

Event Owner: Weipa Running Festival
Email: info@weiparunningfestival.org.au
Phone: 0402 372 402
Date: Sunday 21st July 2019



COMPETITOR INFORMATION PACK 2019

IN BRIEF

The event consists of five different races over varied terrain within the township of Weipa. The 2.5km Fun Run and markets provide an opportunity for everyone to join in the festivities.

- **Marathon** and **TEAM Marathon***, 5.00am, 18 years and older only
- **Half Marathon (21.8km)** and **TEAM Half Marathon***, 6.00am, 18 years and older, Under 18 by application only.
- **10km**, 6.30am, 10 years and older only**
- **5km**, 7.30am, 6 years and older only**
- **2.5Km Fun Run**, 8.30am, All ages***

Condition of entry: Age restrictions apply. The decision to approve registrations is at the race director's discretion.

*Teams consist of two team members, each doing half of the course.

**An adult (parent or guardian) must register juniors aged 10-17. Juniors aged 12 years or younger must be accompanied by a parent or guardian during their race and the adult must register the pair as a team.

An adult (parent or guardian) must register juniors under the age of 18 years. Juniors under 13 years of age must be accompanied by a parent or guardian **at all times and the adult must register the participants under the age of 13 years as a team.

Time penalties / disqualification apply should this not be adhered to

Your entry fee includes:

- Entry into your nominated race/fun run
- Personalised race bib (if you register by 6th July 2019) for the 5km, 10km, 21.8km and 42.2km distances
- Finisher's medal for 5km, 10km, 21.8km and 42.2km distances
- Singlet for 21.8km and 42.2km (individual entries only)
- Novelty trophies for the winners in the 5km, 10km, 21.8km and 42.2km distances
- A gift for all registrants in the Fun Run/Walk
- Lucky draw prizes
- A 12-week training program
- Basic first aid service at the event
- Refreshments at the finish line for all competitors/participants
- A fun, safe and professional activity
- Public liability insurance

Mandatory gear for all competitors in the 42.2km race:

- Closed-in shoes
- Two compression bandages (Heavy Crepe 10cmx2.3m)
- Whistle
- It is recommended that a Water carrier (e.g. hand held bottle or hydration pack) with a 1L minimum capacity be worn.
- Head lamp (drop boxes on course will be available)
- Individual competitors: race bib to be worn on your front and visible at all times (supplied by Weipa Running Festival).
- TEAM competitors: race bib to be worn on your front and back and visible at all times (supplied by Weipa Running Festival).

Mandatory gear for all competitors in the 21.8km race:

- Closed-in shoes
- Two compression bandages (Heavy Crepe 10cmx2.3m)
- Whistle
- It is recommended that a Water carrier (e.g. hand held bottle or hydration pack) with a 1L minimum capacity be worn.
- Head lamp (drop boxes on course will be available)
- Individual competitors: race bib to be worn on your front and visible at all times (supplied by Weipa Running Festival).
- TEAM competitors: race bib to be worn on your front and back and visible at all times (supplied by Weipa Running Festival).

Recommended gear for all competitors in the 10.0km race:

- Closed-in shoes.

There is no mandatory gear for the 5km or Fun Run/Walk.

Race Kit collection: Race bag with race bib and merchandise (if applicable) must be collected on Saturday 20th July at the nominated collection points. Contact us on admin@weiparunningfestival.org.au to make alternative arrangements.

Start/finish location: Andoom Oval, Andoom Road, Weipa.

Check-in on Race Day: Marathon & Teams: 4.30-4.45am; Half marathon & Teams: 5.30-5.45am; 10km: 6.05-6.20am; 5km 7.05-7.20am, 2.5km Fun Run/Walk: Not applicable.

On the day registrations is available for 2.5km only, registrations close 7.45am. Registrations for the 10km and 5km close at 4pm on Saturday, 20th July 2019.

Mandatory race briefing: There will only be a brief mention of safety precautions and race conditions before each race. All competitors are expected to have read and understood the race rules, course, etc.

Merchandise: Marathon and Half Marathon individual competitors receive a singlet or T-shirt as part of their race entry. Other competitors and participants can order a singlet or T-shirt along with additional merchandise during online registration. Collect merchandise at registration pack collection.

Terrain: Flat, dirt roads, dirt tracks, shared bitumen and concrete footpaths, hard beach sand.

Water is provided *approximately* every 4km.



