



2024 EVENT GUIDE

WELCOME and ACKNOWLEDGEMENT

Thanks for entering the **Great North Walk Trail Running Festival 2024** on **Sunday 22nd September** – we are very excited about the new single-day format for our event and hope you have a great day.

We acknowledge that our event is held on the traditional lands of the Darkinyung people. We pay our respects to these lands and to Elders past, present and emerging.



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Race Program Sunday 22nd September

5:45 am - 6:15 am Registration for 50 km race

6:25 am Race briefing, 50 km race

6:30 am 50 km RACE START

6:45 am - 7:15 am Registration for 30 km race

7:25 am Race briefing, 30 km race

7:30 am 30 km RACE START

7:45 am - 8:15 am Registration for 10 km race

8:25 am Race briefing, 10 km race

8:30 am 10 km RACE START

Presentations will be made throughout the day.

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Getting to the event

The event starts and finishes at Patonga Beach opposite Eve Williams Memorial Oval. Please allow plenty of time to drive here – expected travel times are 30 minutes from Gosford and 1 hour from Hornsby.

Public transport options are very limited. There is a ferry service from Palm Beach to Patonga but this won't get you to Patonga for the race starts.





Parking near the start/finish area is also very limited and you are likely to be parking some distance from the start on residential streets – please respect local residents and businesses and keep noise to a minimum if you are arriving early.

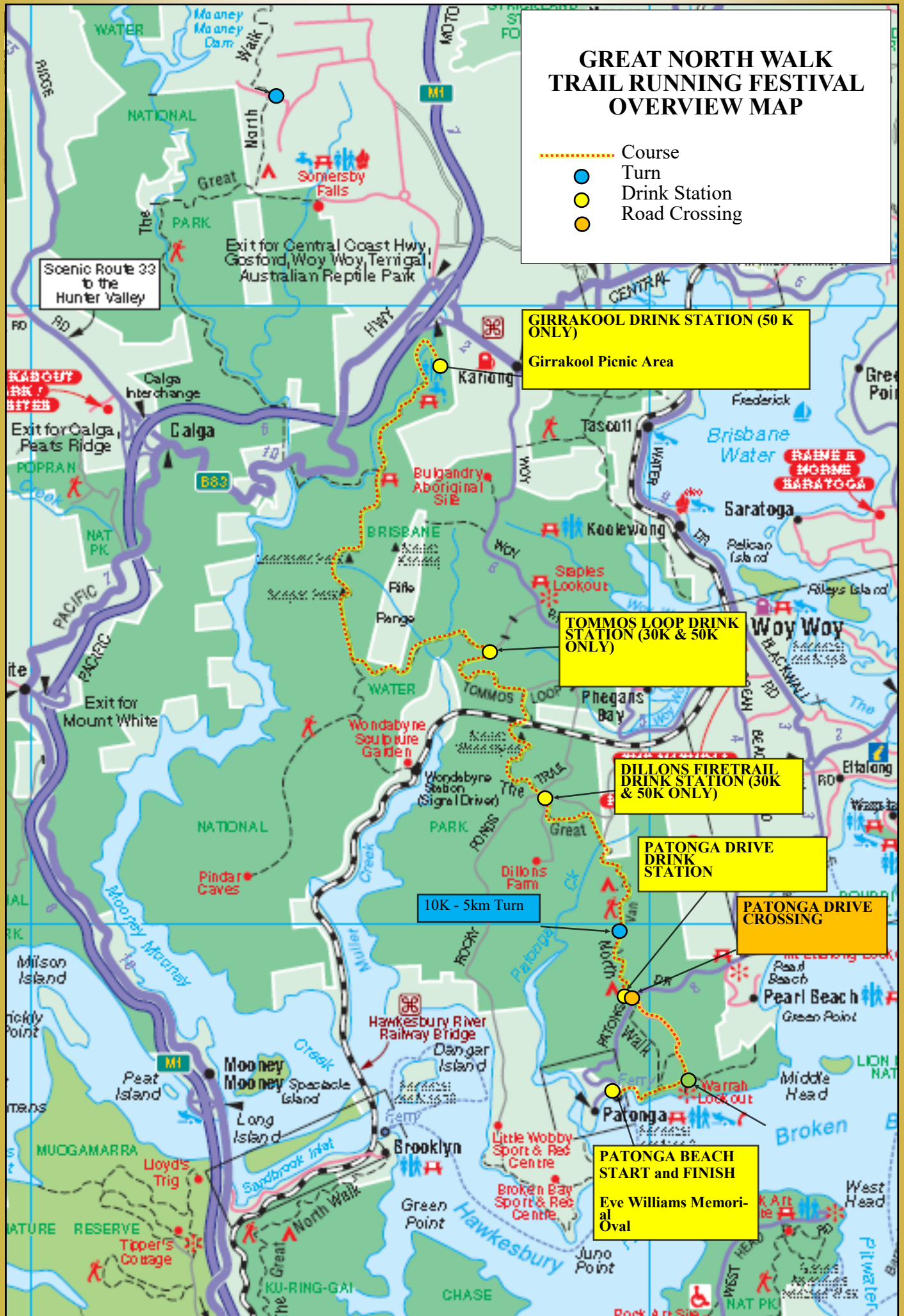
Car pooling is a good option with lots of parking around Umina if you are picking someone up along the way.

