

INFORMATION GUIDE 2024



Hydro
Tasmania

**KING
ISLAND**
IMPERIAL 20

Welcome

FROM THE MAJOR SPONSOR...

Bucket list – ‘a list of experiences and achievements that a person hopes to accomplish during their lifetime.
Also known as a ‘life’ list or a ‘dream’ list.

In fact, 48% of people who make a New Year resolution include improving their fitness and health.

If completing the King Island Imperial is NOT one of your aspirational goals, it needs to be!

What more could you possibly ask for? Breath-taking scenery, professionally organised event, a level for everyone and wonderfully warm, welcoming locals.

On Sunday March 10, wake with the sun, lace up your joggers and join in a once-in-a- lifetime experience. Tick it off!

Good luck to all.

Kate Hickey
Community Advisor
Hydro Tasmania



FROM THE PRESIDENT

Welcome to the island and the 31st Hydro Tasmania King Island Imperial20.

We feel lucky to have hosted the event for 31 years. From humble beginnings we are amazed how the Imperial 20 has grown to be such a great event. With such a wonderful young and enthusiastic committee, the Imperial 20 is in safe hands.

We have been presented with the challenge of sustaining the event with our small and dedicated group of volunteers. I am confident that the changes we have made will help sustain the event for many years to come. While continuing to cater for all our loyal participants we have made an extra effort to ensure we have a family friendly event. In recent years it has been delightful to see all the young children running through the main street with their families cheering heartedly.

One tough decision we have made it so defer the Beach Event and instead offer a catered bus trip on the Saturday afternoon. For the Saturday evening Pre-Race Dinner, we are all looking forward to heading to the King Island Brewhouse for the very first time. On Sunday morning we hope all participants will enjoy a great reception as they walk and run into the Main Street in Currie. Afterwards a great night should be had at the Recovery Dinner at the King Island Club.

For those who have entered the event, I hope you all have a great run and walk and enjoy yourself thoroughly, and importantly, finish with the desire to come back for many years to come.

Gary Strickland
President

PS – As you are running across the island, please don't pass me!!!!

Schedule of Events

SATURDAY 9TH OF MARCH

Bus Tour (bookings essential) - 12:00 to 5:00 pm

Prerace Function - 6:00 pm at the King Island Brewhouse

SUNDAY 10TH OF MARCH

Bus Departure Times from Currie

6:00 am – Bus for 32 km Walkers and Runners

9:40 am – Bus for 8 km Short Course Walkers & Runners.

All buses depart from the corner of Edward St and Netherby Rd

Race Starting Times

7:00 am – 32 km Walkers

7:10 am – Walking Teams

7:20 am – 32 km Handicapped Runners Front Markers

- Depending on the handicap other runners will start progressively. Each runner will be informed of the exact starting time in the week prior to the event

8:30 am - Running Teams

10:15 am – 8 km Short Course Walkers

10:30 am – 8 km Short Course Runners, 8 km Relay Teams

10:45 am - Student Relay Teams

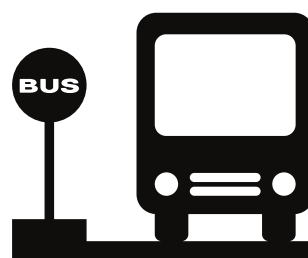
11:45 am - Junior Dash

Recovery Dinner

6:00 pm - King Island Club

BUSING

All buses will depart Currie from the corner of Edward St and Netherby Road.



Visitor Information

RACE NUMBERS - MERCHANDISE - INFORMATION

The event information centre will be located at the King Island Hotel in the centre of Currie. Just look for the signs. Committee members will be on hand to answer all of your questions. Race numbers will be available for collection and merchandise will be on sale.