Refreshments: Water, buns and fruit will be available at the finish. A coffee van will be in attendance for those who need their caffeine fix. Market stalls with food for sale from 7.30am onwards.

Toilets: Port-a-loos at start/finish, Mission River Bridge, Weipa Cricket Oval Rocky Point, Weipa Camp Grounds, Lake Patricia BBQ Area,

Remember:

- Only MCleod Drive, will be close, no other roads are closed for this event. Obey all road rules and give way to all other traffic.
- Closed in shoes are required on the marathon, half marathon and 10km course.
- No headphones are allowed.
- Pets/Dogs anywhere along the course are prohibited.
- Study the maps and read the course description PRIOR to race day
- Stay on the marked course. Short cuts are not permitted.
- Prams are not allowed in the 42.2km, 21.1km or 10km races. Due to safety considerations we do not allow bikes, scooters, skateboards, rollerblades and animals (e.g. dogs) in any of the events.
- Due to the terrain wheelchairs are not permitted.

(Read all the event rules on page 7).

Volunteers: Know someone that can help out? Ask them to register their interest here: volunteers@weiparunningfestival.org.au

Photos can be accessed free of charge from the Weipa Running Festival and Dynamic Running Facebook pages.

<https://www.facebook.com/weiparunningfestival/>

<https://www.facebook.com/dynamicrunningaustralia/>

Race results will be published on the Weipa Running Festival and Dynamic Running website and in The Cairns Post in the week following the event.

EVENT SPONSORS

Updated as Sponsors are secured.

If you would like to sponsor our event, please contact us admin@weiparunningfestival.org.au

RACE FEES, AGE RESTRICTIONS, ENTRY DATES AND REFUND DATE CUT OFF

Refer www.weiparunningfestival.org.au

FREE TRAINING

Whether your goal is to get fit, lose weight, meet new running buddies or have more energy, the 12-week training program is designed to give you access to the support you need, including:

- **Free** 12-week training program for runners and walkers.
- **Free group training runs/walks.** Weipa: refer Weipa Running Festival Facebook page for updates. Cairns: Wednesday evenings, 5.30-6.30pm refer Dynamic Running Facebook page all levels welcome, including beginner runners and walkers.

ACCOMMODATION AND LOCAL FACILITIES

Refer links on the Weipa Running Festival website (www.weiparunningfestival.org) – we urge you to book immediately.

You need to secure your accommodation prior to entering the event. If you have registered for the event and cannot find accommodation, please contact the race organiser as soon as possible.

Being a remote community some standard services are limited, you will need to pre book airport transfers with either the Weipa Taxi's or Weipa Airport Shuttle, refer to our website for their contact information.

Weipa only has one Woolworths and on Saturdays it closes at 5pm and is **NOT** open on Sundays. There is a local service station for some amenities which is open 6am-6pm 7days a week and a smaller supermarket in the Napranum community approx. 20km out of town which has limited range but is open on Sundays.

We strongly suggest you take the above into consideration with your travel arrangements.

AGE REQUIREMENTS

Age limits and other restrictions

- **Marathon** and **TEAM Marathon**, 18 years and older only, NO EXCEPTIONS No prams, No wheelchairs, Mandatory gear.
- **Half Marathon (21.8km)** and **TEAM Half Marathon**, 18 years and older only, NO EXCEPTIONS No prams, No wheelchairs, Mandatory gear.
- **10km**, 10 years and older only* No prams. No wheelchairs. Closed-in shoes recommended.
- **5km**, 7.30am, 6 years and older only* Prams allowed. No wheelchairs.
- **Family Fun Run/Walk**, 8.30am, All ages** Prams allowed, No wheelchairs

Condition of entry: The decision to approve registrations is at the race director's discretion.

*For the 10km and 5km races: An adult (parent or guardian) must register juniors aged 10-17. Juniors aged 12 years or younger must accompanied by a parent or guardian during their race and the adult must register the pair as a team.

**For the 2.5km Fun Run/Walk: An adult (parent or guardian) must register juniors aged 0-17. Juniors aged 12 years or younger must accompanied by a parent or guardian during the fun run and the adult must register the participants as a team.

CANCELLATIONS AND REFUNDS

We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is not transferable to other people or the 2020 event. A request for refund of the registration fee must be submitted to Weipa Running Festival on or before 11.59pm, 21st June 2019. A 10% administration fee applies to all refunds prior to this date. PLEASE cancel your registration or inform the race director if you can no longer compete.

