



2023

# Weipa Running Festival

*just FNO run*

RACE PROGRAMME

SUNDAY 23RD JULY 2023

[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 we run and enjoy each year, the Alngith people.

We 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 6 years 'running' and our volunteer committee could not be prouder of how this little idea of a home town running festival has progressed over the years. Each year we reflect, analyze feedback and evolve to bring the best event possible, all with the same enthusiasm as if it was the very first year again.

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 2023 COMMITTEE



From top LHS

- Nicole Widmer
- Leigh Jewell
- Judey Haeusler
- Glen Slade
- Ross Dawson
- Lauren Hughes
- Rose Robins
- Michael Collins

From top LHS

- Donna Jewell
- Katrina Scholefield
- Amanda Haines
- Chrisden Russ
- Sam Kilroy
- Denica Bowden
- Jackie Fairbrother
- Sarah Agnew
- Chris Blythe
- Emma Purvis





# 2023 SPONSORS



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Cape York Weekly



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2023

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# RACE PACK & PRIZE SPONSOR GOODIES - DISCOUNT CODES

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

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<https://allgoodnutrition.com.au/>

MacroMike - 10% - [TASTY-10-OFF](https://macromike.com.au/)  
<https://macromike.com.au/>

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# EVENT INFORMATION

Official Race Day is Sunday 23rd July 2023

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
- Cynthia Lui MP - Half Marathon (21.1km) and TEAM Half Marathon
- JaiMec - 10km
- Live Life Pharmacy - 5km
- JaiMec - Fun Run

## Virtual entries

Your race/s needs to be completed by the 10th – 23rd July 2023 and evidence needs to be submitted to [racedirector@weiparunningfestival.org.au](mailto:racedirector@weiparunningfestival.org.au) by the 29th July 2023. Or uploaded through your race roster registration.

Any evidence of distance and total time will be accepted.

## GRAND SLAM OPTIONS For 2023!

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 2023.

Each distance must be completed separately and between 10 -23 July 2023.





# EVENT INFORMATION (CONT.)

## RACE BIB COLLECTION on the following days:

- Saturday 15th July - 9am-12pm - Live Life Pharmacy
- Thursday 20th July - 4-6.30pm - Cricket Oval
- Saturday 23rd July - 9am-12pm - Andoom Oval

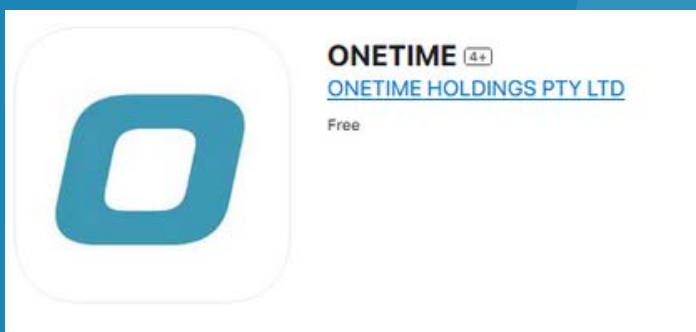
## Notes of importance:

- 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 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.

## Electronic Timing

You will be assigned a shoe tag at race check in - this MUST be worn on your shoe.

Download the app ONETIME to follow and live track all participants on the day and check your results.



# 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.**
- **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, 20th July 2023.

Check-in on Race Day: - **NB These have changed this year**

4.30-4.45am - Marathon & Teams

5.20 - 5.45am - Half marathon & Teams

5.55 - 6.20am - 10km

6.55-7.20am - 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 2023.

# EVENT INFORMATION (CONT.)



**WHAT'S HAPPENING ON RACE DAY**

FROM 7AM

- BUZERK BROTHERS ENTERTAINMENT
- MENS SHED'S FAMOUS BBQ BREAKY
- CAPEACCINO CREW
- KIDS ACTIVITIES!!
- ELISSA NASH - MASSAGE IN RECOVERY TENT
- PRESENTATIONS START 10:30AM APPROX

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

**BUZERK BROTHERS ENTERTAINMENT**

**WEIPA MEN'S SHED**  
WEIPA • CAPE YORK  
QUEENSLAND  
687 0000

Weipa  
Wildlife  
Care

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



# EVENT INFORMATION (CONT.)

## MAP OF ROAD CLOSURES, ALTERNATE ROUTES & EVENT PARKING

SUNDAY 23rd JULY 2023 6AM-10AM



Please be mindful of runners around the Lakes Road.

