



SUNDAY 24TH JULY 2022

# 2022 WEIPA RUNNING FESTIVAL

RACE PROGRAMME

[www.weiparunningfestival.org.au](http://www.weiparunningfestival.org.au)



# ACKNOWLEDGEMENT OF COUNTRY

The Weipa Running Festival Committee would like to acknowledge the Traditional Custodians of the land in which our event is held on each year, the Alngith people.

We wish to acknowledge and pay our respects for their elders past, present and emerging, for their continuing culture and the contributions they make to the life of our community, both now and in the past.



# MESSAGE FROM THE COMMITTEE



Weipa Running Festival is celebrating 5 years 'running' and the committee couldn't be prouder of how this little idea of a home towm running festival has progressed over the years. There are some exiting times ahead for Cape York running communities and we can't wait to support and be a part of it.

Weipa Running Festival is pleased to offer fitness enthusiasts and beginners an opportunity to participate in a family-friendly running event whilst also offering virtual races to our interstate/on shift competitors.

We would like to thank each of our sponsors over the years for their generosity. The Festival's continued success is a testament to the ongoing support from these local businesses. We encourage you to support these businesses wherever possible.

Lastly we would like to thank, you the participant. None of this happens without you, we are forever grateful and continually impressed by the reach our small town event has.

Cheers and happy running,

Weipa Running Festival Committee



# THE 2022 COMMITTEE



From top LHS

- Nicole Widmer
- Leigh Jewell
- Judey Haeusler
- Glen Slade
- Ross Dawson
- Lauren Hughes
- Rose Robins
- Leisa Cusack

From top LHS

- Donna Jewell
- Katrina Scholefield
- Karen Inglis
- Sam Kilroy
- Denica Bowden
- Jackie Fairbrother
- Jacki Goodwin



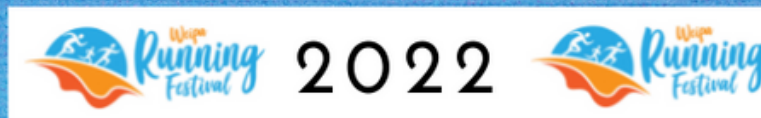


# 2022 SPONSORS

Event Partner



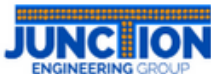
THANK YOU



SPONSORS



Weipa Camping Ground



AID STATION STOCKED BY



# RACE PACK & PRIZE SPONSOR GOODIES



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SPORTS • TREK  
TRAIN | PERFORM | EXPLORE

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ENERGY STRIPS™

**Rehydraid**  
Oral Electrolyte Solution



**RUNNER'S**  
**WORLD**



AMAZING

DONATED

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cotton

macro**mike**

**LSXO**



2022



**BORN**  
**PRIMITIVE**

**fisiocrem**

PRIZES/ CODES



Trevena & Co



**RUN=FASTER**



**FRACTEL**



The **Crystal Caves**  
One man's passion...

**IMPI**  
SPORTSWEAR

**EYE of HORUS**



**NO PONG**

For the warrior within

# RACE PACK & PRIZE SPONSOR GOODIES DISCOUNT CODES

Armor Fit - 10% site wide code: **WEIPA**

<https://www.armorfitco.com/>

Run Faster Gear - 10% code: **weipa10**

<https://www.runfastergear.com.au/>

Trevena & Co- 10% code: **WEIPARUN**

<https://www.trevenaco.com/>

Down Under Cotton - 20% code: **WEIPA**

<https://www.downundercotton.com.au/>

Headskinz- buy 3 get one free code: **WRF2022**

<https://www.headskinz.com.au>

Tailwind Nutrition - 15% off code: **WEIPAFESTIVAL15%**

<https://www.tailwindnutrition.com>

Runners World - 2 FREE Issues of  
Runner's World Magazine

<https://www.runnersworldonline.com.au/product/2-free-trial-issues/>



# EVENT INFORMATION

**Official Race Day is Sunday 24th July 2022**

The Weipa Running Festival consists of six different races over varied terrain within the township of Weipa, there is an official race day and a virtual option for all races.

Don't forget we also have an additional challenge option.

