



# Washpool

World Heritage Trails

# EVENT GUIDE

**Welcome to the Washpool World Heritage Trails 2025!**

*Coffs Trail Runners Inc. acknowledges 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.*



**COFFS**  
**TRAIL RUNNERS**

# OUR SUPPORTERS



X-press Wraps & Signs provides 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.



Washpool is listed with the Australian Ultra & Trail Runners Association.



The 50km Ultra (2 points), 25km (1 point) and 9km (0 points) 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 15th 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. We will have parking marshals to guide you.

## [Google Maps Link to Start Line](#)

## NPWS Day Use Fee

When you arrive, please pay the National Park day use fee (\$8.00 per vehicle) at the NPWS information shelters. 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: [coffstrailrunners.com](http://coffstrailrunners.com)

## [List of registered runners & Bib Number](#)

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

# EVENT SCHEDULE

## Friday 21st March 2025 - optional

2:00pm onwards	Optional free camping opens at walk-in undesignated sites at Mulligans Campground Group Site
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## Saturday 22nd March 2025

8:00am - 8:45am	Bib collection and mandatory gear check opens for 50km Ultra at the large picnic shelter at <u>Mulligans Campground</u>
<b>9:00am</b>	<b>50km Ultra starts (briefing at 8:50am)</b>
11:15am	50km Ultra course cut off at 13.5km aid station
2:30pm	50km Ultra course cut off at 31km aid station
4:45pm	50km Ultra course cut off at 44km aid station
6:00pm	50km Ultra course closure (9 hours total)
4:00pm-6:00pm	Optional bib collection for 25km and 9km at the large picnic shelter at <u>Mulligans Campground</u>
6:58pm	Sunset

## Sunday 23rd March 2025

8:00am onwards	Bib collection and mandatory gear check opens for 25km and 9km at the large picnic shelter at <u>Mulligans Campground</u>
<b>9:00am</b>	<b>25km starts (briefing at 8:50am)</b>
<b>10:00am</b>	<b>9km starts (briefing at 9:50am)</b>
2:00pm	25km & 9km 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

## Facilities

At the start and finish line there will be:

Separate male and female toilets and cold showers at Mulligans Campground. Undercover shelter to leave bags at the finish line. Don't leave valuables here.

Specialist first aid medic. First aid kits will also be at all aid stations.

## Parking

Parking is located at Mulligans Camping Area at the start and finish line.

**Parking is very tight and we strongly recommend you carpool to the event.**

## Cupless event

Please note that we are a 'cupless' event and recommend bringing your own cup.

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

## Runners Bibs (see [Bib Numbers here](#))

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

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

If you lost it, please email [admin@coffstrailrunners.com](mailto:admin@coffstrailrunners.com) to be allocated a new one

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.



Coffs Trail Runners race bibs



Display your bib on your front at all times

# MERCHANDISE & PRIZES



If you ordered one of the new shirts or singlets online, you can pick it up at bib collection. We will also sell them for \$50 at the event.

We will also have new Coffs Trail Runners shirts and singlets (\$50) and Coffs Trail Runners hats (\$15) available to buy on the day.

EFTPOS and Wi-Fi available as we will have a Starlink for merchandise purchases and official use.



All finishers of all distances will optionally receive one Washpool running finishers 'buff' as a memento, instead of a medal.



The top three men and women in all distances will receive an engraved glass with presentations occurring after top three men and women finish in each distance.

There are no age group prizes but the results will display age groups which are calculated on day of the event and include under 18, 18-34, 35-44, 45-55, 55+

# 50KM ULTRA: KEY INFO

The 50km Ultra starts at the historic Mulligans Hut and mostly follows the diverse Gibraltar-Washpool World Heritage Walk in an anti-clockwise loop.

The 50km Ultra course will take you through a variety of stunning landscapes including iconic Tree Fern Forest Walk and beautiful singletracks along Coombadjha Creek in Washpool National Park.

