



**RUNNERS
INFORMATION GUIDE**

2016

EVENT SCHEDULE

RACE DAY | SUNDAY 20 MARCH 2016

5:15am – 5:45am	Bib Pick-up Runners area opens
5:45am	100km race brief
6:00am	100km race start
6:45am	50km race brief
7:00am	50km race start
9:45am	21km race brief
10:00am	21km race start
11:30am – 12:00pm	First 21km and 50km finishers expected
2:30pm	21km & 50km presentation
4:00pm	First 100km finishers expected
5:30pm	100km presentation

RUNNERS INFORMATION

Welcome to Water Works Ultra.

The course will start at the picnic area and follow the lake wall towards Rutherford. At the end of the wall (just over the bridge) runners will turn right, then travel along the gravel track along the western side of the lake. Where the track crosses the miniature railway, runners will turn left and head up a short hill towards Bush Kangaroo Nature Trail. The track then turns right onto the Nature Trail to Hillview Reserve, continuing along the track, turn right and head downhill towards the lake and then back to start/finish area. Runners can choose to head back out for their next loop or can call into the 'runners area' to re-fuel, swap runners or rest.

The course consists of approx.3.5km loop circling the stunning lake at Walka Water Works and is run on a mixture of gravel paths, dirt paths and grass. The course is flat, with some small rises.



COURSE ELEVATION



OVERALL CUT OFF TIME

The cut off time for all events is 6:30pm.

TROPHIES

Trophies will be awarded to 1st, 2nd & 3rd place winners in the solo events. Trophies will be awarded to the 1st place relay teams for the 50km and 100km event.

REFUND POLICY

- **No refunds for any reason.** I am sorry but we will be unable to do any refunds. If you choose to withdraw from the event or otherwise unable to make it, you can transfer you registration to another person or you can transfer to another year.

RUN CANCELLATION

Water Works Ultra reserves the right to cancel the run based on:

1. Extreme weather during the event;
2. Extreme fire danger; or
3. Other extreme condition prior to or during the event.

Unforeseen circumstances that make directing the race impossible. In the case of race cancellation no refunds will be given, however we will transfer the race to another date.

BIB PICK UP

The 100km solo and team relay runners have a fairly small window for bib pick up before they start their race. This is partially restricted by the time we (event organisers), are permitted to enter Walka Water Works.

We encourage all 50km runners to please pick up their bib after 6:00am.

To eliminate the morning congestion, we strongly encourage you to pick up your race bib on Saturday 19 March. Collection details will be released closer to the date.

RUNNERS SET UP AREA

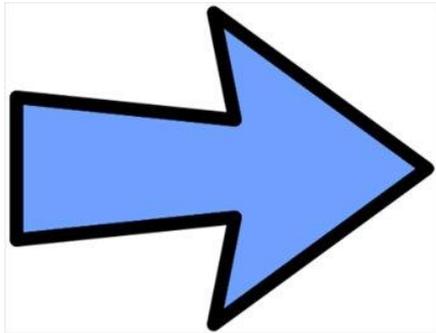
As shown below, there is a designated area for runners and support crew near the start / finish area. This area is where runners and crew can leave their supplies, set up their tables and chairs. We encourage runners to bring their own tables, however we will have a limited number of tables and chairs available for runners to use.

Please keep the space fairly compact and neat, to ensure the space is maximised for all runners and support crews.



COURSE MARKINGS

The course will be marked with the below arrow signs.



AID STATION

There will be an aid station located near the miniature train station. The aid station will be stocked with Tailwind, sandwiches, salted potatoes, fruits, lollies and many more. However we encourage runners to bring their own nutrition, as the aid station will have limited supplies.

For environmental reasons, we encourage runners to bring their own drink bottles. There will be limited number of cups available at the aid station.

POLYCLINIC

The polyclinic will consist of two Sports Chiropractors and two Massage Therapist. Runners will have access to the polyclinic prior, during and after their race.

TEAM RELAY CHANGE OVER

Changeover/transition is to be done after the previous runner has gone over the timing mat.

Each team relay runner must run a minimum of 1 lap with no maximum distance. The changeover can happen at any lap and runners do not need to run equal distances. The team will qualify to have finished their race when they complete their total number of laps.

IMPORTANT THINGS TO NOTE

Race bibs are to be worn on the front and clearly visible at all times throughout the race.

Runners can only receive assistance from their support crew within the 'runners area'.

Runners must follow the instructions of the course marshals at various crossings. Any runner who ignores the marshal's instructions will be served a warning and anyone who receives two warnings will be immediately disqualified.

If you withdraw from the event, for safety reasons please remove your bib and inform the race organisers.

Toilets are located near the start/finish area.

Average weather in March at Maitland is 24 – 25 degrees.

Coffee, hot chocolates, milkshakes and smoothies will be available to purchase on the day.

Maitland Dragon Boat Club will be providing a BBQ on the day.

RACE BRIEFING

Race briefings will be held about 15 to 10 minutes prior to each race start. The briefing will quickly go over the course and provide any reminders.

GETTING TO WALKA WATER WORKS

To get to Walka Water Works just follow the signs from the west end of high street Maitland and you will be able to see the old buildings as you are traveling beside the Hunter River.

Location: 55 Scobies Lane, Oakhampton Heights, NSW 2320

PARKING

There is free parking within Walka Water Works grounds and just outside the main gate. The gates will be closed at 7pm, we encourage those running the 100km solo race to park outside the gates, as we will be there until every runner has finished. You can still access the grounds with the gate closed.