



GET READY TO JUST FNQ RUN!

## WEIPA RUNNING FESTIVAL

Thank you for registering for the Weipa Running Festival 2025.

We're excited to have you on board. See below for your competitor pack. If you want more details about the event, please visit our [event details page](#).

If you have any questions, you can reach out to:

**[Denica Bowden]**

[\[info@weiparunningfestival.org.au\]](mailto:info@weiparunningfestival.org.au)

[\[0427045110\]](tel:0427045110)

### **COMPETITOR PACK**

Even if you have participated each year please take the time to read through this email to ensure you are up to date with any changes for a successful WRF 2025!

Please contact the Race Director if you no longer wish to run the Weipa Running Festival 2025 or have any further questions: [racedirector@weiparunningfestival.org.au](mailto:racedirector@weiparunningfestival.org.au)

#### **Notes of importance:**

- Electronic Timing will be used for ALL races, including the 2.5km fun run. Times will be recorded but no prizes awarded for the fun run. You

will be issued a shoe tag timing device upon race check in on race day. Please ensure you are aware of your race check in times.

- WRF is a **cup-less** course! 10km runners we recommend you take a soft cup on course.
- **Smart Snake Bandages** are a mandatory item for the 10km / half marathon & marathon courses. **DO NOT FORGET THIS ON RACE DAY.** These will be provided for mandatory races, generously donated by **Ecotone**
- **Half Marathon Course** – Changed in 2023 this course is now 22km, the interaction with marathon runners was great and we urge you to continue the same support again. You will run around the lakes clockwise. Coming from Trunding Creek bridge continue on the path toward the parkrun start point and around the lakes. Once you reach the Weipa Camp Grounds enter the driveway and through grounds towards shopping center, turn left past the tennis courts back onto the path. At the Y intersection in the footpath, turn right and re run the section until you cross the road to the Eat Street Aid station. The Relay transition will be at the Mitre 10 Aid station, Leg 1 = 9.8km / Leg 2 = the rest... 😊
- **5km course** 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.

The event consists of five different races.

- **North Queensland Bulk Ports** - Marathon +Team Marathon
- **Hambell Plumbing** - Half Marathon + Team Half Marathon
- **Evolution Mining + Civil** - 10km
- **Rio Tinto** - 5km This year generously made free by Rio Tinto Weipa
- **Jai-Mec Rural Contracting** - 2.5km Fun Run

And 2 Grand Slam Events Proudly Sponsored by **Torres & Cape Hospital Health Services**

- The Goal Digger (10km / 5km / 2.5km)
- The Full Haul (Marathon / Half Marathon / 10km / 5km / 2.5km)

**Your entry fee includes:**

- Entry into your nominated distance

- Personalised race bib (if registered by 31/05/2025, hand written if registered after) for the 2.5km Fun Run, 5km, 10km, 22km and 42.2km distances. Note: children in prams do not receive a race bib.
- Finisher's medal for 2.5km Fun Run, 5km, 10km, 22km and 42.2km distances (including virtual)
- Novelty trophies for the winners in the 5km, 10km, 22km and 42.2km distances
- Lucky draw prizes
- A fun, safe and professional activity
- Public liability insurance

## **MANDATORY GEAR**

Mandatory Gear will be checked at race check in.

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

- Closed-in shoes
- Smart Snake Bandage (provided in your packs thanks to **Ecotone**)
- Whistle
- Water carrier (e.g. hydration pack) with a 500ml 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).
- Relay competitors: race bib to be worn on your front and back and visible at all times (supplied by Weipa Running Festival).
- Shoe Tag timer – this will be provided upon race check.

### **Mandatory gear for all competitors in the 10km race:**

- Closed-in shoes.
- Smart Snake Bandage
- (provided in your packs thanks to **Ecotone**)
- Race bib to be worn on your front and visible at all times (supplied by Weipa Running Festival).
- We recommended you take your quick cup on course.
- Shoe Tag timer – this will be provided upon race check.

## **Mandatory gear for all competitors in the 5km & 2.5km fun run:**

- Race bib to be worn on your front and visible at all times (supplied by Weipa Running Festival).
- Shoe Tag timer – this will be provided upon race check.