- Goodline - Marathon and TEAM Marathon
- Weipa Community Care - Half Marathon (21.1km) and TEAM Half Marathon
- North Queensland Bulk Ports - 10km
- Weipa Camping Ground - 5km
- Rob Roy Earthmoving - Fun Run

## Virtual entries

Your race/s needs to be completed by the 10th – 24th July 2022 and evidence needs to be submitted to [racedirector@weiparunningfestival.org.au](mailto:racedirector@weiparunningfestival.org.au) by the 29th July 2022.

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/>

## GRAND SLAM OPTIONS For 2022!

To participate, simply select as an additional add on when completing your race registration.

### Option #1 GOAL DIGGER

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

### Option #2 THE FULL HAUL

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

Please note: You need to be registered for WRF 2022.

Each distance must be completed separately and between 10 -24 July 2022.



# EVENT INFORMATION (CONT.)

## RACE BIB COLLECTION on the following days:

- Saturday 9th July - 9am-12pm - Live Life Pharmacy
- Saturday 16th July - 9am-12pm - Live Life Pharmacy
- Saturday 23rd July - 9am-12pm - Andoom Oval

## Notes of importance:

- WRF is now a cup-less course! WRF silicone soft cup & Soft Flask's are available for purchase at race pack collection. 10km runners we recommend you take this on course.
- Smart Snake Bandages are a mandatory item for the 10km / half marathon & marathon courses.
- It is mandatory to have a water container with the capacity to hold 0.5lt on you at all times.
- 5km course is the only course that has changed, competitors under 12yrs old no longer require an adult with them. We STRONGLY recommend you gauge your child's ability before race day for the sake of their and the other runners race.



# EVENT INFORMATION (CONT.)

## MANDATORY GEAR

Mandatory Gear will be checked at race check in.

Mandatory gear for all competitors in the **Half Marathon & Marathon Races:**

- Closed-in shoes
- **Smart Snake Bandage (stocked at Live Life Pharmacy) or equivalent.**
- Whistle.
- **Water carrier (e.g. hydration pack) with a 0.5Lt minimum capacity to be carried at all times.**
- 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 **10km race:**

- Closed-in shoes.
- **Smart Snake Bandage (stocked at Live Life Pharmacy) or equivalent.**
- We recommended you take your quick cup on course.

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

Mandatory race briefing: This is online and must be viewed by all competitors PRIOR to the event. 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. A link to the briefing will be provided Thursday, 21st July 2022.

## Check-in on Race Day:

4.30-4.45am - Marathon & Teams  
5.30 - 5.45am - Half marathon & Teams  
6.05 - 6.20am - 10km  
7.05-7.20am - 5km  
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 12pm Saturday 23rd July 2022.



# EVENT INFORMATION (CONT.)

## WHATS HAPPENING ON RACE DAY

FROM 7AM

- BUZERK BROTHERS ENTERTAINMENT
- MENS SHED'S FAMOUS BBQ BREAKY
- CAPEACCINO CREW
- KIDS ACTIVITIES!!
- ALL THE AMAZING FINISH LINE FEELS
- KIM KNOTT'S YOGA 9:30AM + 9:50AM + 10:10AM
- PRESENTATIONS START 10:30AM APPROX

**COME DOWN, GRAB BREAKFAST AND SUPPORT  
THE RUNNERS, EVERYONE WELCOME**



*Weipa  
Wildlife  
Care*

Get yourself a massage in the  
Recovery tent for a cold coin  
donation to Weipa Wildlife Care





## Murtupuni Centre for Rural and Remote Health

A Healthy, Vibrant Outback Queensland



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 @CRRH\_JCU  
 @CRRH\_JCU



- Beachfront Campground
- On-site Café
- Helicopter Flights
- Local Tours
- Swimming Pool
- Playground
- Souvenirs
- Ice
- Caravan Storage
- Camp Kitchen
- Laundromat
- Pet Friendly

*Situated on the golden shores of the Gulf of Carpentaria, the Weipa Camping Ground is the perfect place to relax, replenish and rejuvenate!*



Bookings and Enquiries: Weipa Camping Ground Reception  
 P: 07 4069 7871 E: reception@campweipa.com.au W: www.campweipa.com.au  
 A: 11 Kerr Point Road, Weipa QLD 4874



## HEARTLAND HELICOPTERS

SCENIC FLIGHTS • HELI FISHING • TIP IN A DAY

ENQUIRIES & BOOKINGS 0428 879 586 OR 0427 276 657  
 BASED AT WEIPA CAMPING GROUND  
 WWW.HEARTLANDHELICOPTERS.COM.AU






# EVENT RULES

## EVENT RULES

- You must collect your race kit prior to Sunday 24th July 2022. If you cannot make the above times contact us on [info@weiparunningfestival.org.au](mailto:info@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 !
- 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 42.2km, 21.8km 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.

