

KEP ULTRA MARATHON 2012 RACE MANUAL

General Information and Race Rules

Version 1.0 released 22 December 2011

Introduction

Welcome to The Kep Ultra. This Race Manual provides 2012 Kep Ultra Runners and their Support Crews with the information they need to prepare for and participate in the Kep Ultra 100km and 75km events.

Public Authorities

The conduct of the Kep Ultra is dependent on the cooperation of a number of public authorities including the National Trust of Australia (W.A.), Shire of Mundaring, Shire of Northam, City of Swan, Department of Environment and Conservation, Department of Main Roads and Western Australia Police. The organizers of the Kep Ultra are grateful to these organizations for their cooperation. In order to gain their approval, a number of their requirements have been incorporated in the Rules for the Kep Ultra. So that the Kep Ultra can continue in future years, all Runners and their Support Crews are requested to abide by the Rules of the Kep Ultra as specified in this document and to obey any lawful directions given by authorised members of the above organizations.

Race Organization

Subject to the superior powers of the above-mentioned Public Authorities, the Race Director, has authority on all matters related to the Kep Ultra during the course of the Event.

Volunteers

The success of the Kep Ultra is dependent on the help of many Volunteers for which the Organisers are very grateful. Please treat them with respect and thank them when you have the opportunity.

Race Date and start location

Both the 100km and 75 Kilometre events will start at 7:00am on Sunday 3 June 2012, from Bernard Park on the banks of the Avon River at the [bottom of Grey Street, in Northam](#), Western Australia.

Finish location

The finish of the Kep Ultra will be at the Perth Hills National Park Centre campsite [Allen Road, Mundaring Weir](#). The Centre provides camping (limited), toilets, showers, and a covered kitchen including refrigerator and gas bbq. Drinks, bananas, muffins and a sausage sizzle will be provided for all race entrants and volunteers at the finish line. Crew and spectators should bring their own refreshments.

Qualification

Age

Runners must be at least 18 years of age on the day of the race.

Experience

In the three year period preceding 12 noon Sunday May 20 2012, runners will need to have either completed an official marathon in less than 4.5 hours, or finished an official ultra event (exceeding 42.2km) before the event's cut off time. Completion of other equivalent events such as an Ironman Triathlon will also be considered. Evidence of this may be required to be presented. Alternatively runners can qualify by running the 41km night time recon run on Saturday May 5 from Mt Helena to Mundaring Weir in a time of 5 hours or less. The Race Director reserves the right to make other determinations in regards to experience and qualification other than those stated above, solely at his discretion.

Maximum Number of Entrants and entry process

A maximum of 50 Entrants will be accepted, in total, for both races through the online entry process. Potential entrants are encouraged to get their Entries in early. Entries will first open only to those who have volunteered at a Kep Ultra event previously. The Race Director may choose to invite additional entrants at his discretion. These entrants known as "Race Director's Invitees" will be additional to the 50 entrants limit.

Entries will open in two phases. The first phase of entries will be restricted to those who have volunteered at a Kep Ultra event previously. The first phase entries will open at 12 Noon Western Standard Time on Sunday 19 February 2012, and close at Midnight, Friday 24 February. The second phase is for all other entrants. The second phase entry process will open at 12 Noon Western Standard Time on Saturday 25 February 2012 where people can nominate to participate in the entry ballot. This nomination process closes at 12 Noon Western Standard Time on Sunday 26 February. Once the ballot nomination process had closed, a ballot will take place where the remaining places in the field (50 places less the number of previous volunteers who have entered) will be randomly selected from those who entered ballot. Those who are successful in the ballot will receive an email with a link to the official entry form, and must enter the event by 12 Noon Western Standard Time Tuesday 28 February. Should there be people who registered for the ballot, and have not been successful in securing a place in the ballot, they will be added to a waiting list. As positions become available, those wait listed will be sent an email advising they are able to enter the event (see waiting list below). Should there still be places available after the above process has been completed, a link will be made available on the website at 12 Noon Western Standard Time on Wednesday 1 March, allowing people to directly enter the event. Links to the relevant race entry forms will be available on the Race Website on these dates.