Should the event be cancelled for any reason whatsoever entry fees in full or part may not be refunded and no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event. In the event that the course is, in the opinion of the event organiser and/or Weipa Running Festival,

unsafe (for example due to heavy rains or bushfires), the organiser may attempt to re-route the course, find an alternative shortened course or cancel the event. Due to travel and commitment involved by competitors, it is not practical to re-schedule the event to any other weekend.

INSURANCE

This event belongs to Weipa Running Festival. Weipa Running Festival is the event organiser and has \$20 million public liability insurance cover. This does not include travel and personal accident insurance for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event to cover any unforeseen personal costs you may incur due to travel, medical expenses or time off work due to injuries sustained whilst participating in the event.

MEDICAL ADVICE

Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue. Whether you have a medical condition or not, if you feel unwell on race day - don't race.

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication on the back of your race bib, include your Medicare number, next of kin and emergency contact details. This is not just an administrative request, it could be a matter of life and death in an emergency.

FIRST AID

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during the event. **Ensure you know how to deal with a snake bite. It is mandatory for all competitors in the Marathon and Half Marathon to carry two compression bandages* and a whistle.** A basic first aid kit is available at checkpoints and at the start/finish line. If you get injured, you must attract the attention of others out on the course.

*The compression (snake) bandages must be Elastoplast or Handy's heavy crepe bandages (10cmx2.3m) for strong, secure bandaging. Triangular bandages, small crepe bandages, etc. are of little use in treating snake bites.

VOLUNTEERS AND RACE SUPPORT

Events like these don't just happen. It takes a lot of effort before, during and after an event to make it a successful and enjoyable experience. The more people that are involved, the easier it is on individuals and the stronger the sense of community we build. Below is a list of "positions" we need to fill to ensure a memorable race. Some of the duties happen before and after the event, so even if you are a competitor, you can still help out. Please also ask family and friends to help out and register at volunteers@weiparunningfestival.org.au

List of duties:

- Shopping. This is done before race day, so you can help out doing this and still run the race. A list is supplied, so it's very easy to buy the required food/drinks for the race.
- Set up/pull down.
- Registration, timekeeping and recording at the start and finish. We need four people here. These are simple tasks requiring you to hand out race bibs or click some buttons on the stopwatch and scanner.
- Course marshals and drink station marshals.
- Race sweeps for the 42.2km and 21.8km.
- Photographer. Most runners openly (or secretly) love to see action photos of themselves on race day. Fancy yourself as a photographer? Please let us know.

Volunteers are provided with safety PPE that is required.

LEFT LUGGAGE

Secure any valuables as Weipa Running Festival takes no responsibility for theft or loss of property.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

Terrain: Flat, dirt roads, dirt tracks, shared bitumen and concrete footpaths, hard beach sand.

Course description

The course is aptly described as an 'Urban Trail Race' and is conducted in Weipa. Refer to www.weiparunningfestival.org.au for course maps.

COURSE MARKING

There will be course markings at all path junction and road intersections. Marshals are in place at intersections and drink stations to direct runners.

CHECKPOINTS, CUT OFFS, DRINK STATIONS AND TOILETS

The purpose of the checkpoints is to ensure the safety of the competitors. Competitors must take responsibility for their own nutritional needs and safety during the event. 'Comfort foods' such as salty chips, Healthy Slice, fruit and water and will be provided at the checkpoints and at the finish line.

CHECKPOINT LOCATIONS AND MARATHON/HALF MARATHON TEAM CHANGE OVERS

Refer to course maps www.weiparunningfestival.org.au

CUT OFFS

All competitors will be allowed to finish their race in their own time – within reason. Race officials can and will withdraw competitors from the course if required.

DRINK STATION LOCATIONS

Water is available at drink stations. These may be unmanned. Locations are approx. every 4km. refer course maps www.weiparunningfestival.org.au

There will also be water at the start/finish.