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



# **ROB ROY**

## **EARTHMOVING & BITUMEN**

### **WEIPA**



- \* General Earthworks
- \* Heavy Haulage
- \* Load, Haul & Cart Raw Materials
- \* Potable Water Cartage

- \* Bitumen Sealing
- \* Street Sweeping
- \* Plant Hire
- \* Pilot Driver & Vehicle



13 Iraci Crescent  
Weipa QLD 4874

Ph: (07) 4069 9309

[admin@robroyearthmoving.com.au](mailto:admin@robroyearthmoving.com.au)

**PROUDLY SPONSORING WEIPA RUNNING FESTIVAL 2022**



# GOODLINE MARATHON

## 42.2km

KAREN INGLIS  
KATHLEEN LOVE  
ROSS DAWSON  
DENICA BOWDEN  
MARK BOWDEN  
ROSE ROBINS  
RAEHEL GORDON  
JORDAN PLUMRIDGE  
AARON SCHLEICH  
ALEX KINSEY  
BONNIE KINSEY  
AMY WILLISCROFT

MICHAEL COLLINS  
GREGORY SANDREY  
MATT RICHARDSON  
JOANNE MCNAMARRA  
TROY MCNAMARRA  
JAMIE FRANCIS  
LORRAINE LAWSON  
GEOFF ROBINS  
WAYNEAD WOLMBY  
LAUREN HUGHES  
CLARE KELLEHER

Please refer to Race briefing for final Aid Station advice







Proudly supplying speciality coffee to the  
local Weipa community



*Coffee that does good*



E: [capeaccinocrew@gmail.com](mailto:capeaccinocrew@gmail.com)

P: 0488 783 952

like us on:







# WEIPA COMMUNITY CARE HALF MARATHON 21.1km

LEIGH JEWELL  
ELLA DAGAN  
TRACY TAARE  
LAUREN BARTON  
TASH TAPPER  
MICHAEL HOWARTH  
ELISHA KEELEY  
LIZZY BAGNALL  
MAXINE HUGHES  
TYLER CLEMENTS  
JACKI GOODWIN  
LAUREN HAIMES  
JANINE SCHLEICH  
DONNA JEWELL  
THOMAS TREMBATH  
AMANDA HAINES  
BLAKE GOODWIN  
NICOLE JOHNSTON  
FERGUS JOHNSTON

JUDEY HAEUSLER  
GLEN SLADE  
HOWARD KWAN  
RICHENDRA FALZDEEN  
KARAE MOODY  
ALETA BATES  
KURT LYNCH  
MAX LYNCH  
HAYLEY GRANT  
PETER BUCK  
CHRISTINE BLACK  
JOS MIDDLETON  
HENIE BROWN  
MICHAEL FITZSIMMONS  
EMMA SCHUCH  
HANNAH MENDES  
PHIL LEEHANE  
JAK THORPE

Please refer to Race briefing for final Aid Station advice





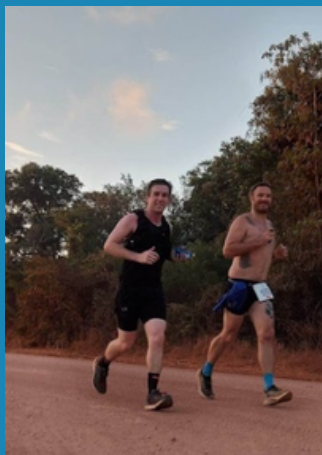
# Proud to Support Local Communities

Rio Tinto Weipa is Proud to  
Partner with the Weipa Running  
Festival in 2022.

Supporting communities to live a  
healthy and active lifestyle.