Entry List

A list of Entrants will be maintained on the Race Website after Entries open.

Waiting List

In the event that the maximum number of Entries is reached, a Waiting List will be compiled of surplus Entries first by the result of the ballot random draw, and thereafter of wait list entries received in chronological order. If any accepted Entrants withdraw, or does not meet the qualification standard by the qualification deadline (See Experience above) then their places will be offered to those on the Waiting List. Such offers must be accepted and the Entry Fee paid within three business days or the vacant place will be offered to the next person on the Waiting List.

Entry Fee

The entry fee for both the 100 km and 75km events is \$80 for AURA Members, and \$100 for non AURA members.

Entry Closing Date

Entries will close at 12 Noon on Sunday 20 May 2012, or earlier, if the first 50 entries have been received. Any entries received after 21 May, will be accepted only on the discretion of the Race Director.

Entry Confirmation

Entrants will receive confirmation of receipt of their entry from the RegisterNow system by email advising the registration has been approved. This does not confirm acceptance as an entrant. All entrants will be further contacted by the race organizers to advise whether their entry has been accepted or not after the information provided in the entry process has been reviewed.. All Race Information is available on the Race Website.

Postponement or Cancellation

It is possible that some kind of unforeseen event or emergency, such as a bushfire, might prevent the Kep Ultra going ahead. In that case, as much notice as possible will be given to all Entrants. Should the Kep Ultra need to be cancelled, Race Organisers will endeavor to provide some level of refund to entrants. The amount of this refund will be determined by the level of expenses incurred at the time the decision to cancel the event is made. The refund may not be for the full amount paid.

Refunds

Any Entrant withdrawing from the Kep Ultra prior to Sunday 20 May 2012 will receive a refund of 50% of the fee paid. There will be no refunds thereafter. If an Entrant does not meet the qualifying standard by 12 noon Sunday 20 May, 2012, they will be withdrawn from the race, and will receive a refund of 50% of the fee paid.

Race Numbers

Race Numbers will be provided at race registration, and must be worn in a prominent position on the front of shirts. Be mindful of this if you plan to change shirts or remove layers during the course of the event.

Unofficial Runners

No unofficial runners are permitted in the Kep Ultra.

Disqualification

The Race Director may prevent any Runner from starting (even after their Entry has been accepted) or continuing in the Kep Ultra events if any of the following occurs:

- The Runner, their Pacer, or their Support Crew breach Race Rules.
- It is decided that the Runner may be placing themselves or others at any risk whatsoever.
- Any other reason deemed sufficient by the Race Director.

Fitness

The Kep Ultra events are demanding physical events. By entering, Runners are acknowledging that they have trained appropriately for the Kep Ultra events.

Awards & Presentation

There will be a Presentation Ceremony where small awards will be made to winners in both the 100 Kilometre and 75 Kilometre events at 8:00pm on Sunday, 3 June 2012, at the Finish area at the Perth Hills National Parks Centre campground near Mundaring Weir. Finishers' medals will be presented to all official Finishers on completion of their event (competitors who enter the 100 Kilometre event, but complete the 75 Kilometres, will not be eligible). All entrants are encouraged to stay after their finish to support other entrants, and to attend the awards ceremony.

Results

Every effort will be made to publish detailed Race Results on the Race Website by 9:00pm on Monday 4 June 2012. An e-mail will be sent to all Entrants with a link to the Results page on the Race Website.

AURA use of personal information

It is a requirement by AURA that race organisers furnish within 30 days after the race, information for their database of the competitors (firstname, lastname, mailing address, telephone number, email address and DOB). This is for purposes of email newsletters, records and rankings and for their competitor database generally. This information will not be passed on by AURA to third parties. By entering the race you consent to your personal information being used as described.