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GREAT NORTH WALK TRAIL RUNNING FESTIVAL OVERVIEW MAP

-  Course
-  Turn
-  Drink Station
-  Road Crossing





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Registration and Toilets

All entrants will need to collect their event bag and race number from registration in the pavilion at Eve Williams Oval opposite Patonga Wharf. Please come to registration at the times shown in the race program – no more than 45 minutes before your start time. Toilets will be available near registration.

Race numbers

Your race number (bib) will have a timing chip attached. Please pin the number to your front so it is visible at all times – not on the back, on the side, or on your running pack.

T-shirts

If you have been able to order a free T-shirt, it will be in your event bag. If you were unable to order a T-shirt, or want to change size, you may be able to get one after you finish – see event organisers.

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RACE STARTS

We have had to relocate the race start/finish area from that used in previous years and that shown on the current course maps. This is due to beach erosion near the boat ramp.

The race start area is now located east of the boat ramp, 400m from registration and toilets – see map. There are no toilets immediately next to the start area.

Please note the start time for your race in the program and be at the start area 10 mins before. There will be a race briefing at the start line 5 minutes before.

Due to the relocated start line, we will be conducting self-seeding filtered starts for each race – two runners leaving at short intervals. It is important that you seed yourself based on where you expect to finish in the field. Your race time starts when you cross the timing mat, then it is only a short jog / run / sprint to the start of the GNW walking track at the end of the beach.

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REGISTRATION and START LAYOUT



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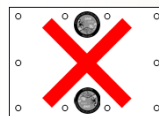
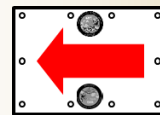
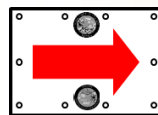
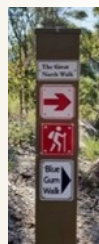




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Course markings

All courses follow the Great North Walk – out towards GIRRAKOOL and back towards PATONGA. All main junctions have GNW signposts but these can be a bit hard to see at times so there will also be red course marking arrows



Course turnaround points

Every course is run out and back on the Great North Walk with the finish back at Patonga Beach.

Please note that the turnaround for the **10k course** is likely to be a couple of hundred metres further than shown on GPX routes due to the relocated start line. There will be a traffic cone, sign and marshal directing you where to turn.

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Drink stations

Drink stations are provided at regular intervals on all courses – see course maps for locations. These locations will have water, Tailwind sports drink, soft drink and lollies.

Our event is cupless - competitors need to carry their own cups or other containers for getting fluids. It is recommended that each runner carries a 500ml bottle at all times.

Spectators, pacers and outside assistance

While friends and family might want to see you out on the course, in the interests of fairness to all competitors **outside assistance is not allowed** at any point on the course including at drink stations. This includes the use of drop bags or food/drink stashes or taking rides in vehicles. All competitors must only use drink and food they carry with them from the start or available from event marshals at the drink stations.

Pacers are not allowed in any race.

Trail etiquette

A lot of the course is on narrow, rough walking track and runners may be approaching or passing you at any time – please keep to the left. If you want to pass someone please call out “passing on right”.

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Cutoff times

The following cutoff times are in place to avoid volunteers being out on the course too long and to ensure all runners are off the course by dark:

10k = 4 hours (minimum of 2.5 km/h = steady walk)

30k = 8 hours (minimum of 3.75 km/h = fast walk / jog)

Must leave Tommos drink station (halfway) by 11:30 am

50k = 11 hours (minimum of 4.5 km/h = jog, some walk)

Must leave Girrakool drink station (halfway) by 12:00 noon

After you finish

Please hang around after you finish to cheer on other runners and savour your achievement. We will be having presentations to the first 3 in each race as well as winners of each age category. There may also be some lucky draw prizes throughout the

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SAFETY INFORMATION

General

All event races pass through bush areas within Brisbane Water National Park and competitors should be prepared for tough running conditions. Please read this section carefully.