## Saturday 21st March, 2025

8:00am - bib collection opens, mandatory gear check + optional drop bag

**9:00am - start of 50km Ultra at Mulligans Hut (briefing at 8:50am)**

11.15am - course cut off at 13.5km aid station

2:30pm - course cut off at 31km aid station

4:45pm - course cut off at 44km aid station

6:00pm - 50km Ultra course closure (sunset 6:58pm)

2 ITRA Points and part of ITRA National League

## Mandatory Gear: We will check at bib collection

500 calories of emergency food (e.g. 4 x bars) that you don't intend to consume

Water bottles or hydration bladder with capacity to carry 1 litre of fluid. It is mandatory, and will be checked at the aid station, that runners carry 1 litre of fluid out of the 13.5km aid station.

Snake bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)

Space blanket or light bivvy bag

Emergency whistle & Zip-lock bag for rubbish

Fully charged mobile phone that is switched on with Emergency Plus App downloaded. It is only recommended (not mandatory) that you download an offline map of the course.

Collapsible soft cup 150ml (recommended but not mandatory. Cup free event)

## **Wet weather dependant - runners advised 3 days prior to event via email:**

Warm headwear (Buff / Beanie / Balaclava)

Waterproof and breathable jacket with fully taped seams and hood

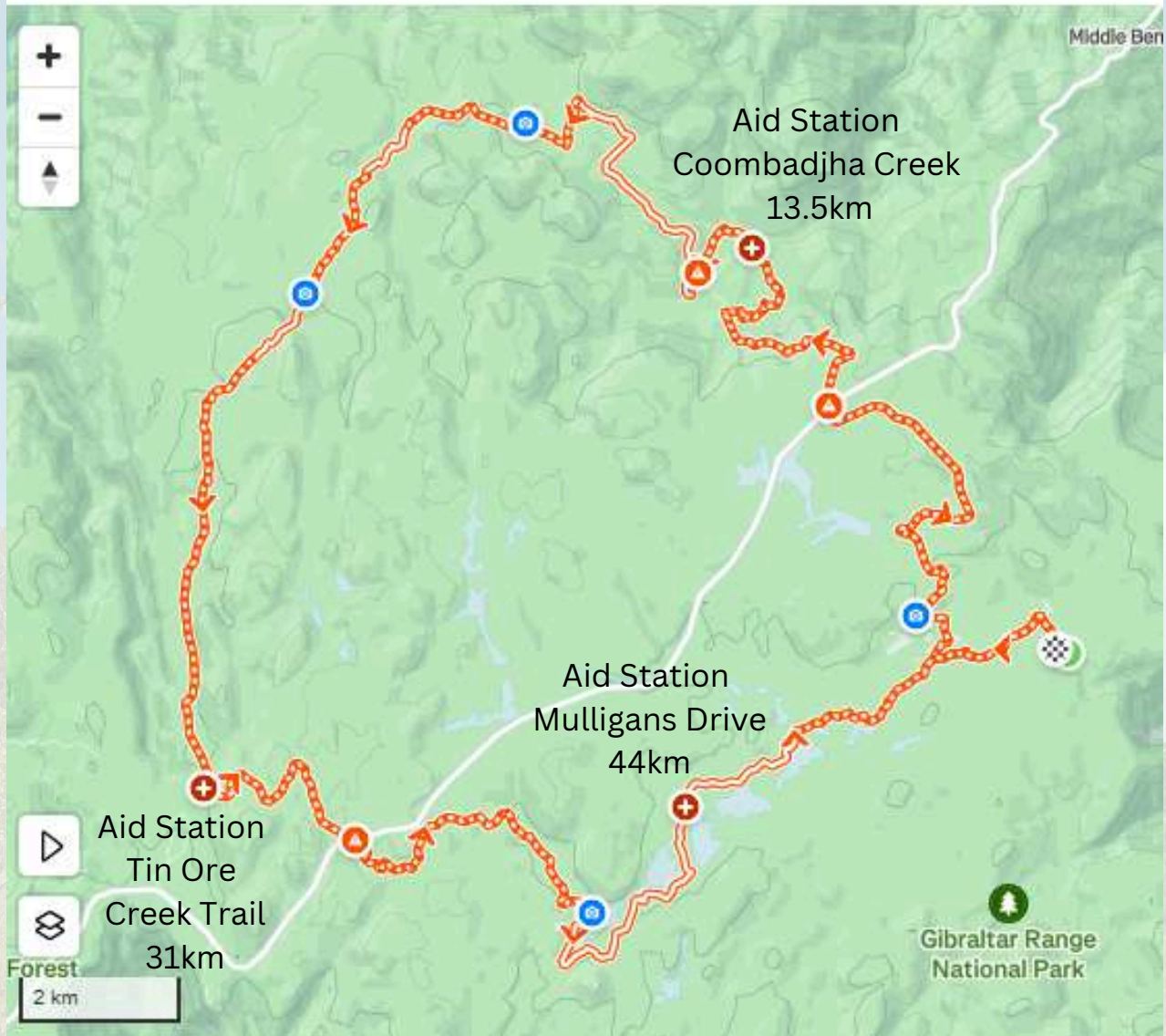
*Mandatory gear must be carried at all times in the race. Any runner not carrying the required mandatory gear will be disqualified. Random mandatory gear checks may occur at any time.*

