

12TH - 26TH JULY 2020

# 2020 WEIPA RUNNING FESTIVAL VIRTUAL EVENT

PARTICIPANT INFO PACK



# MESSAGE FROM THE COMMITTEE



2020 was shaping up to be our largest event to date since the first Weipa Running Festival event was held in 2018. The global coronavirus pandemic has meant this year's event could not go ahead as originally planned, however we are very pleased and relieved to be able to offer a virtual event and not have to cancel entirely. Another benefit of the virtual format will mean participants will have greater flexibility to complete their chosen events. Entrants can run anywhere and anytime they like between 12th - 26th July.

We would like to sincerely thank our sponsors and supporters for getting behind our event in what has been a very difficult year for many. We cant express how grateful we are that our event could still go ahead as a result of their support!

Cheers and happy running,

Weipa Running Festival Committee









X50



















**FRACTEL®** 







## SPONSOR GOODIES & DISCOUNT CODES



## 15% OF ALL FULL PRICED STOCK\*DISCOUNT CODE: WEIPARUNFEST2020

\*Excludes: nutrition, hydration, spoil packs, gift vouchers, and subscriptions. Valid to midnight the 31st of August 2020



#### 10% DISCOUNT CODE: WEIPA

T&C's: 10% discount applies to any full-priced items that are NOT bars/snacks/RTDs etc. For example, it will provide a discount on Gold Standard Whey protein, but not on Quest bars. One-time use per participant.

Participant must create a free account with Supps R Us and be logged in when using code Code expires on 30.09.20





Free samples: <a href="http://bulk.li/samples">http://bulk.li/samples</a>

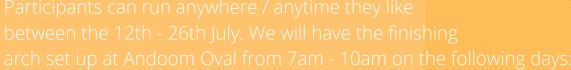


**ENTER DISCOUNT CODE: 5%OFF** 

## EVENT INFORMATION

The event consists of five different races

- Goodline Marathon (42.2km)
- Weipa Town Authority Half Marathon (21.1km)
- North QLD Bulk Ports 10km
- Live Life Pharmacy 5km
- Rob Roy Earthmoving Fun Run (2.5km)



- Sunday 12th July
- Saturday 18th & Sunday 19th July
- Saturday 25th & Sunday 26th July

#### **GRAND SLAM OPTIONS**

2020 has been pretty crazy so we have decided to add some more craziness to it in the form of 2 Grand Slam options!

We've got limited edition medals ready to go so let us know if you are interested in this challenge so we can order enough.

Completely FREE OF CHARGE simply complete the runs submit your evidence and you'll get the Grand Slam medals.

Please note: You need to be registered for WRF 2020. Each distance must be completed separately and between 12-26 July 2020.

#### Option #1 GOAL DIGGER

Complete 1x10km + 1x5km + 1x2.5km

#### **Option #2 THE FULL HAUL**

Complete 1x42km + 1x21.1km + 1x10km + 1x5km + 1x2.5km



## EVENT INFORMATION (CONT.)

#### RACE BIB COLLECTION

#### 8am - 10am on the following days:

- 29th June 3rd July: Katrina @ BLT Travel (Heritage Shopping Centre)
- 6th 10th July: Rose @ Anzac Ave, Rocky Point
- Saturday 4th & Saturday 11th July Park Run Shelter, Nanum Walking Track

#### RACE PACK & MEDAL COLLECTION

Proof of completion needs to be emailed to racedirector@weiparunningfestival.org.au prior to collection or verified in person at Andoom Oval on the above dates when the arch will be set up. Please note. Bibs, race packs, medals and merchandise will be posted to all non-local competitors

#### RACE EQUIPMENT / FIRST AID

As you are running virtually there is no mandatory requirement of personal equipment, however we recommend you have the following:

- Closed-in shoes
- Snake Bandage pending chose track.
- Hyrdration pack appropriate for your race
- Head lamp (if running in the dark)
- Race bib with emergency details recorded (supplied by Weipa Running Festival).

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during their run. Ensure you know how to deal with a snake bite and where water is available should you require it.





### PROOF OF COMPLETION, RULES & RESULTS

Your race/s needs to be completed between the 12th - 26th July 2020 and evidence needs to be submitted to racedirector@weiparunningfestival.org.au by the 8th August 2020.

Any evidence of distance and total time will be accepted. We suggest the following apps to help you:

- Strava https://www.strava.com/
- Run Keeper https://runkeeper.com/
- Map my Run https://www.mapmyrun.com/

#### RESULTS

Results will be published on the Weipa Running Festival website. Results without evidence will not be published, alternatively your name will be liste as participated in the event

Fun Run 2.5km participants are not required to send through a time, but a selfie would be great!

Please note there are no prizes for 'winners' this year. Although we strongly encourage competitiveness and personal goal achievements.