**RioTinto**









# NQ BULK PORTS

## 10km

JORDYN MULHERIN  
LUCY MARTIN  
SHARON DORRAIN  
KATHERINE BALDWIN  
CALLUM HERMON  
SAM HARBISON  
BELINDA DAVIS  
PAUL BEEBY  
AMANDA BLINES  
SUZIE SPOTTERSWOOD  
JAMES SPOTTERSWOOD  
DALLAS EGAN  
TERRY MAHER  
BRIDIE MAHER  
TIFFANY BARBER  
HEIDI DUNCAN  
CORNEILIA GRAMLICK

TIM CLOUT  
TERRY PRYDE  
BECC KEARNEY  
ABIGAIL MARTIN  
PAUL GIRARDI  
GEMMA SPENCER  
CHRIS BIENVENU  
JESSICA POTTER  
DANIELLE SMITH  
HARRY SMITH  
JESSE HERMON AU  
STEPHEN FROST  
LUKE WHEELER  
KYLIE ARGENT  
FRANCESCA ADAMS  
TAYLAH FLEMING  
DANIELLE RODDA

EMILIE POWER  
NICKY PERRIMAN  
SOPHIA MICHAELIS  
CHRSDEN RUSS  
KATHLEEN WALLINGTON  
EJSHA THORPE  
PENELOPE JOHNSON  
RENEE ROULSTON  
KARISHMA MAGANLAL  
YASMINE KEMMERLING  
TIM RYAN  
DEE FOY  
LISA MAY  
SANDRA KIRK  
NICOLE WIDMER  
KIRRA WEHLOW  
DEMI DE TOURNOUER  
TACITA DE TOURNOUER





Proud to play a part.



PORT OF WEIPA



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.



P 1300 129 255 E [info@nqbp.com.au](mailto:info@nqbp.com.au)



10KM RACE SPONSOR

[nqbp.com.au](http://nqbp.com.au)



# WEIPA CAMPING GROUND

## 5km

KATHRYN HUNT  
HOLLY JAMIESON  
VIOLET JAMIESON  
COLIN TAYLOR  
GRAYSON GIRARDI  
PAUL GIRARDI  
SHONA GIRARDI  
LAINEY GIRARDI  
SINDY AHMAT  
FIONA LANGSDORF  
MATT SMITH  
BELLA SMITH  
MELANIE EBNER  
LUKE GALEA  
TRUDY TURNBULL  
TRUDY SINNAMON  
BEAU SCHLEICH  
LILLY JEWELL  
LAYLA EGAN  
ELSIE MAHER  
TOBY WIDMER  
MICHAEL WIDMER  
ANNIE LAIDLAW  
MARC BAIRSTOW  
BILLY REYNOLDS  
JACKSON REYNOLDS  
SARAH REYNOLDS  
JEANETTE DSOUZA  
BREE ZAKIS

LANG HAINES  
TYE LEE  
MOLLY TOOMEY  
MICHELLE NESTER  
BROOKE QUARTERMAINE  
KAYLA-RUTH BARTON  
KODY BARTON  
KATHLEEN WALLINGTON  
BILL ARRIZABALAGA  
CAROLINA ARRIZABALAGA  
MARLI JIA  
EWA MCNAMARRA  
SAMAUEL MCNAMARRA  
LEVON KLEIN  
SAM KILROY  
REBECCA HUMBLE  
BLAKE TAPPER  
SCARLETT TAPPER  
ROSIE LYNCH  
TANNA DE TOURNOUER  
KIMBERLEY HARDWICK  
KATRINA SCHOLEFIELD  
JESSICA WEISS  
TIM CLOUT  
MADELAINE ANDERSON  
GUS CAREY  
JACKIE FAIRBROTHER  
SUZANN KRALL  
JIMMY DYER  
CALVIN WAIA  
JOSEPH WEBB  
ASHTYN VILLARI



# ROB ROY EARTHMOVING FUN RUN 2.5km

FLYNN WIDMER  
TEALE HAINES  
BRADLEY HUGHES  
NAVEYAH NESTER  
KATHLEEN WALLINGTON  
ALEIRAH THORPE  
KASEY ALLELY  
JOSEPH BERESFORD  
ELI SCHLEICH  
SLAYDE DE TOURNOUER



EMILY FOY  
NICOLE BRAUN  
CORBIN BRAUN  
MADDISON MCGUFFIE  
OWEN BROOKS  
SONNY BROOKS  
OLIVE ROBINS  
CODY SCHLEICH  
FEI KOFE  
JASMYN WHEELER  
RILEY PATON  
TILDA PATON  
MITCHELL LEEHANE  
OLIVIA LEEHANE  
AVA WHEELER  
BEAU MCCOMISKIE  
DAISY MCCOMISKIE  
MEGAN VAN WYK  
WILL VAN WYK  
MAX VAN WYK



# *After Party*

LIVE MUSIC BY

*USUAL SUSPECTS*

PRESENTATIONS

Carpentaria Golf Club  
Sunday 24th July 3pm - 8pm

FUN FOR THE  
WHOLE FAMILY



Proudly supporting



Royal Flying Doctor Service

Dont Feel like Running,  
why not Volunteer



CALL FOR VOLUNTEERS  
Sunday 24th July 2022



- Lead / Tail Bikes
- Photographers
- Aid Station
- Time Keepers
- Recovery Crew

T-shirts, Coffee  
&  
Breakfast  
provided

- Race Check In
- Medal Distribution
- Course Marshals  
and more.