Be sure to give a toot of encouragement to all runners you see!





# Murtupuni Centre for Rural and Remote Health

A Healthy, Vibrant Outback Queensland



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 @CRRH\_JCU  
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 A: 11 Kerr Point Road, Weipa QLD 4874

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 BASED AT WEIPA CAMPING GROUND  
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# EVENT RULES

## EVENT RULES

- You must collect your race kit prior to Sunday 23rd July 2023. 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 checkpoint / aid station.
- It is your responsibility to hand in your shoe tag at the end of the event to the volunteers.
- 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 to the race director.
- 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.
- 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 are 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.



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Weipa QLD 4874

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

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Supporting our  
Community

  
**WEIPA**  
TOWN AUTHORITY



# GOODLINE MARATHON

## 42.2km

\*participants entered as of 16th July 23

- Michael Collins
- Bradlee Ginn
- Tammy Wiseman
- Lorraine Lawson
- Henie Brown
- Daniel Low
- Ross Dawson
- Aggie Mcivor
- Amy Williscroft / Phoebe Sceresini
- Adam Turner
- Clare Kelleher
- Erica Leota
- Ryan Stoddart
- Liz O'Connor
- Ken Smith
- Lib Smith
- Marco Faeta

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

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# CYNTHIA LUI - HALF MARATHON 22km

\*participants entered as of 16th July 23

- Denica Bowden
- Tiffany Barber
- Tash Tapper
- Ricky Fazldeen
- Sarah Agnew
- Karen Inglis
- David Ryan
- Susan Ryan
- Bethany King
- Lizzy Bagnall
- Chris Ditizio
- Tamlyn Crozier
- Michael Kuehn
- Kerri Kuehn
- Trae Kuehn
- Micaela Hall
- Vanessa Moren
- Jos Middleton
- Alannah Macauley
- Aaron Schleich
- Calvin Waia
- Donna Jewell
- Chris Blythe
- Maggie Jensen
- Chris Mciver
- Rose Robins
- Leigh Jewell
- Amanda Allender
- Mark Bowden
- Ratu Davui
- Jerrod Byrne
- Tash Sankey-Laidlaw
- Charlie Moren
- Sophie Tree /
- Geoffrey Robins
- Rachel Lyne
- Jeremy Taylor
- Sue Fry
- Chantel Burston
- Judey Haeusler
- Glen Slade
- Laurie Preece

Please refer to Race briefing for final Aid Station advice





**RioTinto**

## **Proud to Support Local Communities**

Rio Tinto Weipa is proud to partner with the Weipa Running Festival in 2023.

**Supporting communities to live a healthy  
and active lifestyle.**







- Cornelia Gramlick
- Gemma Shaw
- Sandra kirk
- Elsie Maher
- Bridie Maher
- Colin Taylor
- Chris Bienvenu
- Kirra Wehlow
- Lisa May
- Georgia Stoddart
- Kylie Argent
- Jenna Parker
- Jesse Hermon
- Amanda Millard
- Demi de Tournouer
- Cassandra Taske
- Corine Boivin
- Paul Beeby
- Janine Schleich
- Amanda Loudon
- Shona Markham
- Andrea Miller
- Rebecca Payne
- Jessica Villari
- Nicky Perriman
- Vanessa Barton
- Michi Moon
- Meagan Carroll
- Katrina Scholefield
- Narelle Dealy
- Judith Bibo
- Flora Nussey
- Julie Zeimer
- Heidi Duncan
- Christine Twidale
- Morgaine Crew
- Liz Weidman
- Howard Kwan
- Tas Taske
- Noella Foster
- Amanda Haines
- Aartie Bishnoi
- Ada Bowie
- Wilfred Bowie
- Nicole Widmer
- Lucy Martin
- Michael Bourke
- Sharna Mitton
- Yasmine Kemmerling

