



# EVENT GUIDE

## Welcome to the Washpool World Heritage Trails 2024!

Coffs Trail Runners Inc. acknowledge the traditional custodians of the land on which we run, the Bundjalung and Jukumbal tribes of the Bundjalung, the Ngarrabul and the Gumbaingirri people and pay our respects to elders past, present and emerging.

The Washpool and Gibraltar Range National Parks are part of the Gondwana Rainforests of Australia which are World Heritage Listed and form part of the most extensive area of subtropical rainforest in the world.



# OUR SUPPORTERS



X-press Print & Signs are upgrading our event signage and are a Coffs Harbour business that provides innovative signs and graphics solutions.



National Parks & Wildlife Services have been long-time event supporters.



**aura**  
australian ultra runners association inc.

Washpool is listed and insured with the Australian Ultra Runners Association.



The 50km Ultra (2 points) and 25km (1 point) are part of the ITRA National League

# IMPORTANT INFO

## About the event

Washpool World Heritage Trails is organised by Coffs Trail Runners Inc, a not-for-profit incorporated association run by volunteers.

Coffs Trail Runners organise low-cost trail running events and social runs to support the trail running community.

This is the 14th year of the Washpool World Heritage Trails.

## Getting to the start line

Washpool World Heritage Trails starts at Mulligans Hut located 1.5 hours west of Grafton or 1 hour east of Glen Innes.

Where possible, please carpool as parking is limited at Mulligans Hut.

## NPWS Day Use Fee

When you arrive, please pay the \$8.00 per vehicle National Park day use fees at the information stands. Cash only.

## Key Contacts

Event Director: Bryan Ries (Mobile: 0429 608 489)

Event Director: Keelan Birch (Mobile: 0448 037 654)

Email: [admin@coffstrailrunners.com](mailto:admin@coffstrailrunners.com)

## Follow the event

Results and photos will be posted on our website

Website: [coffstrailrunners.com](http://coffstrailrunners.com)

Any urgent updates will be sent out via email or on our Facebook Group  
[Washpool Facebook Group](#)

# EVENT SCHEDULE

## Saturday 23rd March 2024

2:00pm onwards	Optional free camping opens at walk-in undesignated sites at Mulligans Campground Group Site
4:00pm - 5:00pm	Optional bib collection and social catchup at the picnic shelter at <u>Mulligans Campground</u>

## Sunday 24th March 2024

6:30am onwards	Bib collection opens for all distances at the picnic shelter at <u>Mulligans Campground</u>
7:00am	50km Ultra starts (briefing at 6:50am)
8:00am	25km starts (briefing at 7:50am)
9:00am	9km starts (briefing at 8:50am)
9:00am	50km Ultra course cut off at 9km Checkpoint
1:00pm	50km Ultra course cut off at 35km Checkpoint
4:00pm	50km Ultra course closure

Participants are advised to save a copy of this Event Guide to their mobile phone, or to print, and bring a copy along.

# EVENT WEEKEND DETAILS

## Runner Bibs

All runners are assigned a numbered bib which is reusable and washable.

If you have a race bib from a previous Coffs Trail Runners event, please bring it.

If this is your first Coffs Trail Runners event, you will be allocated a race bib number.

When you finish the event, you can either hand your race bib back or keep it and bring it along to a future Coffs Trail Runners event. We will have safety pins.

Timing is done manually and your bib does NOT have a timing chip.

## Merchandise

If you ordered a shirt or singlet, you can pick it up at bib collection.

We will have Washpool shirts and singlets (\$30) and Coffs Trail Runners shirts and singlets (\$30), Coffs Trail Runners hats and socks (\$15) available to buy on the day.

Instead of medals, all finishers will receive, if they want, one new Washpool cap.

## Facilities

At the start and finish line there will be:

- Toilets and showers at Mulligans Campground
- Undercover shelter to leave bags at the finish line. Don't leave valuables here.
- Free walk-in camping in tents in undesignated sites on Saturday 23rd March at Mulligans Campground Group Site. You do not need to book.
- For camping in designated sites at Mulligans Campground, Bellbird Campground, Coombadjha Campground or Boundary Falls Campground, book through NPWS.

## Prizes

Instead of medals, for 2024 all finishers will receive upon finishing, if they would like, one new Washpool cap that has been tested and is great for running.

The top three men in all distances will receive an engraved tankard.

The top three women in all distances will receive an engraved wine glasses.

Presentations occur after top three men and women finish in each distance.

## Cupless event

Please note that we are now a 'cupless' event.

There will be no disposable drink cups available at any of the Checkpoints.

# 50KM ULTRA

The 50km Ultra starts at the historic Mulligans Hut and for the most part, follows the Gibraltar-Washpool World Heritage Trail in an anti-clockwise loop.

Runners go through a variety of landscapes including the iconic Tree Fern Forest Walk in Gibraltar Range National Park and beautiful singletracks along Coombadjha Creek in Washpool National Park.

