



Welcome, this is the Race Briefing for the 4th Weipa Running Festival, that is on the 25th of July 2021.

Races and Rules

There are 5 races

- The Marathon 42.1km
- The Half Marathon 21.8km
- The 10km
- The 5km
- The 2.5km Fun Run

Rules

- Breaking any rules may incur a time penalty or disqualification.
- Any penalties are at the Race Directors discretion and are final.



MANDATORY GEAR

Participants will be checked off at check in for their mandatory gear.

Marathon and Half Marathon

- Race Bib must be visible at all times, on the front of your body. Teams, front and back.
- 1 x Smart snake bandage (with indicator)
- 1 x whistle
- A water carrier (e.g. hand held bottle or hydration pack) with a 1L minimum capacity be worn.
- Nutrition (advised)
- Head Torch (21km 2nd leg teams do not need this) there will be a drop box at The Lakes Aid Station.
- Closed in Shoes

10km

- Race Bib
- Closed in shoes
- 1 x Smart snake bandage (with indicator)

5km + Fun Run

- No mandatory gear required.



Safety before, during and after the event.



Ensure that you are in good health, and that you do not have any illnesses that will hinder your ability to complete the event.



It is your responsibility to monitor your health and condition during the race. You must withdraw from the race if you are no longer fit enough to continue.



If you feel unwell on race day – **don't** race.

Emergency Services

- There are basic first aid kits located at major aid stations as well as the start/finish line.
- Aid station marshals/ volunteers will have a mobile phone for emergencies.
- There will be no emergency services on site for the Event.
- Some volunteers will be first aid trained to help where required.
- If you need first aid attract the attention of another runner, track user, motorist, go to the nearest aid station or head to the finish line.
- Ensure you know how to deal with a snake bite.
- If another competitor is in trouble, you **MUST STOP** and help them.
- All parts of the course have phone reception, in an emergency, call 000 and the Race Director.
- We recommend downloading the **EMERGENCY PLUS** app to your phone.



Withdrawing from the event & Medical Conditions

- If you withdraw from the event, report this to the closet check point, aid station or the finish line, and hand in your bib.
- Do not leave without telling the Race Director, check point or marshal/volunteer at the finish line.

Do you have any known medical conditions? Record the following information on the back of your race bib.

- Medical details
- Any medication
- Your Medicare number
- Emergency contact details



Toilet Locations

- Andoom Oval, north side of the oval and at the Canteen
- Cricket Club Toilets (left at the boat ramp/ SPQ intersection)
- Caravan Park
- The Lakes Aid Station

Race Rules

- You must collect your race kit prior to Sunday 25th July 2021. If you cannot make the above times 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 on the 10km course.
- 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.
- **Earphones must be turned off when entering a check point / aid station.**
- 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 closed. 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 marathon, half marathon 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.
- 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.

Age Categories, Medals and Trophies



There are novelty trophies for 1st, 2nd & 3rd winners of the 42.2km, 21.8km, 10km and 5km. These will be awarded at approximately 10am at Andoom Oval. This includes teams in the 42km and 21.8km.



All participants in the 42km, 21km, 10km and 5km will receive a medal for their event.



There are Prizes for Age category winners, will be awarded at approx. 4pm at the Carpentaria Golf Club.

Water Stops

WRF is now a cup-less course, ensure you carry your provided soft cup.

Marathon

The first water stop is at Mission Bridge check point/aid station 11km, then approx. every 4km.

Half Marathon

The first water stop is at Rocky Point Boat ramp, then approx. every 4km.

10km

There is 1 water station/aid station, this is located at the “Eat Street” turn around point.

5km / 2.5km

There are no water stops. Please ensure you are hydrated prior to the event and/or carry water with you.

NB: Aid stations have been reduced, ensure you have adequate hydration / nutrition.



IMPORTANT INFORMATION

Check in and Start times

Race Packs collection between 9:00am-12:00pm at Andoom Oval on Saturday.

Check in for events starts approximately 30mins before the race starts. Safety Briefing 15min before.

