

Washpool World Heritage Trails - 2023 Race Guide

Coffs Trail Runners Inc are excited to bring you the 13th Washpool World Heritage Trails on Sunday 26th March 2023.

We want to acknowledge the traditional custodians of the land on which we will be standing and running on - the Bundjalung and Jukumbal tribes of the Bundjalung, the Ngarrabul and the Gumbaingirri people and pay our respect to elders past, present and emerging.

2023 marks the first year Coffs Trail Runners Inc as an incorporated not-for-profit committee are formally organising the Washpool World Heritage Trails. The 2023 will be the biggest running of the event with entries selling out quickly and NPWS kindly allowing us to extend capacity to 200 runners.

We hope you have a fantastic weekend of trail running in a stunning World Heritage Area.

Any pre-race updates, post-event photos or results will be posted on [Facebook](#), updated on our [Website](#) and sent out via email to all runners

MAKE SURE YOU READ THE WEBSITE

<https://coffstrailrunners.com/washpool-world-heritage-trails/>

Email admin@coffstrailrunners.com with any questions at any time



[LINK TO SHORT YOUTUBE VIDEO OF 2022 EVENT](#)

Order of events

Saturday 25th March 2023

16:00 to 18:00 - optional pre-race bib collection, social catchup and chit-chat, see the course maps, ask questions of past finishers and Race Director at Mulligans Hut Group Camping Area.

This will be a great opportunity to meet fellow runners and socialise before the event.

Sunday 26th March 2023

06:30 – Registration for all distances opens at the picnic shelter at Mulligans Hut Group Camping Area

06:50 – Race briefing at Mulligans Hut and random draw prize for the 50km

07:00 – Start of 50km at Mulligans Hut

07:50 – Race briefing at Mulligans Hut and random draw prize for the 25km

08:00 – Start of 25km at Mulligans Hut

08:50 – Race briefing at Mulligans Hut and random draw prize for the 9km

09:00 – Start of 9km at Mulligans Hut

Presentations occur immediately after the top 3 men and women finish in each distance.

When you arrive, you need to pay National Park day use fees at the National Park information stands. These are \$8.00 for 24 hours per vehicle and cash only. Please bring the correct change as we will not have cash.

Thankyou to our volunteers

Race Director, Keelan Birch – 04480347654

John Mawhinney, Yvonne Everett, Coffs Hikers, Ann Drew, Janie Mahoney, Sam Birch, Peter Birch and the rest of the CTR Committee. Also thankyou to Koen the ranger from NPWS for his support.

Parking

Where possible, please carpool, as parking will be extra tight this year

If you are driving, follow the direction of the parking marshalls and please park neatly to accommodate the maximum number of vehicles and don't block any trails entrances. Allow about 15 minutes to park, walk and pay your park entry fees in addition to you getting your gear together and picking up your bibs (at least 30 minutes before your race starts).

Race bibs

Coffs Trail Runners have race bibs that we will be using.

Your number is outlined in the [Race Bib Register](#) which has been sent along with this Race Briefing.

When you arrive at registration you need to tell the registration volunteer your race bib number as this will save significant time. **Please know your race bib number.** The new bibs are reusable, non-tearable and of great quality. They are intended to be used for all other Coffs Trail Runners

events. After the event please hold onto the race bib for future runs. We will have safety pins at registration.

First Aid

First aid will be available at the start and finish and at Checkpoint 1 & 2.

We are using NPWS radios for emergency communication during this event.

In the case of an emergency, proceed to the nearest Checkpoint or to the Gwydir Highway. Emergency evacuation point is at Gibraltar House.

Course markings

Course will be marked by wooden stakes with arrows or bunting at all junctions and key points. All junctions will be signposted. The course traverses remote areas and you may be by yourself in sections of the course. National Parks has installed great signage throughout the Gibraltar Range and Washpool Park.

Importantly, in the 50km course, between 18.5km and 31km there are NO course markers as there is only one trail to follow.



Example of arrow going straight



Example of 'X' and bunting on ground = NO

Merchandise

Our new shirts & singlets are proving to be very popular and we have already run out of some sizes. There is no guarantee that your size will be available to buy on the day but if it is they cost \$35 and cash on the day or post-event bank transfer.

Coffs Trail Runners shirts & singlets (\$35 each) will also be available to purchase on the day

Weather

The weather is unpredictable during the event and can be anywhere from 5-25C. Please be prepared for the cold and wet and remember that wet means cold up there. Though if it is sunny, it can be hot too; please use sunscreen and wear a hat.

Downloadable offline maps (MANDATORY)

We are using Capra which is an app that georeferences and shows your location on course even if you don't have a signal on your phone.

It is mandatory that you download this app as part of your mandatory gear.

Scan the following QR code and download Capra and the Washpool Collection



Once you have downloaded Capra and scanned the QR code, click on your race.

MAKE SURE YOU BOOKMARK YOUR RACE SO YOU CAN ACCESS IT EASILY

Prizes

For the 2023 event, we welcome Tarkine Running on board as a major sponsor.

Tarkine Running is a new Australian owned, Australian made brand with a strong focus on eco-friendly, environmentally aware high performance shoes and apparel. They donate 2% of every sale to the Bob Brown Foundation to help save the takanya/Tarkine Rainforest. They also recycle all shoes after use!