Opening hours:

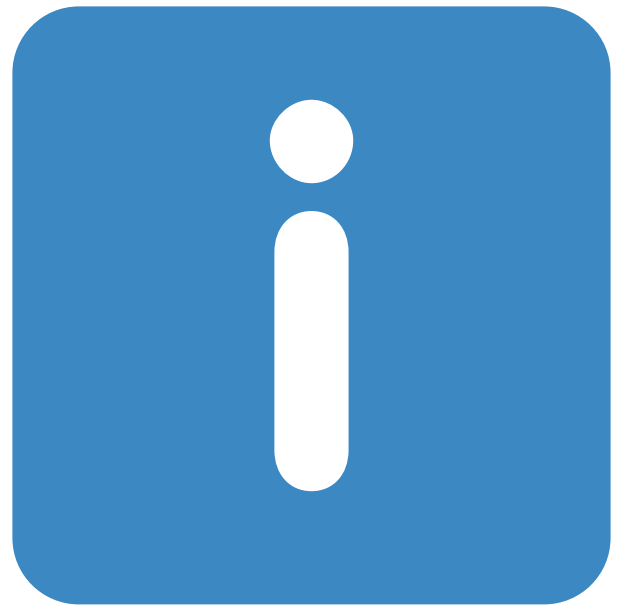
- Friday - 10 am to 12 pm
- Saturday - 10 am to 12 pm

If you prefer to contact a committee member directly below are some handy details.

President: Gary Strickland - 0407 157 501

Race Director: Robbie Smith - 0400 172 395
racedirector@kingislandrace.org.au

Website: www.kingislandrace.org.au



POKI MARKET

The unique Produce of King Island Market will on Saturday at the Town Hall, George St Currie. The market will be held between 10:00 - 12:30 pm pm. The offerings range from fine King Island produce to the unique kelp craft. Lunch will be available.



GOLF ANYONE?

King Island is the home of links golf in Australia, boasting three world rated golf courses.

For a quick 9 holes visit the King Island Golf and Bowling Club in Currie.

Wishing to spend a whole day on the course. Why not try the magnificent Ocean Dunes or Cape Wickham Courses.

Equipment is available for hire.



TELSTRA NETWORK ONLY

There is mobile phone reception over most of the island only on the Telstra network.

WIFI

Free wifi is available at the airport and at some of the cafes.



MERCHANDISE

Go to the Information Centre to check out the range of event merchandise. There will be a limited range available over the weekend. If your preference isn't in stock, please let us know and we will be happy to place a special order for you. These orders will take a few weeks to arrive.



Extra Events

MAGICAL MYSTERY TOUR

In past years the event has featured a beach run on Saturday afternoon. Instead, for the very first time, we will be offering visitors to the island an opportunity to join a half day bus tour of the island. The tour will start and finish in the main township of Currie and will begin at 12:00 pm. The tour will include:

- Lunch
- A guided walk at a remote location
- A tour of the course from Naracoopa to Currie
- Local commentary

Follow the link below to book your seat. The cost will be only \$10 per head with all proceeds going to a King Island volunteer organisation.



Scan this code to
make a booking



PRE-RACE DINNER



The Pre-Race Dinner will be held at the King Island Brewhouse, 36 Lancaster Rd, Pegaarah, Held on Saturday evening, beginning at 6 pm, the evening will include a Trivia competition with some great prizes.

To make a booking scan this QR code or go to the event webpage
www.kingislandrace.org.au



RECOVERY DINNER

Sunday Evening

After a tiring weekend it will be time to put your feet up and enjoy a three course buffet dinner. The Recovery Dinner will be at King Island Club, Netherby Rd Currie. Bookings are essential.

To make a booking scan this QR code or go to the event webpage www.kingislandrace.org.au



Race Information

DRINK STATIONS

Drink stations will be located approximately every four km across the course. All drink stations provide cups of pure King Island rain water.

We suggest that athletes carry their own energy supplements.

In the interests of hygiene and tidiness we ask all competitors to place their used cups in the bins located at the drink stations.



BYO ENERGY GELS

We suggest that entrants who are participating in the longer events organise their own energy supplements prior to the event and carry them during the race. If you do forget, there will be some available at the information centre.

