues on to Burra – a total distance of 64km.

- **Event Contacts**

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Event Coordinator: Glen Christie

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- **Event Details**

The Great Broken Hill to Burra Wheelbarrow Push was held over 4 events, from the early to late 1980s – 1983, 1985, 1986 & 1988 plus a Burra to Clare Barrow Push (also held in 1986).

Originally held to commemorate the centenary of the founding of Broken Hill, the event took competitors over 355km across 5-days, while pushing a wheelbarrow with a 30kg load.

Now, in 2023, to celebrate the first event’s 40th Anniversary, the Regional Council of Goyder will host the return of 'The Burra Wheelbarrow Push'.

This event will see competitors push a practically empty wheelbarrow along the Barrier Highway from Terowie to Burra in two stages, taking place on Sunday, October 1, 2023. The Burra Wheelbarrow Push may test the endurance of competitors, but it is largely about having fun.

Teams are released at regular spaced intervals. Every effort is made to distance the teams evenly to avoid congestion and provide a safe environment for participants and the public.

- **Route Planning and Design**

The route remains the same as each year of the 80’s events. Exiting Terowie, across the Barrier Highway, keeping as far left of the verge as possible, preceded by a pilot vehicle and tailed by an emergency support vehicle.

The participants will cross the Barrier Highway again at the entrance to Burra. The road into Burra will be closed to traffic until the end of the event – 5pm, Sunday, October 1, 2023.

The general road rules are to be maintained in all areas during the participation period of the push.

All efforts must be made to ensure that no disruption to traffic flow occurs.

- **Participant's Regulations**

Participation is undertaken under the following rules:

- Participants must complete the Online & Individual Registration Form and pay the Registration Fee to secure their place in the event.

Each team will be provided with a Council-owned wheelbarrow - below.



- Participants must provide their own support vehicle.
All associated safety signage and communications equipment will be supplied by Council.
- The wheelbarrow will not contain any weight. It is at the discretion of the team if they wish to add weight to the wheelbarrow.
- Teams can be made up of any of the following:
 - o Solo runners
 - o Paired runners
 - o Teams of 3 to a maximum of 6.

Starting the Race

Teams will gather at the starting point, in Terowie, no later than 7:15am

- Each team will be allocated a position number and will approach the starting line in that order.

The order of departure shall be:

- o Solo participants.
- o Paired participants.
- o Group participants.
- Departures will be scheduled at 2-minute intervals, with the first team departing at 8am.

Running the Race

- If running in a team:
 - Only one team member shall be in physical contact with the wheelbarrow at any given time, unless handing over.
 - No more than 2 members shall be running on the route at any given time.
 - When a team member is ready to stop running and return to the support vehicle, they shall indicate by raising one hand and coming to a stop once the support vehicle has indicated that they are aware of the impending stop.
The support vehicle shall issue **2 short horn beeps** to alert the runner.
 - The runner and vehicle must come to a complete stop prior to any changeover.
 - Once changeover is complete, the new runner continues.
 - Once the previous runner is securely in the vehicle, the support vehicle proceeds to follow.
- Overtaking a runner or team
 - In the event that any team is in a position to overtake a preceding team, they shall do so in the following manner:
 - Radio the vehicle in front, identifying first the preceding vehicle, then their vehicle number.
Advise they are preparing to pass the preceding team.
The preceding team shall alert the runner(s) by issuing **3 short horn beeps**.
The preceding team shall come to a complete stop to expediate the overtaking.
 - Once the overtaking team have passed, the team may once again proceed.

Timing and Breaks

- All wheelbarrows will be fitted with a timing tag.
- All runners will be registered with RaceTec and their runtime will be measured via this app.
- All runners, upon reaching Hallett, will be required to stop for 30-mins.
This 30-min stop will be factored into the RaceTec calculations and be deducted upon completion of the race.
- All runners will be required to cross a timing mat, upon arrival in Burra, to secure their finish time.
The results will be generated, immediately, via the RaceTec app and will be confirmed with the timing officials.

- **Safety and Traffic Management**

All vehicles transporting runners that will be frequently stopping on route will require caution signage to advise the road user that this vehicle will be frequently stopping and display 'Caution Runners Ahead'.

All participants to wear appropriate high vis when on the move outside of the assisting transport vehicle.

Support Vehicles Each vehicle must have:

- Sufficient fluid and sustenance for the day's proceedings.
- One basic first aid kit.
- A UHF Radio for intervehicle communications.

A lead vehicle with the sign ***Race in Progress*** and mounted warning lights on at all times will remain in front of the lead competitor and accompany them to Burra. They will remain a distance ahead that allows access of traffic flowing past the competitors while keeping the lead competitor in view of their mirrors.

When they have escorted the leaders to the entry point to Burra and supported them in crossing the Barrier Highway, they will remain on the Barrier Highway repeating this process until the last competitor has entered Burra.

A tail vehicle with the sign ***Race in Progress*** and mounted warning lights on at all times. This vehicle will remain behind the last competitor at a distance that allows the traffic to flow through the competitors safely. The tail vehicle will keep visual contact with the last competitor at all times.

The Event Coordinator's vehicle will be equipped with a mobile phone. This number will be distributed to all participants and support officers as part of their event pack.

The Event Coordinator's role throughout the day is to monitor competitors and supporters' behaviour. They also monitor competitor's health for signs of heat stress and major fatigue.

The organising committee shall provide trained professionals to attend the race with fully equipped vehicles.

While we will have paramedics with a vehicle attached to the race, medical support is a phone call away, with a fully manned ambulance stations in Burra and CFS locations along the route.

In the event of an incident that requires first aid:

- Pull off to the side of the road and remain there and stay calm.

- Advise of incident via the UHF radio and request immediate assistance.
- Remain here until the paramedics attend.

Additional Emergency Contacts will be supplied to all participants / teams.