Marathon– 5:00am start

Half Marathon– 6:00am start

10km – 6:30am start

5km – 7:30am start

2.5km – 8:30am start

EVENT START & FINISH LOCATIONS



All events finish at Andoom Oval, check in is located at Andoom Canteen oval prior to your race.



The Half Marathon starts at the Andoom Road/Northern Avenue intersection. Runners will be required to walk to the starting point with the Race Director.



The 2.5km start across from Andoom oval, at Clarke Close. Participants will be required to walk over to this starting point with the Race Director.



The 42km, 10km & 5km events start at the inside the Finishing Shute at Andoom Oval.

Maps and Course Descriptions



You are responsible for knowing the course of the race. **DON'T assume** the person ahead of you knows the way OR are going the right way.



The Marathon, Half Marathon and **10km course's are** challenging and mainly on dirt and on trails.



The 5km and 2.5km events are mainly on footpaths and a closed road.



All course maps are available on the event website.



Course Markings (42.2km, 21.8km and 10km)



Marathon & Half Marathon courses both have **GREEN** paint markings.

Course sections from Andoom Road to SPQ, through to the back of the Albatross will be additionally marked with reflective stickers to aid runners.

There is pink marking the Marathon and Half Marathon course that indicate you are approaching Eat Street Aid Station, and moving onto the 10km track.

The 10km track is marked in **BLUE** & **PINK**. (**PINK** leads all courses home)

Below are example marking to look out for.



- The change over point for the teams is at the Lakes Aid Station. Participant running leg #2 will still be required to be at Andoom Oval for check in and the Safety Briefing. You will also be checked for your mandatory gear.
- Tell the Marshalls at check points your race number so they can check it off.
- When you check in for your race, you will be checked for mandatory gear, if you do not have this, you will not be allowed to race.

42.2km Marathon



Aid Station, Water Station & Marshal	Distance
Mission River Bridge WATER ONLY Marshal Point #1	11.2km
Rocky Point Boat Ramp WATER ONLY Marshal Point #2	14km
Albatross Bay Resort Drive WATER ONLY Marshal Point #3	16.5km
Lakes Play Ground AID STATION#4	21.2km & 35km
Opposite Mitre 10 AID STATION #5	25.4km & 31km
Turn Around Point WATER ONLY Marshal Point #6	27.5km
Eat Street AID STATION #7	37.5km

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- Tell the Marshalls at check points your race number so they can check it off.
- When you check in for your race, you will be checked for mandatory gear, if you do not have this, you will not be allowed to race.

21.8km Half Marathon

Aid Station, Water Station & Marshal	Distance
Rocky Point Boat Ramp WATER ONLY Marshal Point #1	4km
Albatross Bay Resort Drive Through WATER ONLY Marshal Point #2	6.8km
Lakes Play Ground AID STATION #3	11.5km
Opposite Mitre 10 AID STATION #4	14.5km
Turn around point WATER ONLY Marshal Point #5	16.9km
Eat Street AID STATION #6	17.5km



Marathon & Half Marathon Beach Section

- Half way down the Rocky Point Beach section is a wash out that will fill as the tide comes in.
- Its not deep but there will be a plank across it (chicken track) for those who are unable / unwilling to JUMP it.



Walk the plank!