COURSE DESCRIPTION

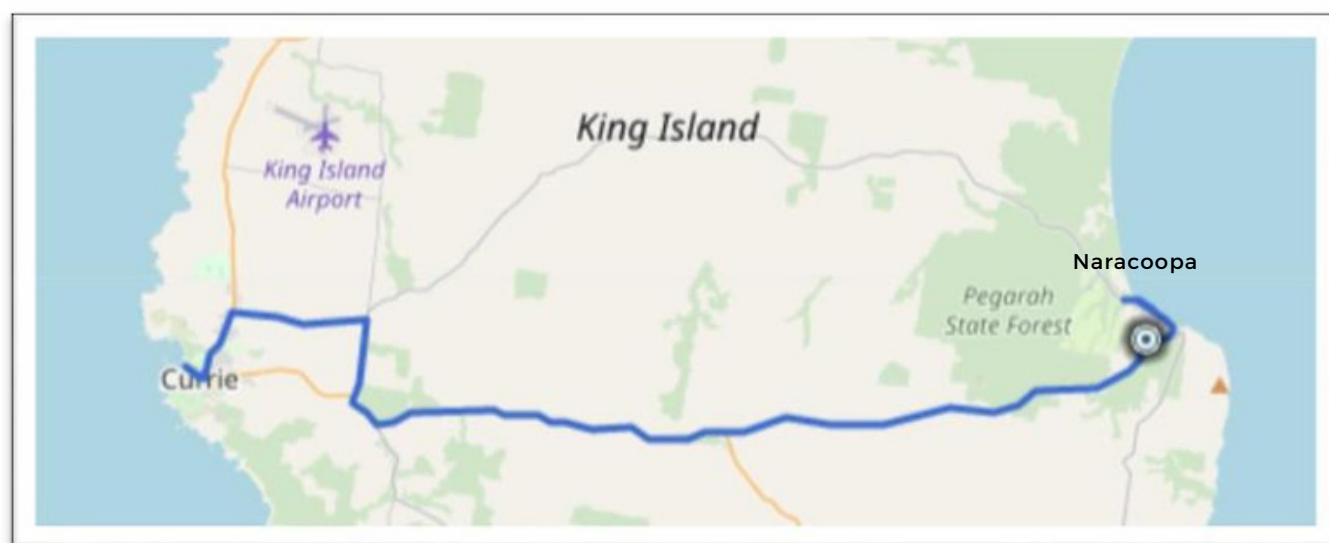
The race begins on the east coast at Naracoopa. After starting at the picnic area on the Naracoopa Esplanade, the course initially heads NW for 700 m before making a u - turn and returning past the starting line. Runners and walkers then have the opportunity to appreciate the majestic views of Sea Elephant Bay on the left before turning into Forrest Street to begin the trek across the island. After turning onto Pegarah Rd, the first challenge is a short but sharp climb up the Naracoopa Hill. The course gradually climbs for the next 6 km before reaching the highest point 11 km into the race. The course continues along Pegarah and Grassy Roads through majestic King Island Farm land.

Just after the 22 km mark runners and walkers will catch a view of Hydro Tasmania's wind generators. After moving past the generators, the first glimpse of the western coast will come into view. This is only short lived excitement as the course then turns right to head north on Wicks Rd for 2 km before then turning west into Fraser Rd for the final 6 km to the finish. With 3 km to go the course turns onto Main St heading towards the township of Currie.

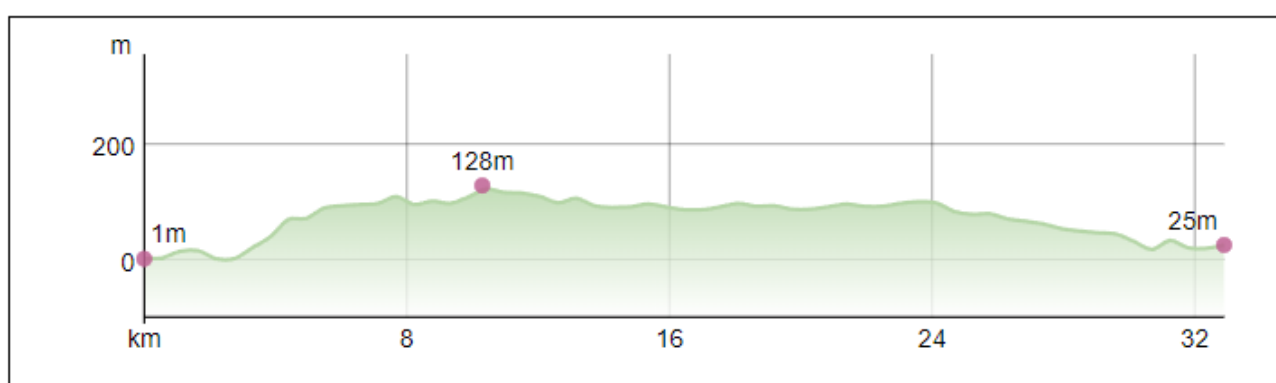
After a short but sharp climb past the Catholic and Anglican Churches the course heads down hill into the CBD. With the finishing line tantalizingly close there is still another 1500 m to go. After waving good bye to the finishing line the course heads down Wharf Rd to Currie Harbour on the western shore of the island only to then take a u-turn to head back up Wharf Hill to the finish.