\*participants entered as of 16th July 23





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



10KM RACE SPONSOR

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

- Vide Freiberg
- Zigmund Freiberg
- Aleece Khalu
- Elisa Brooks
- Emilie Power
- Luke Galea
- Nicholas Di Tullio
- Layla Egan
- Dallas Egan
- Glenn Egan
- Kathryn Hunt
- Annie Laidlaw
- Michael Widmer
- Toby Widmer
- Jed Hall
- Parx Hall
- Rosie Lynch
- Max Lynch
- Tamara Lambert
- Natalie Hermon
- Susan Foley
- Levon Klein
- Harrison Klein
- Damien Rang
- Sophie Stanton
- Piper Williams
- Billy Reynolds
- Connor Reynolds
- Sam Appleton
- Kat Love
- Heath Love
- Sonny Brooks
- Lilyanna Jewell
- Ashtyn Villari
- Halle Kootoofa
- Tye Lee
- Mia Aldcroft
- Jordan Aldcroft
- Sandy Aldcroft
- Owen Brooks
- Melanie Brewer
- Thomas Brewer
- Arthur Campbell
- Isaac Campbell
- Maddison Mcguffie
- Sarah Tonon
- Malama Gray
- Alice Cairns
- Kylie Bower
- Selina Taylor
- Sally West
- Angelique Scott
- Trudy Turnbull
- Beau Ison
- Travis Ison
- Karishma Maganlal
- Jackson Reynolds
- Alana Smith
- Tanna De Tournouer
- Slayde De Tournouer
- Suzi Krall
- Beau Schleich
- Sophie Loudon
- Michelle Nester
- Katrina Beauchamp
- Isabella Markham
- Carol Vella
- David Vella
- Emilija Balodis
- Joshua Balodis
- Debra Hamilton
- Jemma Sturdy
- Marli Jia
- Natalie Bourke
- Aaron Bourke
- Faith Chandler
- Cynthia Lui



# JAIMEC FUN RUN 2.5km

Megan Van Wyk  
Will Van Wyk  
Max Van Wyk  
Lenni Egan  
Corbin Braun  
Dana Braun  
Nicole Braun  
Flynn Widmer  
Nicole Pritchard  
Claire Pritchard  
John Buchholz  
Kylie Schmidt  
Charlotte Buchholz  
Lucas Buchholz

Naveyah Nester  
Lachlan Brewer  
Ayda Robins  
Olive Robins  
Jasmyn Wheeler  
Matthew Wheeler  
Ava Wheeler  
Holly Jamieson  
Warren Jamieson  
Violet Jamieson  
Heath Jamieson  
Jayda Ison  
Harlen Nester  
Beverly Sterling Whitty  
Jack Balodis  
Lang Haines  
Teale Haines  
Natasha Mollis  
James Barber  
Oliver Barber



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RESORT



# AFTER

SUN 23RD JULY - 3PM

# PARTY

Family Fun From 3pm at the Alby  
Food & House Smoked Burgers

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*Presentations, Random draw prizes,  
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# Don't Feel like Running, why not Volunteer!



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- Lead / Tail Bikes
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- Garmin Forerunner 55 Watch
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- 1 hr Massage with Kylie Argent
- Vibit Massage Roller



## 2ND & 3RD PRIZES

Will & Wind WRF Towel +  
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Raffle will be drawn at Race Day  
After Party on Sunday 23 July at  
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TICKETS

**\$5**  
EACH

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\*VOUCHER MUST BE USED BY APRIL 2024  
PLEASE CONTACT  
ADMIN@WEIPARUNNINGFESTIVAL.ORG.AU