Race Day Check-In

All Runners must check in at Bernard Park on the bank of the Avon River at the [bottom of Grey Street, in Northam](#), between 5:45am and 6:30am on Sunday, 3 June 2012. PLEASE DO NOT ARRIVE AT THE LAST MINUTE AND PLEASE BE VERY QUIET.

Pre-Race Briefing

There will be a Pre-Race Briefing which must be attended by all Runners and Support Crews at 6:40am on Sunday, 3 June 2012, at Bernard Park at the [bottom of Grey Street, in Northam](#).

Course

Runners must follow the specified Course at all times. If Runners leave the Course they must return to the same point before proceeding. The 100 km Course follows the entire length of the Railway Reserves Heritage Trail (Northam to Mundaring Weir, via John Forrest National Park and Bellevue to the west). The National Trust of Australia (W.A.) has branded a 75 km portion of this trail as the “Kep Track,” omitting the western section from Mt. Helena to Bellevue to Mundaring town). Thus, the 75 km Course follows the entire branded “Kep Track” from Northam to Mt. Helena, then direct to Mundaring Weir.

Detailed Directions

Detailed directions will be available from the Race Website at least 4 weeks before the event. All Runners are encouraged to print the Detailed Directions from the website in advance of the event. An accurate map of the course on Google Maps is also provided. It can be accessed via the event website.

Course Marking

There will be no marshals directing Runners on the Course, other than at a limited number of road crossings. The Kep Track and Railway Reserve Heritage Trails are reasonably well marked. However, the grey colour of the marker posts sometimes makes them difficult to see. Runners will need to be very watchful for the Course markings and be careful navigators to avoid missing turns or getting lost. On the section from Mundaring town to the finish line at Mundaring Weir, it may be easier to spot and follow the bright yellow Munda Biddi track markers (Kep and Munda Biddi share the same track in this section).

Trail Etiquette

Runners should show courtesy to all people encountered on the Kep Ultra Course.

National Parks: Water Authority

The Kep Ultra course runs through a number of National Parks.

The event area is located within active drinking water catchment area and all entrants are to comply with all the applicable by-laws under the MWSSD and CAWS acts and associated signage.

If needing to go to the toilet, event participants must use the toilet facilities provided in the National Parks in all instances. Where not possible, persons must be 100 metres away from streams and ensure all waste is buried at a depth of 30cm

Course participants are not to physically contact or enter streams or other water courses where water is flowing or ponding. When crossing such streams measures will be taken to ensure water quality is not affected (e.g. crossing at culverts, logs).

Hazards

Trail Conditions

Entrants must cope with a variety of trail surfaces. Most of the trail is pea gravel, which can be slippery under foot. The single track parts of the Course may include slippery rocks and roots.

Water Crossings

There should be just one water crossing on the Course, located immediately after leaving Clackline aid station. Whether there is water in the crossing will be dependent on rain in the days preceding the event. Care needs to be exercised when crossing after rain and it should be assumed that all rocks are slippery.

Navigation

Although the Kep Ultra Course is marked for its entire length, the markers are sometimes hard to see and the Course may be difficult to follow in a number of places. At these locations, organisers will draw flour arrows on the trail or provide some other form of signage / visual clue to assist navigation. Please take care not to run *through* the flour, as this may obscure it for other racers behind you. One such location will be through Greenmount National Park on the 100km course. Great care needs to be exercised in following the Course and all Runners are advised to carefully follow their progress on the detailed directions which will be available on the Race Website, and should be carried by all runners unfamiliar with the course. If you believe at any time that you may not be on the correct Course, do not attempt to find your way cross country. If you are not sure of your route, backtrack to where you last saw a Course marker and try to find other markers showing the direction of the Course. If you are unable to work out where you are, try calling on your mobile phone for assistance. The Race Director's mobile phone number will be provided to entrants before the race and you should key this number into your phone's directory in advance. A list of other contact numbers will be available prior to race day. If this is not feasible and you are unable to find your way, stay where you are! Wandering randomly will take you farther from the Course and reduce your chances of being found. If you do become injured, exhausted or ill, **STAY ON THE TRAIL**. You will be found there either by another Runner or by searchers. If you feel dizzy, disoriented or confused, do not risk falling. Sit or lie down on the trail until you recover or are found. An unconscious Runner even a few feet off the trail could be impossible to find until it is too late.