Photos: as you will all be running at different times and places, we encourage you to send photos and videos of your run, in addition to your time/distance evidence. We'd also love you to tag us on social media #weiparunningfestival #wrf20

#### RACE RULES

- You must collect your race kit
- We recommend you wear your race bib
- You must provide evidence of your time and distance if you
- wish for your results to be recorded.
- You must complete your race in 1 session
- You must complete your race between the 12-26th July 202
- Your race must been completed by walk / running only.
- You must send us an awesome selfie





Proudly supporting and supplying speciality coffee for local events and organisations in the Weipa community



E: capeaccinocrew@gmail.com

P: 0488 783 952 or 0476 871 552

like us on:







# GOODLINE MARATHON

# 42.2km

Scott Barton
Nik Clegg
Ross Dawson
Chrisden Russ
Matt Richardson
Kiana Street
Leigh Jewell
Shane Edgerton
Rose Robins
Jacki Goodwin
Tash Sankey-Laidlaw
Emma Jackson

Jay Oribin
Greg Sandrey
Matthew Townsend
Simone Hansen
Rodney Zervos
Troy McNamara (Singapore)
Sharon Waller
Catherine Grbic (VIC)
Garth Klee
Cheryl Symons (VIC)
Ken Smith (VIC)

Suggested route only -

Please note: Aid stations not provided as this is a virtual event





## WEIPA TOWN AUTHORITY

## HALF MARATHON 21.1km

VANESSA BARTON
LOUISE MCCREADY
SAM MCCREADY
CLARE MILLER
JARROD WALL
RAECHEL GORDON
DENICA RUSS
ALEX KINSEY
SUSIE ADAMCZYK
AMANDA ALLENDER
ALICE CAIRNS
EMILY BOWDEN
DONNA JEWELL
DANIELLE PHILLIPS
WILLIAM HORWOOD
STACEY SORBELLO
GEOFF ROBINS
CHRIS BIENVENU
YASU HAMILTON
RICHENDA FAZLDEEN
CLARE O'CONNOR
KIEREN O'CONNOR
YVONNE DOVEREN
MICHELLE NESTER
KARA BRAES

Suggested route only -Please note: Aid stations not provided as this is a virtual ever





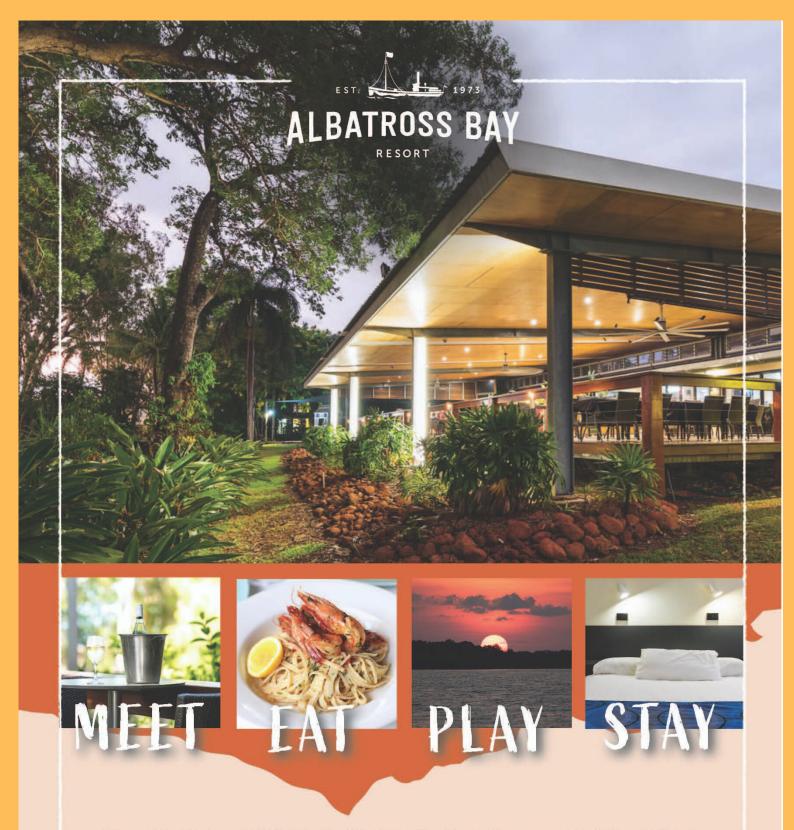
Supporting local events, groups and organisations in our community! Visit our website to learn more about our grant funding programs.











Located in the heart of Weipa, the Albatross Bay Resort boasts a secluded waterfront location surrounded by natural beauty and offers travellers, diners and adventure seekers a unique dining, bar and accommodation experience.

The venue offers two dining options showcasing locally sourced ingredients and fresh seafood; the latest in gaming and entertainment, with 43 gaming machines, TAB and KENO; and modern accommodation for both short and long term stays, with rooms starting from \$180 per night.

www.albatrossbayresort.com.au

10 Duyfken Crescent. Weipa QLD 4874 P. 07 4090 6666





# NORTH QLD BULK PORTS 10km

ANNABELLE SAUNDERS

MALAMA GRAY

CASSANDRA TASKE

JAMES STRACHAN

PAUL KNOTT

WILCO JACOBSZ

JUSTICE DOYLE

LUKE WHEELER

JOANNE KAPPU

JOSEPHINE HOWELL

JESS DRAY

BENJAMIN NIKOLA

GILES WILSON

MEGAN HALL

JERROD BYRNE

ATHERINE HARDINGHAM

TRUDY TURNBULL
TIM RYAN
EMILY JENKINS
SEAN MARTIN
LISA MAY
TERRY MAHER
KYM MUSUMECI
BJ MUSUMECI
LAUREN GREGORY
GEMMA SPENCER
SAMANTHA MEARS
SARAH QUAIFE
JAIMEE MCCOMBE
SANDRA KIRK
MATTHEW GAKOWSKI

Suggested route only -

Please note: Aid stations not provided as this is a virtual event





# NORTH QLO BULK PORTS 10km (CONT.)



Whether it's a local event, school project or community cause, we're proud to support you Weipa!

To find out more about our port communities program visit us online or connect via social.



















## LIVE LIFE PHARMACY Skm



## LIVE LIFE PHARMACY Skm (CONT.)



# ROB RON EARTHMOUING FUN RUN 2.5km