TOILET LOCATIONS

Toilets:

1. Port-a-loos at start/finish
2. Mission River Bridge
3. Weipa Cricket Oval Rocky Point
4. Weipa Camp Grounds
5. Lake Patricia BBQ Area

EVENT RULES

- You must collect your race kit on Saturday 20th July 2019 at Andoom Oval between 9am-12.30pm. Contact us on admin@weiparunningfestival.org.au if you need to make alternative arrangements.
- Children under the age of 13 year must be accompanied by a parent/guardian at all times.
- You must check in on race day at the registration table.
- You must complete the marked course on foot under your own power.
- You must stay on the marked course. Short cuts are not permitted.
- Your race bib must be visible at all times on the **front** (and back for Marathon and Half Marathon TEAM members) of your body.
- Closed-in shoes are mandatory for the half marathon, full marathon and 10km event.
- The use of earphones are **NOT allowed**.
- It is your responsibility to hand in your finish token and get your bib scanned at the end of the event.
- If you need First Aid help on the course you must attract the attention of another runner or go to the nearest drink stations or to the finish line.
- If you withdraw from the event, report to the finish line and hand in your race bib. Please **Do NOT leave without informing someone**.
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- All competitors will be allowed to finish the race in their own time – within reason. Race officials can, and will, withdraw competitors from the course if required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. If you have a problem with the event management, speak directly to the race organiser or race director, rather than the volunteers/marshal.
- Only Mcleod Road is close. All other roads will not be closed for this event. Obey all road rules and give way to vehicles and bicycles.
- **Do Not Litter** - Put your rubbish in the bins provided at the drink stations and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors and volunteers.
- Prams are not allowed in the 42.2km, 21.1km and 10km races.
- Due to safety considerations we do not allow bikes, scooters, skateboards, rollerblades and animals (e.g. dogs) in any of the events.
- Due to the terrain wheelchairs cannot participate in any of the races or fun run/walk.
- All decisions of Weipa Running Festival, race organiser and race director are final. Weipa Running Festival, the race organiser and race director is the sole judges of fact, there is no right of appeal regarding any decision made by Weipa Running Festival, the race organiser and race director.

Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at Weipa Running Festival, the race organiser and race directors' discretion and are final.

Weipa Running Festival Inc. (Participant agreement)

Please read this waiver carefully. Your ability to participate in the event is subject to your acceptance and agreement to the terms of the waiver below.

WARNING: This is a legal document that affects you and your family's rights.

1. I acknowledge that running and walking involves the real risk of injury or death from various causes which may include but is not limited to overexertion, dehydration, heart problems, disorientation, accidents with other participants, spectators, volunteers or road users, equipment failure, unforeseen events, the course, or the weather conditions.

2. I have read the conditions of entry for this event and I attest that I am sufficiently fit and have sufficiently trained for the exercise associated with the event I have chosen. I understand that I should not participate in the event unless a medical practitioner has verified my physical condition.

3. I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment or am otherwise sick or injured prior to the event, I will withdraw from the event.

(Optional) I will inform the organiser of my medical and/or physical conditions from which I suffer that might affect my performance or be relevant. I accept the risk of participating, despite these conditions.

4. By participating, I accept all risks necessarily flowing from my participation that could result in injury or death. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for any and all injury, loss or damage arising out of or connected with my participation in these activities. For clarification, the people released include board members, coaches, organisers, sponsors, managers, government and public authorities, contractors, volunteers and medical and paramedical personnel supporting the event. This release and indemnity is perpetual and binds my heirs, executors, personal representatives and assigns.

5. I consent to receive any medical treatment that organisers or medical or paramedical personnel believe is necessary for my health because of illness or injuries suffered by me before, during or after the event.

6. I understand that the organiser does not provide health insurance for me, and I will bear all financial responsibility for all and any medical treatment arising from my participation in the event; including but not limited to ambulance, doctor, and hospital fees. I understand that I should have my own personal accident and ambulance cover (if applicable).

7. The organisers cannot be held responsible for lost or stolen valuables. I am fully responsible for the security of my personal possessions at the event.

8. I acknowledge that safety precautions undertaken by the organisers (such as event briefings, trail maps and signage, drink stations) are a service to me and the other participants but are not a guarantee of safety. I agree to abide by the conditions of the event as stated in the race rules and as directed by any volunteer or official involved with the event.

9. Entry information is to be collected into a database which is and shall remain the property of Weipa Running Festival Inc. The database will be used in the management of Weipa Running Festival Inc. and for the purpose of conducting the event.

10. I consent to the publication and/or use in any form of media whatsoever of my name, image, voice, statements or otherwise, before, during or after the Event whether for broadcast, telecast, advertising, promotion, or otherwise, without payment or compensation.