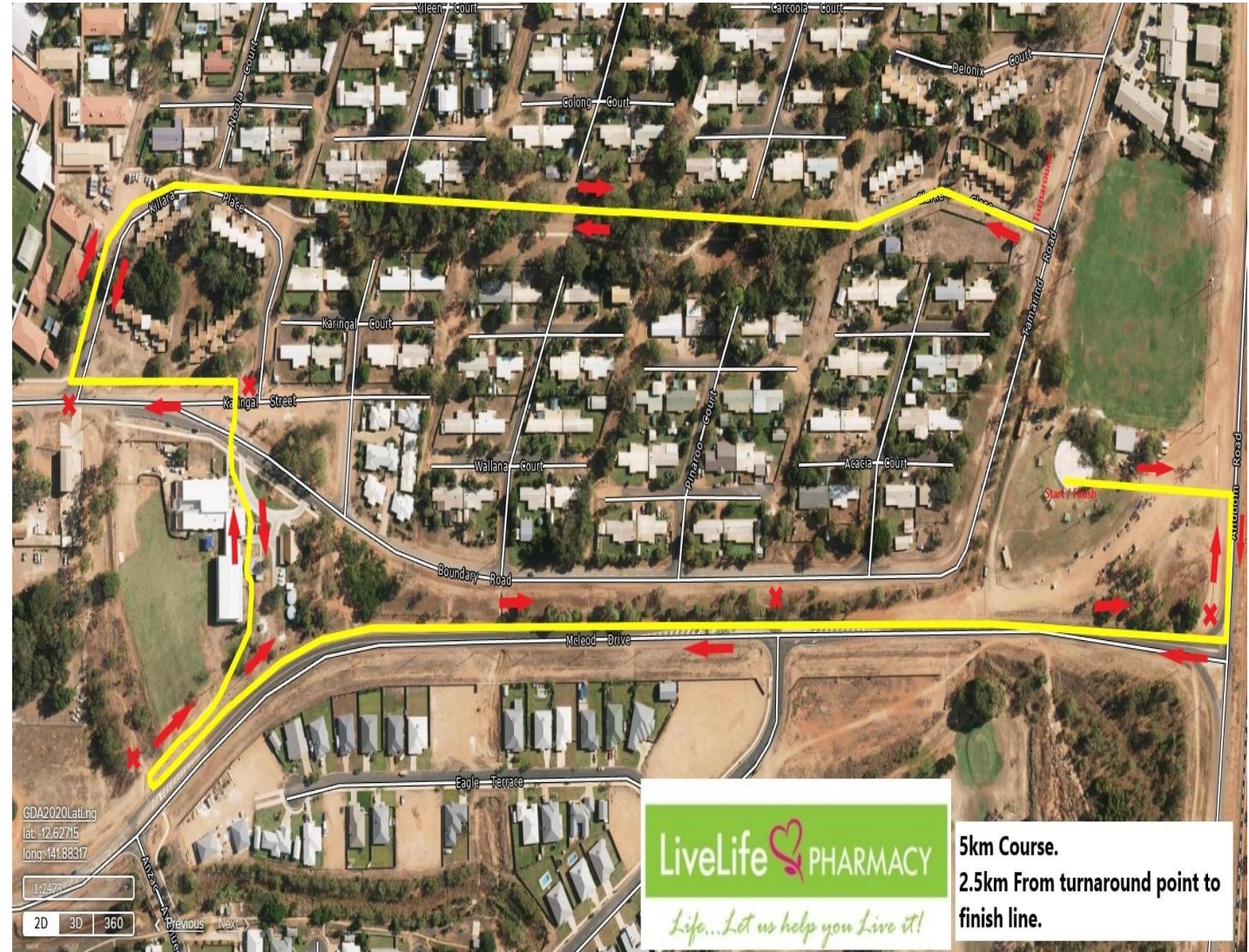
10km

- The Turn around point is located at the round about, at Eat Street.
- Children ages 10-12 years must be with their nominated adult at all times while running on the course.