# 50KM ULTRA: THE COURSE

[CLICK HERE TO VIEW THE 50KM ULTRA COURSE](#)

## Washpool World Heritage Trails 2025 - 50km Ultra

Type  Distance 50.0 km Elev Gain 1,250 m



This year we will have traffic controllers at both Gwydir Highway crossings. You must follow their direction when crossing the Gwydir Highway.

**Aid Stations: All have water, Coca-Cola, lollies, Trail Brew (neutral), salted chips, ginger beer, bananas & watermelon**

Coombadjha Campground (new aid station for 2025). Cut off: 11:15am	13.5km
Tin Ore Creek Trail + optional drop bag. Cut off: 2:30pm	31km
Mulligans Drive crossing (western side). Cut off 4:45pm	44km



# 25KM: KEY INFO

The 25km course starts at Mulligans Hut and follows the Little Dandahra Creek trail to Mulligans Drive. You will then go straight at the Mulligans Drive crossing onto Surveyors Creek Track, the World Heritage Walk, then do an anti-clockwise loop, passing the turnoff to Dandahra Crags on the way back to Mulligans Drive.

You will then run back on the same Little Dandahra Creek trail before turning left over a small bridge and completing the 9km course with the Tree Fern Forest Walk.

## Saturday 22nd March 2025

4:00pm to 6:00pm – optional bib collection and mandatory gear check for 25km

## Sunday 23 March 2025

8:00am - bib collection opens and mandatory gear check

**9:00am - start of 25km at Mulligans Hut (briefing at 8:50am)**

2:00pm - 25km course closure

1 ITRA Point and part of ITRA National League

### Mandatory Gear: We will check at bib collection

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

Water bottles or hydration bladder with capacity to carry 1 litre of fluid

Snake bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)

Space blanket or light bivvy bag

Emergency whistle

Zip-lock bag for rubbish

Fully charged mobile phone that is switched on with Emergency Plus App downloaded. It is only recommended (not mandatory) that you download an offline map of the course.

Collapsible soft cup 150ml (recommended but not mandatory. Cup free event)

### **Wet weather dependant - runners advised 3 days prior to event via email:**

Warm headwear (Buff / Beanie / Balaclava)