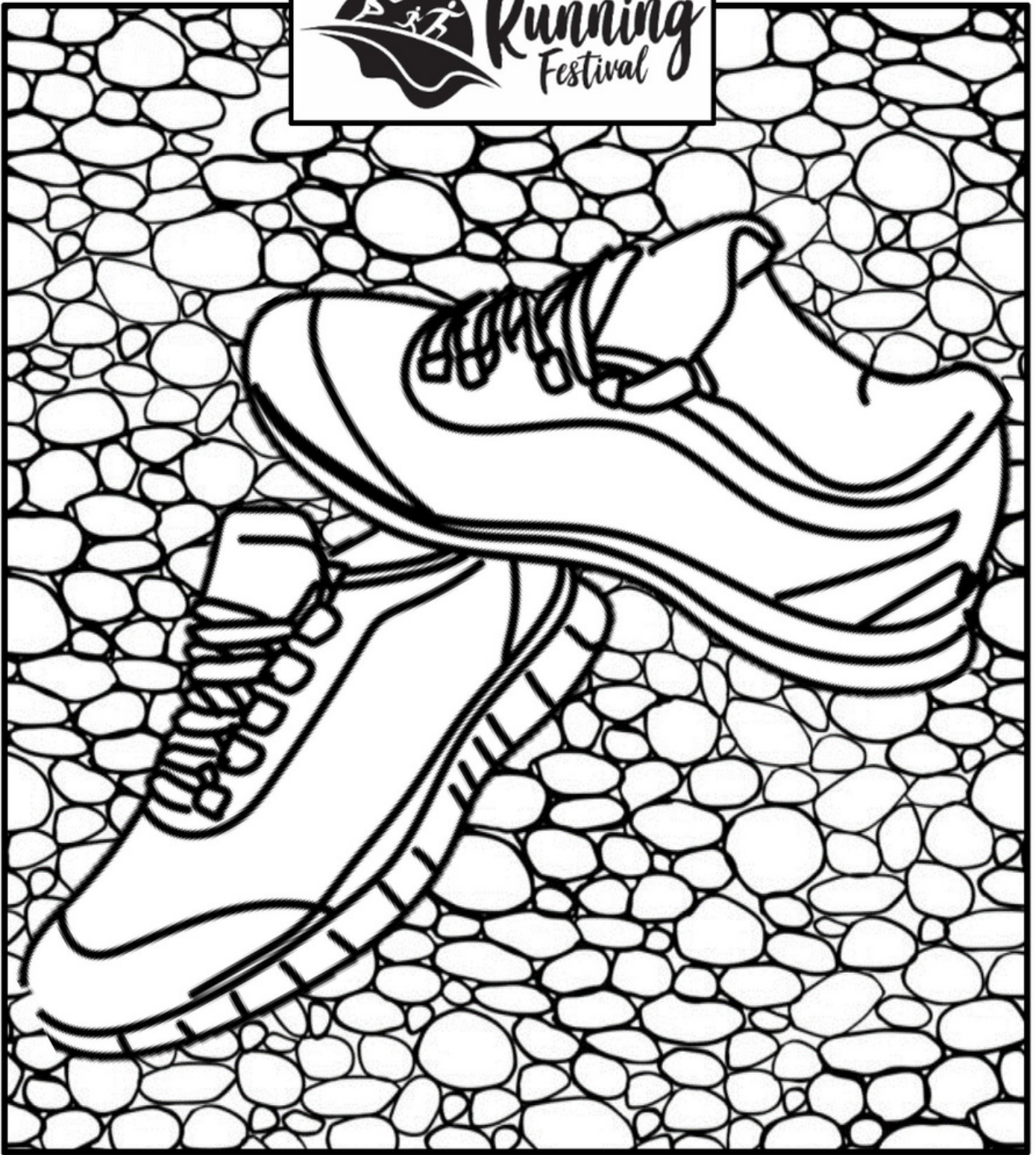


Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parents name: \_\_\_\_\_ Parents Ph no: \_\_\_\_\_

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

Hand in your completed entries to Live Life Pharmacy, WTA Library or bring down on race day, 23 July 23.





## Design your own pair of running shoes.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parents name: \_\_\_\_\_

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

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

Hand in your completed entries to Live Life Pharmacy, WTA Library or bring down on race day, 23 July 23.