## Key Information

6:30am - bib collection opens + optional drop bag

7:00am - start of 50km Ultra (briefing at 6:50am)

9:00am - course cut off at 9km Checkpoint

11:00am - expected first finisher

1:00pm - course cut off at 35km Checkpoint

4:00pm - course closure

Total ascent & descent: 1,250m

2 ITRA Points and part of ITRA National League



[VIEW THE 50KM  
ULTRA COURSE + GPX  
DOWNLOAD](#)

## Mandatory Gear - checked at bib collection and carried

500 calories of emergency food (e.g. 4 x muesli bars)

Capacity to carry 1 litre of water

Snake Bandage

Space Blanket

Fully charged mobile phone with Capra App and 50km course downloaded

## Checkpoints

Gwydir Highway Crossing (water, <a href="#"><u>Trail Brew neutral</u></a> , coke, lollies, chips, fruit). + optional drop bag arranged at bib collection. Cut off: 9:00am	9km
Moogem Bridge (water point only, unmanned)	15km
Gwydir Highway Crossing (water, <a href="#"><u>Trail Brew neutral</u></a> , coke, lollies, chips, fruit) + optional drop bag arranged at bib collection. Cut off: 1:00pm	35km
Mulligans Drive crossing (water, <a href="#"><u>Trail Brew neutral</u></a> , coke and lollies)	44km

# 25KM

The 25km starts at Mulligans Hut and follows trails out along Little Dandahra Creek to Mulligans Drive.

Runners go straight at the Mulligans Drive crossing onto Surveyors Creek Track / World Heritage Walk and do an anti-clockwise loop, passing the turnoff to Dandahra Crags on the way back to Mulligans Drive.

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



[VIEW THE 25KM  
COURSE + GPX  
DOWNLOAD](#)

## Key Information

6:00am - bib collection opens

8:00am - start of 25km (briefing at 7:50am)

9:50am - expected first finisher

Total ascent & descent: 470m

1 ITRA Point and part of ITRA National League

## Mandatory Gear - checked at bib collection and carried

250 calories of emergency food (e.g. 2 x muesli bars)

Capacity to carry 1 litre of water

Snake Bandage

Space Blanket

Fully charged mobile phone with Capra App and 25km course downloaded

## Checkpoints - water, food, coke, lollies, fruit and chips

Mulligans Drive crossing (water, <u>Trail Brew neutral</u> , coke and lollies)	6.6km
Mulligans Drive crossing (water, <u>Trail Brew neutral</u> , coke and lollies)	14km

# 9KM

The 9km is a looped course.

It starts at the historic Mulligans Hut and follows the iconic Tree Fern Forest Walk besides streams, across cascades, through ferny understorey and rainforest.

## Key Information

6:00am - bib collection opens

9:00am - start of 9km (briefing at 8:50am)

9:40am - expected first finisher

Total ascent & descent: 240m



[VIEW THE 9KM  
COURSE + GPX  
DOWNLOAD](#)

## Mandatory Gear - checked at bib collection and carried

Snake Bandage

Fully charged mobile phone with Capra App and 9km course downloaded

There are no checkpoints on the 9km course.



# COURSE MARKINGS

Courses will be marked using wooden stakes with arrows and reflective strips. All junctions will be signposted. If in doubt, check the Capra App and there is also National Park signage. Between 18.5km and 31km in the 50km Ultra course, there are no course markings. This is a remote section but there is only one trail.

Thankyou to X-Press Print & Signs Coffs Harbour for our great new signage!



**Example of 'X' and bunting on ground = NO**



**Example of arrow going left = YES**

# OUR GREEN COMMITMENT

The International Trail Running Association (ITRA) Green Charter seeks to encourage the trail running community to join forces, working together to reduce the environmental impact of our sport.

It lists practical steps event organisers can take to be more eco-responsible.

Coffs Trail Runners are proud to support and align to the ITRA Green Charter.

Steps we are taking to reduce our environmental footprint at this event are here:

[Coffs Trail Runners x ITRA Green Charter](#)

We ask that runners during the event or training:

- Do not disturb wildlife
- Stay on existing track to avoid soil erosion
- Do not litter or an automatic disqualification will occur
- Be eco-responsible where possible



# OTHER

## 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.

## First Aid

There will be two locations with first aid and a first aid officer on the course. One at the Gwydir Highway Crossings and one at Mulligans Campground. The sweepers will also be carrying a first aid kit.

## Evacuation Routes

In the event of an evacuation runners are to head towards the Gwydir Highway or Mulligans Campground

We will have assistance at both locations in the event of an evacuation. We are using radios from NPWS for communication on the day.

## Withdrawing on course

Should you be injured, try to make your way to the nearest checkpoint. If you cannot, please let the next runner know of your situation, and ensure they contact a volunteer or the Event Director.

## 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](#)