COURSE MAP



COURSE PROFILE



Altitude difference: 140 m

Don't be deceived by this chart. King Island is actually really flat. The altitude variation is minimal.

COURSE DESCRIPTION - 8 KM RUN OR WALK

The course for the 8 km events begins at the Hydro Tasmania Power Station, which is close to the corner of Wicks and Grassy Rds. From there the course follows the final 8 km of the course from Naracoopa.

TRAFFIC AND ROAD CLOSURES



All competitors and spectators are reminded that there is only a partial road closure for the event. There will be some vehicles on the road. Runners and walkers must only use the right hand side of the road. As the day progresses the roads will be opened to normal traffic movement. There will not be any stringent cut-off times. Competitors who are still on the course after the roads are opened will be offered transport to the finishing line or may continue on the course but at their own risk. If a competitor opts to continue on the course after the roads have been opened, they must stay off the road when vehicles are in their proximity.

COURSE RECORDS

32 km Running Event

Female Record - 2.02:20

Vanessa Wilson (2020)

Male Record - 1.37.48

Steve Moneghetti (2002)

32 km Walking Event

Female Record - 2.52:54

Claire Tallent (2016)

Male Record - 2:29:08

Rhydian Cowley (2021)



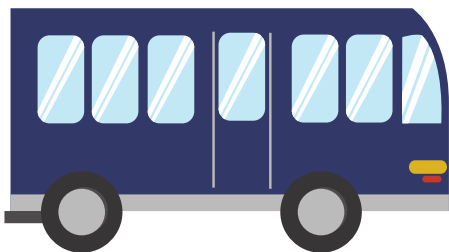
RACE NUMBERS

Race numbers will be available for collection at the Information Centre before the race day or at the starting lines on race day. Please remember that race numbers must be worn throughout the race, especially to activate the timing system at the finish line.



GETTING TO THE STARTING LINE

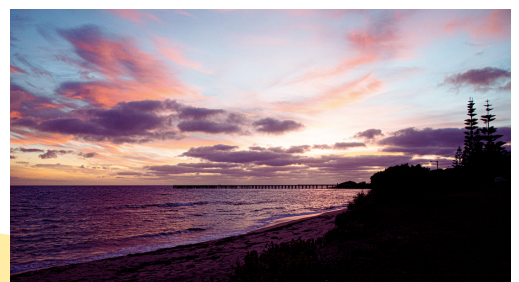
The course between Naracoopa and Currie will be closed to traffic for the event. If anyone is driving to the start we suggest these detours; from Currie via Fraser Rd, and from Grassy via Yarra Creek and Millwood Rds. Please drive with care, the detours are via unsealed roads and the sun rise may cause glare.



Buses will depart Currie for the starting lines at either Naracoopa (for the 32 km events) or the Power Station (for the 8 km run or walk). All buses will be departing Currie from the cnr of Edward St and Netherby Rd. If anyone intends to leave a car at the finishing line, please avoid parking in Main St. Refer to the schedule for details of the bus departure times.

BREAKFAST AT NARACOOPA

Breakfast will be available at the starting line at Naracoopa on Sunday morning .





WALKING JUDGING

The walking events are not judged. Walking entrants please take care to maintain a walking action at all times.

HOW THE HANDICAPPED EVENT WORKS

The 32 km running event is a handicapped race. To explain..... Based on past performances each runner will be allocated a handicap. This handicap will determine when a running starts. The first runners will start at 7:20 am with faster runners later. The aim, in theory, is to give every runner a chance to be first over the finishing line. All runners be sent notification of their exact starting time in the week prior to the race.

GEAR TRANSPORT

A vehicle will be located at the Naracoopa to transport competitors' bags and clothing to the finishing line. Simply place your gear in the vehicle before starting and pick it up at the end of the race at the aid station.

The race organisers will endeavour to look after all possessions, but will not accept responsibility for the loss or damage to any of these possessions.



STUDENT RELAYS

TOWN COURSE

This year the student relay event will follow a 2 km course in town. The event will begin in Main St in Currie. Team members will take turns to run a 2 km course following Main St and Edward St (Wharf Rd). This course will give spectators a chance to see most of the action.