**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, 17<sup>th</sup> July 2025**.

### **Check-in on Race Day:**

4.20am - 4.45am - Marathon & Relay  
5.20am - 5.45am - Half marathon & Relay  
5.50am - 6.20am - 10km  
6.50am - 7.20am - 5km  
7.45am - 8.15am - 2.5km

Registrations for the Marathon and Half marathon close Friday 18th July 7pm.  
Registration for the 10km and 5km close at 12pm Saturday 19th July 2025.

**2.5km Fun Run note:** For insurance reasons, any persons accompanying children in the 2.5km Fun Run must be registered to run an in-person event on the day. E.g. A parent registered for the 10km in-person event can accompany a child in the Fun Run for free. A parent registered for a virtual race must be registered for the 2.5km Fun Run if they wish to accompany a child on the day.

## **COURSE INFO**

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

**Marathon** - Water only will be provided at the 1<sup>st</sup> aid station approx. 11kms. One full aid station will be at the halfway Aid Station/transition area) please refer to course maps for all other aid stations. Aid stations will be able to offer Tailwind Nutrition, Fruit, and water.

**Half Marathon** –Please refer to course maps for aid stations

**10km** - One Aid station at the halfway turn around point (Eat Street)

**5km** - One water station River Dr

**2.5km** - no aid stations on course.

**Refreshments:** Water, Tailwind Recovery and fruit will be available at the RECOVERY TENT.

**Capeaccino Crew** will be in attendance for those who need their caffeine fix.

There will be BBQ breaky wraps and pancakes on sale from 7.30am until sold out.

**Toilets:** Start/ Finish area, Weipa Cricket Oval Rocky Point, Lake Patricia BBQ Area, Weipa Camp Grounds

## MEDALS

All finishers in the event will receive a medal on race day. If you are registered for the grand slam events, evidence is required to be submitted by the 31/07/2025. Medals will be distributed shortly after the event or via post in August 2025.

## RACE RULES

- You must collect your race kit prior to Sunday 19<sup>th</sup> July 2025. If you cannot make the listed times below, contact us on info@[weiparunningfestival.org.au](mailto:weiparunningfestival.org.au) to make alternative arrangements.
- 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 Relay members) of your body.
- Closed-in shoes are mandatory for the Half Marathon, 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 aid station 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. 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.
- Mcleod Drive is the only closed road. 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, 22km 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.*

## **RACE PACK COLLECTION**

5/07/25 – Outside Pharmacy 9.00am – 12pm

12/07/25 – Outside Pharmacy 9.00am – 12pm

19/07/25 – Weipa Showgrounds Andoom Oval 9am-12pm

Contact us on [info@weiparunningfestival.org.au](mailto:info@weiparunningfestival.org.au) to make alternative arrangements.

## INSURANCE

Competitors are NOT covered by insurance. 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 - 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 (yes we recommend you still need to wear your race bib!)

## 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, Half Marathon & 10km race to carry a smart snake bandage 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.

## VOLUNTEER 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

<https://raceroster.com/events/2025/100236/weipa-running-festival-2025>

Duties may include:

- Registration
- Course marshals and drink station marshals.
- Race sweeps for the marathon & half marathon course.
- 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.
- Breakfast delivery to aid station volunteers
- Floaters during the day

Volunteers are provided with safety PPE that is required, breakfast, coffee, after party drink voucher and Tshirt/ Buff.

## **CHECKPOINT, CUT OFFS, DRINK STATIONS**

The purpose of the checkpoints is to ensure the safety of the competitors. Make sure the marshals see you when you come through a checkpoint, and you run across the timing mat. Failing to pass through a checkpoint or failing to run across the timing matt may result in disqualification. Competitors must take responsibility for their own nutritional needs and safety during the event. 'Comfort foods' such as salty chips, lollies, water, Tailwind and coke will be provided at the main aid stations and at the finish line.

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.

Please refer to course maps for location of aid stations and water.



## **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 25% 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 that 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 endeavour 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.