Trail conditions

The event courses use a mix of fire trail and walking tracks. Entrants must be prepared for rough trail surfaces, precipitous ascents and descents, mud, creek crossings, and slippery rocks and roots. Walking is advisable in many locations. There are some creek crossings on the course – these are usually dry but after recent heavy rain may require the exercise of caution.

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Equipment

There is no mandatory equipment for any race but it is strongly recommended that each competitor carry an emergency blanket, snake bandage and at least 1 litre of water. There are some sections on the track where assistance in the event of a medical incident will take some time and competitors need to be prepared for this.

Other recommend equipment includes energy food, toilet paper, sun hat, sun block, insect repellent, mobile phone and a Personal Locator Beacon.

Mobile Phone

Please take the mobile phone with the number you included in your race entry - fully charged and switched on. Please include Race Director phone number – 0417 410 164 - in the list of contacts.

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Bushfires

The event passes through areas with the risk of bushfires at any time of year. The event organisers will liaise closely with National Parks and the NSW Rural Fire Service to provide up-to-date information regarding bushfire risk. In the event of a total fire ban or the start of a bushfire in the vicinity of the course, the event will be postponed or cancelled. This may occur during the running of the event in which case competitors will be directed by race officials to evacuate the area.

All competitors should familiarise themselves with the *Actions to take if Caught In A Bushfire* available [here](#).

Thunderstorms

All competitors should familiarise themselves with the *Actions to take if Caught In A Thunderstorm* available [here](#).

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Animals

Snakes and spiders inhabit the event terrain but are unlikely to be seen at the time of the race. Nevertheless, competitors need to be aware of the appropriate treatment for snake and spider bites.

Navigation

In general, courses should be easy to follow using event course marking and Great North Walk trail markers. Sometimes the GNW markers are hard to see particularly on rocky plateaus where pink ribbons might be used.

If at any time you think you are lost try and backtrack to where you last saw a course marker or call out for assistance from other trail users. Avoid travelling through bush where possible. If you are still unable to locate the track move to higher ground and try calling or messaging on your mobile phone for assistance.

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RACE RULES

Race numbers

All competitors will be issued with race numbers (bibs) that must be worn for the duration of the race and be visible from the front.

Competitor withdrawal

Race medical staff and race officials have the power to withdraw a competitor at any time for any reason at their own discretion or impose waiting times on competitors if a competitor is deemed to have broken race rules, is medically unfit, or any other reason deemed valid by the Race Director.

Following the course

Competitors must follow the marked course at all times, stay on the trail and follow directions of marshals – short cuts are not allowed. If any competitor does not take the marked route, accidentally or otherwise, they must report this to race officials on course and at the finish. It will be at the discretion of the Race Director to take action including adjusting course times or disqualification.

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Outside assistance

In the interests of fairness to all competitors, outside assistance is not allowed at any point on the course including at drink stations. This includes the use of drop bags or food/drink stashes or taking rides in vehicles. All competitors must only use drink and food they carry with them from the start or available at the drink stations.

Pacers are not allowed in any race. Any assistance provided to a competitor other than a race official will result in disqualification and potential bans on future race entry.

Littering and sanitary waste

We have the privilege of running through the beautiful National Parks of the Central Coast - no littering is allowed anywhere along the course. Rubbish can be disposed of in marked bins at drink stations or at the start/finish area.

Toilets are only available at the start / finish area and at the Girrakool halfway point on the 50 km course. Elsewhere along the course, human waste must be disposed of in a sanitary manner by burying to a depth of 15cm and at least 100 metres from creeks and well used areas.

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Cutoff times

Cutoff times are listed within the information for each course. Any competitor that misses the cutoff times will be directed by marshals to safely leave the course.

Competitors must arrange their own transport for return to the start/finish area.

Race withdrawal

Competitors can withdraw from the race at any checkpoint or drink station. Each race will have a course sweeper. It is imperative that withdrawing competitors notify race officials on course and at the start / finish area so that no unnecessary searches are conducted.

Abuse

Please respect the efforts of all our race volunteers - any runner who abuses race officials will be disqualified and potentially banned from participation in future races or events organised by Terrigal Trotters Inc.

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