The values of Tarkine Running aligns strongly with the Washpool World Heritage Trails and we are proud to have them on board as a sponsor.

Prizes for 2023 Washpool World Heritage Trails thanks to Tarkine Running:

Random Draw Prizes:

- 50km: 4 x \$200 Tarkine Running voucher random draw prize (4 separate random draws, only one entrant in random draw per runner)
- 25km: 4 x \$175 Tarkine Running voucher random draw prize (4 separate random draws, only one entrant in random draw per runner)
- 9km: 4 x \$150 Tarkine Running voucher random draw prize (4 separate random draws, only one entrant in random draw per runner)

To enter the random draw, you must enter Washpool World Heritage Trails and be at the start line of each race when the random draw is drawn.

Winner Prizes:

- 1st Place 50km men \$200 Tarkine Running voucher
- 1st Place 50km women \$200 Tarkine Running voucher
- 1st Place 25km men \$175 Tarkine Running voucher
- 1st Place 25km women \$175 Tarkine Running voucher
- 1st Place 9km men \$150 Tarkine Running voucher
- 1st Place 9km women \$150 Tarkine Running voucher

2nd and 3rd place prizes:

- For all distances both men and women will receive a Washpool World Heritage Trails shirt

Insurance

Coffs Trail Runners Inc 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.

All entrants are encouraged to ensure they have medical insurance that covers them for injuries or illness sustained during a Coffs Trail Runners Inc event.

Coffs Trail Runners Inc. Event Policy

The Coffs Trail Runners Inc Committee has developed an [Event Policy](#) that set out the guidelines that govern all Coffs Trail Runners Inc. events.

More information on Coffs Trail Runners Inc can be found [here](#)

50km Race Details

The 50km course starts at the historic Mulligans Hut and for the most part, proceeds anti-clockwise in a loop course following the remote Gibraltar-Washpool World Heritage Trail. Beginning in Gibraltar Range National Park, the 50km course starts by following the iconic Tree Fern Forest Walk and then crossing the Gwydir Highway into Washpool National Park.

After taking in the beautiful singletracks along Coombadjha Creek, the 50km then passing through a variety of landscapes along the Gibraltar-Washpool World Heritage Trail to loop back to the start.

Registration: From 6:30am at the picnic shelter at Mulligans Hut Group Camping Area

Race Briefing & Random Draw Prize: 6:50am at Mulligans Hut

Start time: 7:00am at Mulligans Hut

Mandatory gear includes:

- Snake bandage
- Two portions of food
- Capacity to carry 1 litre of water
- Charged phone with Capra app and map downloaded
- Space blanket

Checkpoints & Water will be located at:

- Checkpoint 1 - 9km (water, coke, lollies and food)
- 15km (water point only)
- Checkpoint 2 - 35km (water, coke, lollies and food)
- 44km (water point only)

Please ensure you have plenty of food and water between the 15km water point and CP2 at 35km. For 20km there is no support and this section is remote.

You are allowed one drop bag to be taken to Checkpoint 2 at 35km. On the morning of the race when you register, please bring your bag and hand it to the volunteer at the registration desk. Please ensure you collect your bag after the event.

Cut off CP2 at 35km: 6 hours or at 13:00

Total time to complete course: 9 hours

Total ascent: 1,400m

Total descent 1,400m

CAPRA 50km QR Code link



25km Race Details

COURSE CHANGE FOR 2023: The western portion of the 25km course is now a loop instead of an out and back. It is approximately 1km shorter than the old course.

The 25km course starts at Mulligans Hut and follows the trail out along Little Dandahra Creek to Mulligans Drive. For 2023, runners will now cross straight at Mulligans Drive onto the newly upgraded Surveyors Creek Track. This commences the new loop in an anti-clockwise direction. Runners will run along Surveyors Creek Track and then connect onto the World Heritage Walk, pass the turnoff to Dandahra Crags and to Mulligans Drive.

Runners then run back on the same track they went out on that follows Little Dandahra Creek before turning right over a small bridge and completing the 9km course in a clockwise direction.

Registration: From 6:30am at the picnic shelter at Mulligans Hut Group Camping Area

Race Briefing & Random Draw Prize: 7:50am at Mulligans Hut

Start time: 8:00am at Mulligans Hut

Mandatory gear includes:

- Snake bandage
- One portion of food (such as a muesli bar)
- Capacity to carry 1 litre of water
- Charged phone with offline navigation maps (e.g. avenza maps, maps.me, guru maps etc)
- Space blanket

Unmanned water point will be located at:

- 6.6km
- 14km

Total ascent: 470m

Total descent 470m

CAPRA 25km QR Code link



9km Race Details

The 9km course is a looped course that starts at the historic Mulligans Hut and follows the iconic Tree Fern Forest Walk besides streams, across cascades, through ferny understorey and rainforest.

Registration: From 6:30am at the picnic shelter at Mulligans Hut Group Camping Area

Race Briefing & Random Draw Prize: 8:50am at Mulligans Hut

Start time: 9:00am at Mulligans Hut

Mandatory gear includes:

- Snake bandage
- Charged phone with offline navigation maps (e.g. avenza maps, maps.me, guru maps etc)

No water or food available on this course

Total ascent: 240m

Total descent 240m

CAPRA 9km QR Code link

