



Surf Life Saving Australia – Circular

July 2010

Coolangatta Gold 2010 - Entry Circular

Document id 02/10-11	Audience Coaching, Competition, Team Managers, Presidents & Secretaries.
Department Surf Sports	

Summary

This circular contains the relevant information regarding competitor entries into the 2010 Coolangatta Gold.

Overview

The 2010 Coolangatta Gold, Surf Life Saving Australia's (SLSA) premier Ironman endurance event, will be held on the Gold Coast on 7th November 2010.

The iconic race which was created more than 20 years ago for a blockbuster movie will be open to the public for the fourth time in the history of the event and 2010 also sees the addition of an Under 19 Male/Mixed and Female teams category with teams of up to 4 competitors

When: 7th November 2010

Where: Gold Coast between Kurrawa/Northcliffe and Coolangatta

Event categories:

Open Men
Open Women
U19 Male
Masters Men 30-39
Masters Men 40+
Masters Women 30+
Open Teams (Male/ Mixed/ Female)
U19 Teams (Male/ Mixed/ Female)

Race start times

Races to start at 7:00am and further details on individual category start times will be advised via the website www.coolangattagold.com.au



Course & Leg Distances

Open Men, 30-39 Men, 40+ Men, Open/Mixed Teams, U19 Male/mixed Teams

		Distance	Cut off time (after leader)
1st Leg Surf Ski Leg	Kurrawa to Northcliffe to T H & C SLSC	23.00km	70 mins
2nd Leg Beach Run (1st)	T H & C SLSC to Coolangatta SLSC	0.65km	70 mins
3rd Leg Swim Leg	Coolangatta SLSC to Bilinga SLSC	3.50km	85 mins
4th Leg Beach Run (2nd)	Bilinga SLSC to Currumbin SLSC	4.00km	90 mins
5th Leg Board Leg	Currumbin SLSC to Burleigh Heads SLSC	5.50km	100 mins
6th Leg Beach Run (3rd)	Burleigh Heads SLSC to Northcliffe to Kurrawa	10.00km	
	TOTAL DISTANCE	46.65km	

Open Women, 30+ Women, U/19 Men, U19 Teams

1st Leg Surf Ski Leg	Kurrawa SLSC to Northcliffe to Currumbin SLSC	15.00km	35 mins
2nd Leg Run Leg	Currumbin SLSC to Currumbin Creek	1.0km	35 mins
3rd Leg Board Leg	Currumbin Creek to Burleigh Heads SLSC	4.50km	60 mins
4th Leg Swim Leg	Burleigh Heads SLSC to Nth Burleigh Heads SLSC	2.50km	90 mins
5th Leg Beach Run	North Burleigh to Northcliffe to Kurrawa SLSC	7.50km	
	TOTAL DISTANCE	30.50km	

Entry Details For Teams:

A team entered into the Event will consist of any competitor combination of up to 4 people. Each leg must be completed by one individual only eg. The ski leg must be completed by one competitor only. Individuals can complete more than one leg eg. The same person can complete the ski and the swim legs.

Course details for teams are outlined above. Teams must also have a minimum of 2 handlers.

Teams can be either:

Singled gendered teams – up to 4 male competitors **or** up to 4 females

Mixed gendered teams – any combination of up to 4 competitors with a minimum of 1 male and 1 female

How to enter a team into the 2010 Coolangatta Gold:

Entries Open 9th July 2010

Enter online @ www.coolangattagold.com.au

Or:

Click [HERE](#)

Entry Fees – Individuals (Limited Entries)

Open Men, Open Women, U19 Men & Masters \$204 (plus GST) for SLS members, \$215 (plus GST) for non members + Additional Shirts @ \$11.00 (plus GST)

How to enter individually into the 2010 Coolangatta Gold:

Entries Open 9th July 2010

Enter online @ www.coolangattagold.com.au

Or:

Click [HERE](#)



What does the Individual Entry fee include?

This year's entry fee includes:

- Entry to the 2010 Coolangatta Gold
- 2010 Coolangatta Gold Competitor lycra
- 2010 Coolangatta Gold Competitor visor
- 2010 Coolangatta Gold Competitor water bottle
- Pre Race Welcome Dinner on Friday the 5th November (6pm start) Venue TBC
- Finisher Medallion for each individual competitor in the open male, open female, U19 male and masters events who completes the course.
- 2 Handler T-Shirts

Entry Fees - Teams

Teams \$453 (plus GST) + Additional Shirts@ \$11.00 (plus GST)

What does the Team Entry Fee include?

- Entry to the 2010 Coolangatta Gold
- 2010 Coolangatta Gold Competitor lycras
- 2010 Coolangatta Gold Competitor visors
- 2010 Coolangatta Gold Competitor water bottle
- Pre Race Welcome Dinner on Friday 5th November (6pm start) Venue TBC
- Finisher Medallion for each team competitor who completes the course
- 2 Handler T-shirts

Prize Money & Prizes

SLSA is in negotiations with potential sponsors and Television networks for the Event. The Open Men and Open Women will be competing for a minimum prize pool, of \$65,000.

Place	Open Men	Open Women
1 st	\$20,000	\$10,000
2 nd	\$7,000	\$3,500
3 rd	\$4,250	\$2,250
4 th	\$3,000	\$1,250
5 th	\$2,000	\$1,000
6 th	\$1,000	\$900
7 th	\$900	\$800
8 th	\$800	\$700
9 th	\$700	\$600
10 th	\$600	\$500
11 th	\$500	\$400
12 th	\$400	\$350
13 th	\$350	\$300
14 th	\$300	\$250
15 th	\$200	\$200

All categories will be competing for trophies & prizes. However, prize money is only on offer for the Open Men & Open Women categories.

Competitors in all categories can be either current members of SLSA or members of the general public. If the team members are members of SLSA they are NOT required to be from the same Surf Life Saving Club.

Entries will close on the 26th September 2010