Waterproof and breathable jacket with fully taped seams and hood

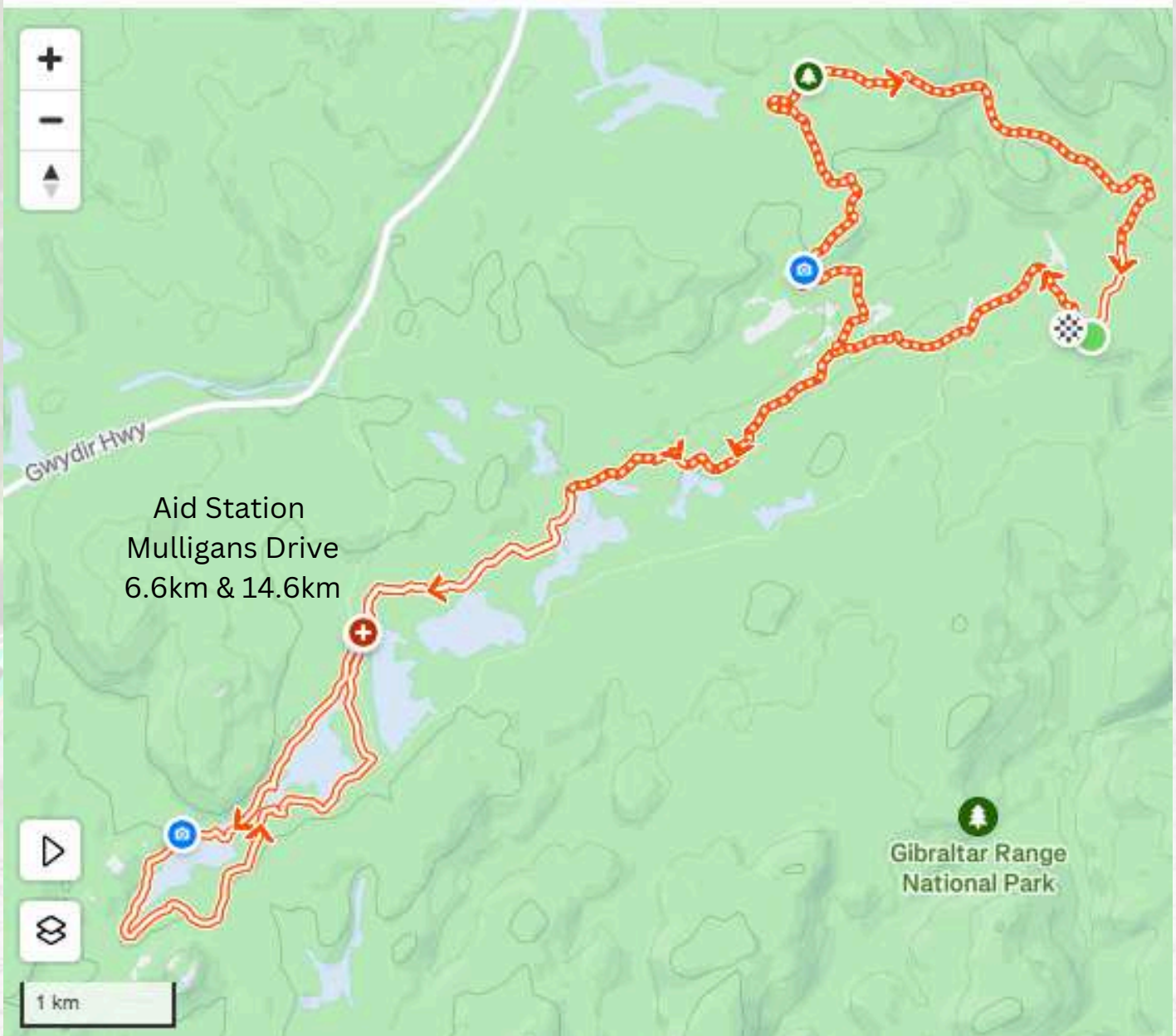
*Mandatory gear must be carried at all times in the race. Any runner not carrying the required mandatory gear will be disqualified. Random mandatory gear checks may occur at any time.*

# 25KM: THE COURSE

[CLICK HERE TO VIEW THE 25KM COURSE](#)

## Washpool World Heritage Trails 2025 - 25km

Type  Distance 25.0 km Elev Gain 470 m



**Aid Stations: All have water, Coca-Cola, lollies, Trail Brew (neutral), salted chips, ginger beer, bananas & watermelon**

Mulligans Drive crossing (western side)

6.6km

Mulligans Drive crossing (western side)

14km

# 9KM: KEY INFO & COURSE

The 9km is a looped course starting at the historic Mulligans Hut and following the iconic Tree Fern Forest Walk through rocky outcrops, spectacular cascades, ferny understorey and verdant rainforest.