Traffic

Runners are likely to encounter vehicles on almost any part of the Course as there are over 50 road crossings. Apart from those parts of the Kep Ultra that travel along public roads, 4WD vehicles and trail-bikes are common on tracks. **GIVE WAY TO VEHICLES WHEN CROSSING OR TRAVELLING ALONG ANY PART OF THE COURSE**. Runners are required to leave the road or trail surface, stopping if necessary, whenever encountering vehicles during the Kep Ultra. Where marshals are provided it is mandatory to wait for their instruction before crossing the road. Failure to do so is grounds for disqualification.

It is a requirement runners must comply with the WA Road Traffic Code 2000 at all times, as it applies to pedestrians.

Medical

There are significant and possibly life threatening medical risks associated with running in the Kep Ultra. Please note that while First Aid kits will be available at all Aid Stations, volunteers are not necessarily qualified in first aid.

Potential risks from running an ultramarathon include but are not limited to:

- *Renal shutdown (a.k.a., kidney failure)*
- *Hypothermia*
- *Hyperthermia (heat stroke/heat exhaustion)*
- *Hyponatremia (low sodium and chloride levels)*
- *Injuries from Falling*
- *Overuse Injuries*
- *Snake and spider bites*

It is recommended that competitors adequately research these and other potential risks before competing in the Kep Ultra.

Insurance

The organizers of the Kep Ultra have Public Liability Insurance coverage through the Australian Ultra Runners Association (AURA). This insurance does not provide any coverage for injury or illness to Entrants, Pacers or Support Crews. All Entrants, Pacers and Support Crews are encouraged to ensure they have medical insurance that covers them for injuries or illness sustained during the Kep Ultra.

Race Communications

Most parts of the Course have mobile phone coverage, though this is dependent on the provider. All race officials will carry mobile phones and have phone lists that include the numbers of organizers, other checkpoints, Support Crews and emergency numbers (police, doctor, hospital, ambulance, poisons information, tow trucks, RAC, etc.).

Transport at the Finish

No transport will be available for runners to return to the Start of the event from the Finish. Those competitors looking for transport from the finish to Perth, are encouraged to contact race organizers prior to event, so you may be put in contact with other competitors or volunteers to arrange a lift.

Weather

The maximum average maximum temperature for Northam in June is 17.9 degrees, with an average minimum temperature of 6.4 degrees. On Race day, the sun rises at 7:11am and sets at 5:19pm.

Runner Safety

Runners must observe the following Rules.

- **RUNNERS WILL BE REQUIRED TO CARRY THE FOLLOWING EQUIPMENT AT ALL TIMES UNLESS OTHERWISE SPECIFIED.**
 - MOBILE PHONE (phone number must be provided on Entry Form)
 - WATER CONTAINER (600ml minimum, more recommended).
 - TORCH/HEADLAMP INCLUDING SPARE BATTERIES which must be carried from Checkpoint 3 (Mt Helena) by all 100k event runners departing this check point at any time, and 75km runners departing this check point after 3pm. Headlamps are to be used at all times after 5:00pm.

- REFLECTIVE VEST DESIGNED FOR NIGHT USE which must be carried from Checkpoint 3 (Mt Helena) by all 100k event runners departing this check point at any time, and 75km runners departing this check point after 3pm. It must be worn at all times after 5:00pm. (Note, you need the yellow fluro, not the orange. These vests are available at running and bike shops, work wear stores and Bunnings).