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[weiparunningfestival.org.au](http://weiparunningfestival.org.au)



Like us on  
Facebook





# RUNNERS DREAM PACKAGE

**GARMIN FENIX 6X SAPPHIRE WATCH**  
**\$250 RACE ENTRY OF YOUR CHOICE**  
**\$500 BLT TRAVEL VOUCHER**  
**MASSAGE VOUCHER/ YOGA MAT/ GEAR BAG**  
**VALUED AT OVER \$2,000!**

**TICKETS \$5 EACH**  
**WINNER DRAWN SUNDAY 24TH JULY**  
**@ THE AFTER PARTY**



# Weipa Running Festival

## 2022



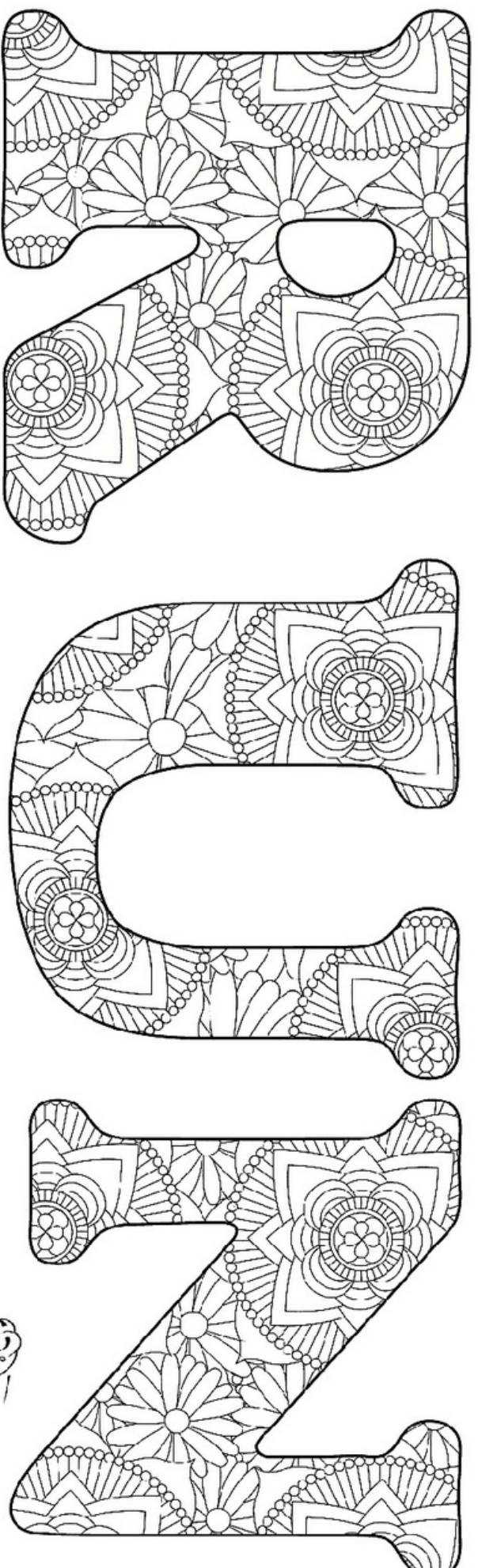
Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parents name: \_\_\_\_\_ Parents Ph no: \_\_\_\_\_

What is your favourite thing about Running? \_\_\_\_\_

Hand in your completed entries to Livelif Pharmacy, Weipa Community Care or on  
race day 24<sup>th</sup> July 2022.





**Tip Off**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parents name: \_\_\_\_\_ Parents Ph no: \_\_\_\_\_

What is your favourite thing about Running? \_\_\_\_\_

Hand in your completed entries to Livelife Pharmacy, Weipa Community Care or on race day, 24<sup>th</sup> July 2022.