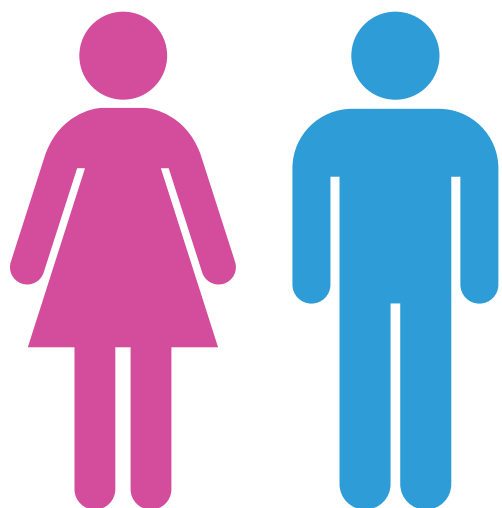
EXTREME WEATHER

Fortunately over past years the Imperial 20 has never been cancelled. King Island is typically windy and the temperature could be best described as mild. However, if the weather conditions are extreme, the race may be modified or even cancelled. The safety of the competitors and volunteers is paramount.

TARGET TIMES

There will not be any strict cut off times. It is hoped that all entrants will finish by 12:30 pm.





TOILETS

Toilets will be at the following locations:

- At the starting line
- Near the 8 km, 16 km and 24 km Drink Stations
- Currie Harbour 31.3 km
- At the finishing line

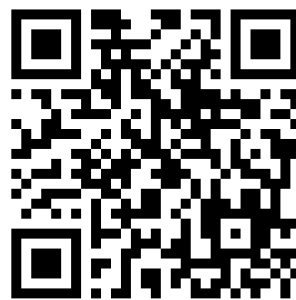
CHEESE BAGS

All entrants in a 32 km individual events are eligible to receive a “Cheese Bag” from the King Island Dairies stand, located near the finishing line. To collect a cheese bag simply show the volunteers your race number.



RESULTS

All the results, times, places and individual certificates will be available live online. Either follow the links from the event website or scan this QR Code.



PRESENTATIONS

Many of the prizes and awards will be presented at the finishing line area as soon as the events are completed. Don't rush away after you have finished, there could be a prize coming your way.

AWARD CATEGORIES

32km Team Events

1st Walking Team

1st Running Team

8 km Events

1st Walker

1st Runner

1st Male Team

1st Female Team

1st Mixed Team

32 km Walking Event

1st Male

1st Female

32 km Running Event

Fastest Male

Fastest Female

1st Over the Line



FOOD AT THE FINISH

The Lions Club will be operating a BBQ at the finishing line. To receive a free sausage from the Lions just show them your race number.

The King Island Bakehouse is conveniently located close to the finishing line, and is a popular stop for those wanting to sample local pies, salad rolls, coffee and a range of other treats.

Need that sugar hit? Why not visit the KI Show Tent for some delicious ice cream.



Cross Island Relay Events

SUPPORT TRANSPORT

Each team will need to organise transport to move team members to and from their leg. Drivers of support transport will need to collect a road access permit, race numbers and instructions from the Race Day Coordinator at the starting line.



ROAD ETIQUETTE



We request that the support vehicles do not follow the participants, but instead go ahead to the next checkpoint. The speed limit on the course is 20km per hour. Please slow down when travelling past competitors. Drivers need to be aware that only a partial road closure is in place, and that there will be other vehicles on the roads, travelling in either direction.

RELAY CHANGES

Relay Change Zones, for the cross island events, will be in the vicinity of the 8 km, 16 km and 24 km markers. Drivers must park in the area as indicated by the course signage or as directed by a course marshal. Relay change locations will be marked with course signage. Team members must wait off the road until the incoming team member is close.

RELAY FINISHING

It is a tradition for relay teams to cross the finishing line together. To assist the judges the team member who is covering the final leg will need to finish slightly ahead of the rest of the team. We do request that all teams are considerate of other competitors finishing at the same time.



Naming Sponsor



Hydro Tasmania

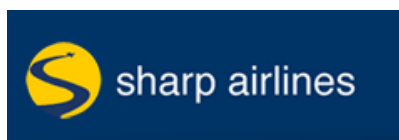
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