An equipment inspection will be conducted at race check-in. If you do not have the mandatory equipment, you will not be allowed to compete. Aid Station volunteers at Checkpoints 3 and 4 will be checking people comply with the headlamp and reflective vest requirements. Those not complying will not be able to proceed and will be withdrawn from the event.

- You must render all possible assistance to any person found injured or incapacitated.
- Travel on the right-hand side, facing oncoming traffic, whenever travelling along roads. If at all possible travel off to the side of the road surface.
- GIVE WAY TO VEHICLES WHEN CROSSING ROADS OR TRAVELLING ALONG ANY PART OF THE COURSE. Course marshals will be located at four road crossings. YOU MUST wait for instructions from the marshals before crossing the road. Most road crossings will be unmanned. Runners need to be particularly careful during the hours of darkness.
- Wear Reflective Vests and carry a light visible to oncoming traffic after 5:00pm.

Checkpoints

There are four Checkpoints along the Kep Ultra 100km Course, and three checkpoints along the 75km course in addition to the Start and Finish.

- 19km: Clackline, near corner of Great Eastern Highway & Spencer Brook Road

- 43km: Werribee Road **Woorloo**

- 61km: Sawyers Road, **Mt Helena**

- 80km: Miller St, **Bellevue**

Checkpoint Protocol

ALL RUNNERS MUST REGISTER WITH THE CHECKPOINT OFFICIALS BOTH ON ARRIVING AND LEAVING A CHECKPOINT.

Cut-Off Times

Runners must leave Checkpoints by the time listed in the table below, or retire from the Race. Runners who leave a Checkpoint before the Cut-Off Time and then return to that Checkpoint after the Cut-Off Time will be compulsorily retired from the Race.

100km runners who arrive at Checkpoint 3 Mt Helena before the cut-off time may elect to switch to the 75km event (note that no finisher's medal will be given in this instance).

Runners who arrive at the Finish of the 100 Kilometre or 75 Kilometre race after the relevant Cut-Off Time will not have their finishing times recorded and may find that the Finish Area has been dismantled and the Officials have left. However, should there be concern for a runner's absence at the Finish, a search may be initiated. **Note the cut off times have changed since the 2010 event.**

Checkpoint	Distance (km)	Cut-Off Time (hrs)	Cut-Off Time (time of day)
START	0.0	0:00	NA
Checkpoint 1: Clackline	19km	2:45	9:45am
Checkpoint 2: Wooroloo	43km	6:00	1:00pm
Checkpoint 3: Mt Helena	61km	9:00	4:00pm
Checkpoint 4: Bellevue (100km runners only)	80km	11:30	6:30pm
FINISH 75km	76km	11:00	6:00pm
FINISH 100km	103km	14:30	9:30pm

Checkpoint Supplies

All Checkpoints will have water, Coke, lollies, and bananas available and will be manned by one or more volunteers.

Drop Bags

Runners can leave Drop Bags, clearly marked with their Name, Race Number and intended Checkpoint, at the Start between 5:45am and 6:30am on the morning of the Race for transportation to the nominated Checkpoint.

Runners can also return personal supplies to their Drop Bags while at the Checkpoints for delivery to the Finish. In the latter case, however, the bags will not be transported from the Checkpoint until the last Runner has passed through or the cut-off time for that Checkpoint has passed. The organisers will not be responsible for returning any Drop Bags (and their contents) to Runners if they are unclaimed at the Finish. **ALTHOUGH THE ORGANISERS WILL DO THEIR BEST TO ENSURE DROP BAGS ARE DELIVERED INTACT TO CHECKPOINTS, AND RETURNED TO THE FINISH, THEY ARE NOT RESPONSIBLE FOR LOST OR DAMAGED DROP BAGS OR THEIR CONTENTS. DROP BAGS ARE NECESSARILY PILED IN BOXES FOR TRANSPORT, SO THEY MUST BE ROBUST AND THEIR CONTENTS PROTECTED IN LEAK-PROOF AND CRUSH-PROOF (WHERE APPROPRIATE) CONTAINERS.**

It is also recommended a small bag comprising warm clothing be sent to the finish line. These can also be left with organisers at the start for transportation to Mundaring Weir.