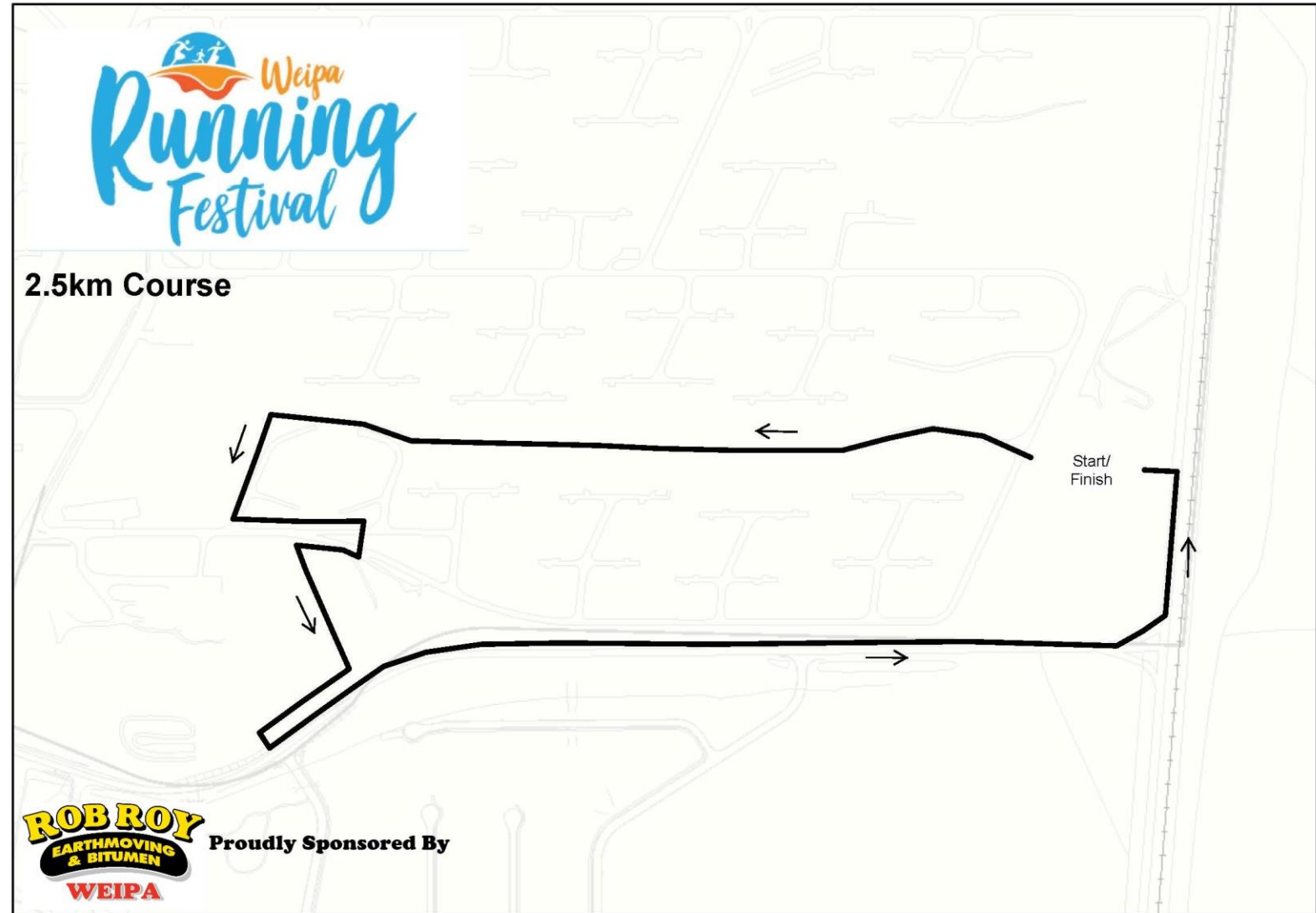
5km- NEW COURSE

- The 2021 5km course is an out and back course.
- Starting under the finishing arch head out to Andoom road and turn right onto Mcleod Drive.
- **At the St Joseph's school crossing take the** path through St Josephs to Boundary rd.
- Cross both crossings to Karingal Ct turn Left towards Killara Pl.
- Turn right into Killara place and follow road then onto pathway.
- Continue down pathway until the turnaround point in Clarke Cl.
- Return along the same path.
- Marshals will direct you on where to go.



2.5km

- Check in for your fun run before 8:15am.
- Please run/walk on the foot path where possible.
- Marshals will direct you on where to go.
- Turn left when you reach WCC, then left again along Boundary Road. There is a marshal at the Crossing, you then go through the school and out the back gate where another marshal will be. Head along McLeod Drive which will be closed then to the finish line.



What to do when you have crossed the finish line



42, 21, 10 & 5km will be handed a medal and a timing token when crossing the finish line.



Head to the timing table, collect your barcode then ensure you have both barcode and token scanned. This will record the time you completed your race in.



Once you have finished at the timing table, please head into the recovery tent and enjoy some light refreshments and a drink.



Please hang around and enjoy the festival, we encourage all runners to stay until the last runner has finished for support and encouragement.



Contact Us

If you have any questions regarding this race briefing, please contact us.

racedirector@weiparunningfestival.org.au

Happy Running!