11. The organisers reserve the right to delay, alter or cancel any activities in the event of dangerous weather conditions or other unforeseen circumstances.
12. Should the event be cancelled for any reason whatsoever I understand that entry fees in full or part may not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event.
13. My registration is not transferable to other people. If I am unable to compete, a request for refund of the registration fee must be submitted to the organiser at least one month prior to race day. A 10% administration fee applies to all refunds.
14. The organiser reserves the right to reject or disqualify any participant whose conduct is inappropriate to the spirit of Weipa Running Festival Inc. It is expected each participant participates in the appropriate spirit.
15. The organisers reserve the right to make additions, changes or clarifications of these terms and conditions without prior notice to participants. The organisers will endeavor to advise participants of any changes, but any such change shall be considered effective for all participants whether or not the participant has received notice of the change prior to participation.
16. I acknowledge that the information on the online registration form or otherwise provided by me (or my parent/s or guardian/s, if under 18) to Weipa Running Festival Inc. is true and correct.
17. I have read the Terms and Conditions and the rules applicable to the event and I Agree (or I Agree on behalf of my child or ward) to comply with them.
18. By progressing with my registration and payment I accept the rules and conditions listed above.

MEDALS, TROPHIES, RIBBONS AND PRESENTATIONS FOR THE 42.2KM, 21.8KM, 10KM AND 5KM

All finishers receive a medal. **Age category ribbons** are handed out to the 1st, 2nd and 3rd finishers in each age category.

Age categories for the Marathon and Half Marathon are: 18-29; 30-39; 40-49; 50-59; 60-69; 70+ (age as on race day).

Age categories for the 10km are: 10-12; 13-15; 16-17; 18-29; 30-39; 40-49; 50-59; 60-69; 70+ (age as on race day).

Age categories for the 5km are: 6-9; 10-12; 13-15; 16-17; 18-29; 30-39; 40-49; 50-59; 60-69; 70+ (age as on race day).

Ribbons are courtesy of Weipa Running Festival.

There are novelty trophies for the male and female winners in each race.

PRESENTATIONS

Fun Run/Walk: There are no award presentation, but various spot prizes will be distributed at the finish.

The 42.2km, 21.8km, 10km and 5km races: The award presentations will commence at approximately 10:00am with the presentation of awards and various barrel draw prizes. There is a random draw prize for a lucky volunteer.

MARKETS

Community Market Stalls, food and entertainment will be at the finish line from 7:30-10:30am.

FREQUENTLY ASKED QUESTIONS

Where and when is the event held? The start/finish line is at Andoom Oval Weipa, on Sunday, 21st July 2019 with a staggered start from 5.00am. There is street parking available.

Are there any restrictions? Yes. Marathon and Half Marathon races –18 years or older on race day. Under 18yrs upon application for the half marathon only. Minimum age for the 10km and 5km is 12 years. However we will allow those aged 10-11 (for the 10km) and 6-11 (for the 5km) to participate as long as they have a parent/guardian with them AT ALL TIMES. The parent/guardian must also be registered for the race. You need to request special permission if your child is younger than the ages stipulated. Please contact Weipa Running Festival at least three weeks before the event. Due to safety concerns scooters, bicycles, rollerblades and animals are not allowed.

Is there mandatory gear? Yes. All competitors must wear the race bib they are assigned. Marathon and Half Marathon competitors must carry at a water container (bottle, hydration pack) capable of holding at least 1L of water; headlamp, a whistle and 2 compression bandages.

Who can participate? Anyone is welcome to participate if they want to run or walk. For the safety of the walkers will be directed to start behind the runners.

Is there a cut off time? All competitors will be allowed to finish the race in their own time – within reason. Race officials can, and will withdraw competitors from the course if required.

What training do I need? It is recommended that you follow a training program for at least 8-12 weeks to prepare for the event. Take advantage of the group training on offer for the event.

What is the terrain like? Flat, dirt roads, dirt tracks, shared bitumen and concrete footpaths, hard beach sand.

Where can I stay? Refer to accommodation section of our website www.weiparunningfestival.org.au

How much does it cost to participate and what are the cut-off dates? Race fees can be viewed here. www.weiparunningfestival.org.au

What does my entry fee pay for? Please refer to the event information page on our website.

Do I have to enter online? Marathon and Half Marathon entries are processed online ONLY as this enables us to manage all aspects of the event accurately. Cut off for online entries are 11.59pm, 19th July 2019. Online entries for the 10km, 5km and fun run/walk are also online. Payment is via credit card, debit card or PayPal. You can enter for the 10km, 5km or Fun Run/Walk on Saturday at the race bag pick up locations (cut off is 12.00pm). Bring the correct amount to pay as we do not provide change. Fun Run/Walk participants can register on Sunday prior to 7.45am.