Stashes

Runners may not store supplies or equipment of any description along the Course.

Water

Although the Course of the Kep Ultra has a number of points other than the aid stations where runners can replenish water, they must carry sufficient water to last them between Checkpoints which can be up to 24 km apart. **IT IS VERY IMPORTANT THAT RUNNERS CARRY AND CONSUME ADEQUATE FLUIDS.**

Littering

Absolutely no littering is allowed anywhere along the Course or at Checkpoints. Breaches of this rule by Runners, their Pacers or their Support Crew will result in disqualification of the Runner.

Toilets

Runners who need to relieve themselves must leave the trail to do so, and must bury any waste. There are toilets available at Checkpoints 1, 2 and 3 and at the Start and Finish. Public toilets are also available at Bakers Hill, Chidlow, Darlington, Glen Forrest and Mundaring.

Vehicles

Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for Runner error. If they do, they are considered to have withdrawn from the Race. They will not be allowed to continue, and if they do, they will not be listed as finishers, and risk being barred from entry in future Kep Ultra events. Runners may, after checking into a Checkpoint, rest and get warm in a STATIONARY vehicle. Once a Runner has checked out of the Checkpoint they may not get back into any vehicle without being disqualified.

Pacers and Support Crews

Runners are responsible for the actions of their Pacers and Support Crews and can be disqualified if their Pacer or Support Crew breaches the Race Rules and Regulations.

Switching

Runners in the 100km Race may opt to switch to the 75km event at Checkpoint 3, Mt Helena and be included in the 75km Race results, but they will not be awarded a medal as a 75km finisher.

Dropping Out

Runners can withdraw from the Kep Ultra at any Checkpoint but may have to wait for the last Runner to pass, or the Checkpoint Cut-Off time to be reached, for transport to the Finish unless they have their own Support Crew. It is imperative that withdrawing Runners notify the nearest Checkpoint IN PERSON of their withdrawal so that no unnecessary concern is caused or searches are conducted.

Sweepers

For safety, it is intended to have Sweepers following the last Runners in the Race. However, this will be dependent on the availability of suitably qualified volunteers.

Pacer Information

A Pacer is defined as a "trail companion" who accompanies a Runner along designated sections of the Kep Ultra for greater than 100 metres at a time. Pacers are allowed solely as a safety consideration for fatigued Runners in the last section of the Kep Ultra 100km event. Pacers should be experienced trail runners in excellent physical shape and conditioned adequately to run long distances. Most pacing will be done during the dark hours of night so

Pacers should be warmly dressed and used to running using lights. Pacers should be adequately supplied with lights, food and water and must carry the same compulsory equipment as the Runners they are pacing. The following Rules govern Pacers in the Kep Ultra:

- One Pacer may accompany each Runner in the 100km Race from Checkpoint 4 Bellevue (80km) to the Finish. Pacers are not allowed in the 75km event.
- Pacers must register with the Checkpoint Captain and sign a Race Waiver before joining their Runner. If a Runner is accompanied by anyone other than a registered Pacer on any part of the Course, whether on foot, on a bike, or using any other means, the Runner will be disqualified.
- Pacers must be at least 18 years of age.
- Pacers must stay with their Runners at all times, except in the case of an emergency. If the Runner withdraws from the Race, the Pacer must also withdraw.
- Pacers must leave the Checkpoint WITH their Runners. They may not assist with the re-filling of water bottles or replenishment of supplies while in the Checkpoint. Pacers may not carry water, food, lights, shoes, clothing or other supplies for anyone other than themselves. "Muling" is expressly forbidden.
- No mechanical or physical assistance may be given by the Pacer to the Runner at any time.
- PACERS MUST COMPLY WITH ALL RACE RULES AND REGULATIONS, PARTICULARLY THOSE RELATING TO RUNNER SAFETY (SEE "RUNNER SAFETY" SECTION ABOVE) AND ALL INSTRUCTIONS FROM RACE OFFICIALS. RUNNERS ARE RESPONSIBLE FOR THE ACTIONS OF THEIR PACERS AND WILL BE DISQUALIFIED IF THEIR PACERS BREACH THE RULES AND REGULATIONS OF THE RACE.
- **NO OTHER PACING OTHER THAN THAT DESCRIBED ABOVE IS ALLOWED. THIS INCLUDES BEING ACCOMPANIED BY A CYCLIST WHICH IS ALSO NOT ALLOWED AT ANY TIME DURING THE RACE.**

Support Crew Information

Runners are permitted to have a Support Crew. It should be noted however that with the aid stations provided by race organizers, runners should not require a support crew.

The Rules governing Support Crews and Support Vehicles are as follows:

- A maximum of one Support Vehicle per Runner.
- A representative of each Support Crew must register along with their Runner at Check-In on Race Day. During the registration process the Support Crew must supply details of their vehicle and, preferably, a mobile phone number on which the Support Crew can be contacted. A list of Contact and Emergency Telephone Numbers will also be available at the Start.
- Runners may not access Support Crews before Checkpoint 1, Clackline. Support Crews shall not access Eadine Road during the first stage, but travel directly from the start to Checkpoint 1 via Great Eastern Highway.
- Runners may not access Support Crews after Mundaring township, anywhere along Mundaring Weir Road. Support Crews should not stop along Mundaring Weir Road, but travel directly from Mundaring town to the finish.

- **Checkpoint Protocol:**
 - Crews must never park in such a way as to block traffic, access to the Course or Checkpoint, or other parked cars. If this happens, the supported Runner may be immediately disqualified.
 - Crews must adhere to instructions of all Checkpoint Officials, including requests to vacate certain areas of the Checkpoint.
 - Support Crews must stay out of the resupply area unless their Runner is present.
 - Food, drink, medical supplies, etc., at the Checkpoints are only provided for Runners and Pacers.
 - No excessive noise or raucous behaviour is permitted. Please be as quiet as possible at Checkpoints.
 - Children are only allowed in Checkpoints under direct supervision of an adult.
 - Take care of facilities at Checkpoints. Littering of any kind at any Checkpoint (including the Start and Finish) or along the Course is strictly prohibited.
- CREWS MUST COMPLY WITH ALL OF THE RULES AND REGULATIONS OF THE EVENT AND ALL INSTRUCTIONS FROM RACE OFFICIALS AT ALL POINTS ALONG THE COURSE AND ITS ACCESS ROUTES, INCLUDING PARKING REGULATIONS, OR RISK DISQUALIFICATION OF THEIR RUNNER.

Schedule of Events

Sunday, 3 June 2012	
5:45am	Check-In for Runners and Support Crews begins at Start line in Northam
6:30am	Check-In for Runners and Support Crews closes
6:40am	Pre-Race Briefing for Runners and Support Crews
07:00am	START
9:45am	Checkpoint 1 Cut-Off
1:00pm	Checkpoint 2 Cut-Off
4:00pm	Checkpoint 3 Cut-Off
6:30pm	Checkpoint 4 Cut-Off
6:00pm	FINISH 75km Cut-Off
8:00pm	Awards ceremony
9:30pm	FINISH 100km Cut-Off

Contacts

Prior to the event contact Rob Donkersloot: rdonkers@iinet.net.au or phone 0457 149 169.