**Sunday 23rd March, 2025**

8:00am - bib collection opens and mandatory gear check

10:00am - start of 9km at Mulligans Hut (briefing at 9:50am)

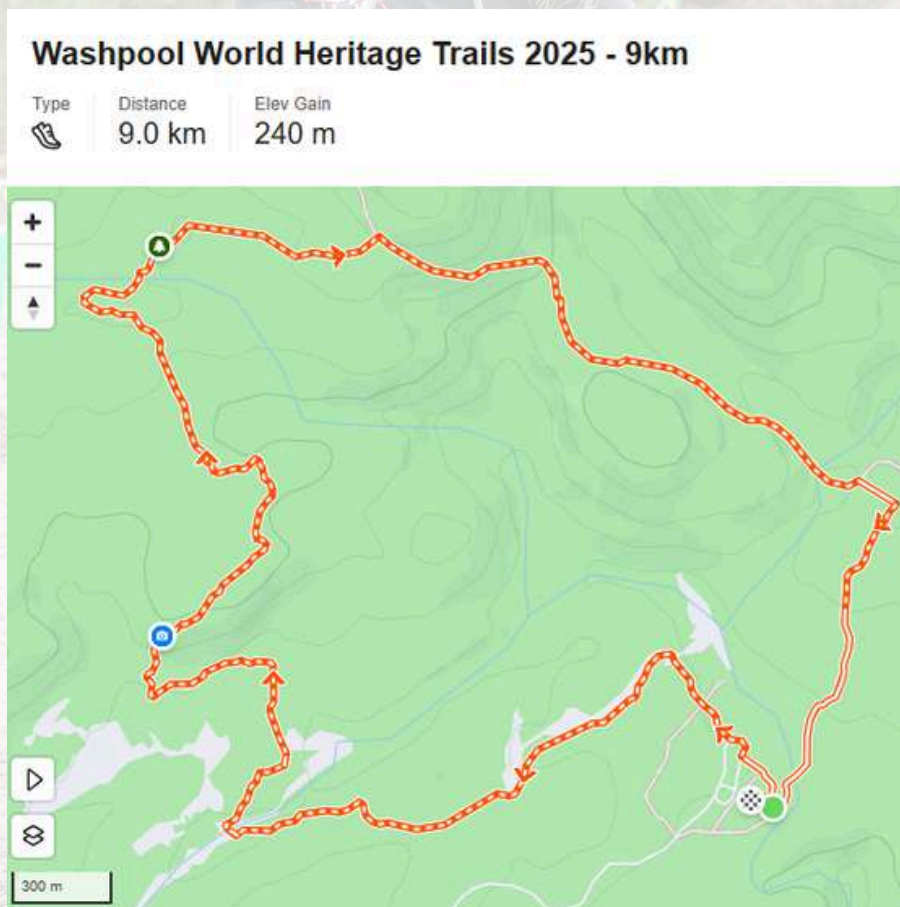
0 ITRA Points and part of ITRA National League

## Mandatory Gear: Checked at bib collection

Snake bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)

Fully charged mobile phone that is switched on with Emergency Plus App downloaded. It is only recommended (not mandatory) that you download an offline map of the course.

**[CLICK HERE TO VIEW THE 9KM COURSE](#)**



**There are no aid stations 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 your maps 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 Wraps & Signs Coffs Harbour for our great new signage!



Example of directional signage



Example of NPWS signage



Example of reflective strip = YES



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



# 'TRAIL SISTERS' APPROVED

Trail Sisters support, enhance, and equalize women's experience in trail racing. By implementing these standards race events commit to a welcoming experience for women participants. This will help to increase women's participation in trail (and ultra) events as well as provide awareness of the needs, expectations and support that female runners desire.

Coffs Trail Runners is proud to align to the Trail Sisters Approved Standards in all our races in the following ways:

1. Equal Podiums & Awards: We offer equal number of podium spots and awards amongst men & women participants in all our races.
2. Women's Specific Apparel & Swag: We offer women's fit and sizing option for all our race shirts.
3. Menstrual Products at Aid Stations: All our manned at every race will have menstrual products (tampons & pads) available.
4. Women on the Starting Line: Women are invited to be at the front of the starting line and through equal media coverage to create an equitable experience for both the participants and the audience.
5. Pregnancy & Postpartum Policy: We offer a deferral for all runners for all our races which covers this, regardless of their circumstances (pregnancy, injury etc).



# OTHER

## Insurance

Coffs Trail Runners Inc have Public Liability Insurance coverage for our event.

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 a first aid kit on course at each aid station.

The sweepers will also be carrying a first aid kit.

A professional first aid person will be at the start / finish with a defib.

We have Star Link for official use and emergencies.

## 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 aid station.

If you cannot, please let the next runner know of your race number and 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 sets out the guidelines that govern all Coffs Trail Runners Inc. events.

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