Do I have to register my child if they are in a pram (5km and Fun Run only)? Yes. For insurance purposes, all participants' details must be recorded. There is no charge for a child in a pram.



Can I change and do another event once I've registered? Yes, as long as you pay the difference in price for any upgrade. Please note, we do not refund for the difference in price if you downgrade in distance. You will not receive a personalised race bib if this change is done after 6th July 2019.

Can I get a refund/Can I transfer my registration to another person? I am injured/sick/etc. and cannot run. We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is not transferable to other people nor can you hold it over to the next year's event. A request for refund of the registration fee must be submitted to Weipa Running Festival at least one month prior to race day. A 10% administration fee applies to all refunds. PLEASE cancel your registration or inform the race director if you can no longer compete.

How can we register as a team or family?

The Marathon and Half Marathon TEAMS need to submit a team name and nominate a team captain. Teams consist of two competitors covering half of each race, with the change happening at the half way point for each race.

Children under the age of 12 in the 10km and the 5km race must be accompanied by a parent/guardian who are also officially registered into the same distance. The adult registers both competitors under one registration.

Can I dress up in a costume? Of course! The more fun you have at the event the better, so feel free to dress up in your favourite running gear, all-weather make-up and even a tiara and tutu. Or choose to wear your tailor-made Weipa Running Festival singlet. Consider the weather and that it gets hot, so dress sensibly!

What roads will be closed? Only McLeod Drive will be closed for the final stretch off all races.

Is there somewhere to leave my gear? Bags can be left, at your own risk, at the recording desk. Please do not leave valuables in bags as this area is not secure.

Toilets: Port-a-loos at start/finish, Mission River Bridge, Weipa Cricket Oval Rocky Point,, Weipa Camp Grounds, Lake Patricia BBQ Area,

What happens if it's raining? We are in tropics! The event will only be cancelled if there are severe weather conditions such as flash flooding, thunder and lightning, strong winds or other unforeseen problems with the course. The event organiser and/or Weipa Running Festival reserve the right to cancel the event at short notice depending on race conditions. As per our waiver, no refunds will be offered if the event is cancelled as a result of conditions out of the control of the event organiser and/or Weipa Running Festival.

Where are the drink stations along the course? Water will be available at the start/finish and approximately every 4km along the each course. Plus additional public water taps at toilet locations and pathways.

Where will the first-aid stations be located? There is basic first-aid available at the start/finish area and at drink stations along the course. **If you don't feel well, or hurt yourself during the race,** report to the marshals on the course or at the finish line, or ask another competitor for help.



Can I wear earphones? No.

Can I run with a pram? It is free to register a child in a pram, however, we only allow prams in the 2.5km fun run/walk and 5km. You are required to start at the back of the field for the safety of the child as well as the other participants. The child must be registered for the event.

Can I run with a dog? No.

Can I ride my bike, scooter or skateboard alongside my friend who is running? No, it is not safe for the runners to have these on the course.

What do I do when I finish? When you cross the finish line you will be given a finish tag with your finish position. Remain in the funnel and proceed immediately to the recording desk and hand in the tag. The volunteers will also need to scan your race number. Then enjoy the company of the other competitors. The Fun Run/Walk is not a timed event. Results will be published on the Weipa Running Festival website, Dynamic Running website and in The Cairns Post.

What prizes are up for grabs? All competitors in the 42.2km, 21.1km, 10km and 5km races receive a finisher's medal. Male and female winners in the 42.2km, 21.1km, 10km and 5km races will be awarded novelty trophies. Prize-giving is at approximately 10.00am.

Are there any food vendors? Yes, there will be water and fruit for all registered finishers. Coffee vans and local community groups will be selling food 7.30am- 10.30am.

What time does the event finish? Approximately 11am.

Do any local charities benefit from the race? Yes. Royal Flying Doctors and local community groups who choose to participate in the finish line market day festivities.

Can I volunteer at the event? Yes please. We need people to man the drink stations, help with set up/pull down, registration, timing and at the recording tent. Please register your interest at

or contact us if you are interested in helping in any way. We'd love to have you as part of the volunteer team. Please email volunteers@weiparunningfestival.org.au

How can I find out more? If your questions haven't been answered in this section and you need to find out more, please email info@weiparunningfestival.org.au