



2018
IPSWICH TRAIL
RUN SERIES

ROUND 1 - 21.01.2018

WHITE ROCK

CONSERVATION PARK

ENTRANT INFORMATION



WELCOME!

Dear Ipswich Trail Run Series (ITRS) Participants,

We have been looking forward to the third season of the Ipswich Trail Run Series and hope everyone has been training for another adventure right here in the back-yard of Ipswich.

Below you will find all the on-the-day ITRS event information.

Event location and how to get there:

Round 1 of the ITRS is staged at White Rock Conservation Estate, Paperbark Flats Picnic Area.

IMPORTANT: Access is via School Rd, Redbank Plains, QLD 4301.

From Brisbane: <https://goo.gl/maps/58K5cVSEdro>

From Toowoomba: <https://goo.gl/maps/H8CynH7a2ND2>

From Gold Coast: <https://goo.gl/maps/6TwgqWSYeym>

On arrival please follow the directions of the parking marshals. Participants and Spectators are reminded to take care while driving as there will be plenty of activity in and around Event Head Quarters.

If there's an opportunity to car pool this would be much appreciated.



Bring on Sunday - we look forward to seeing you all there, bright and early.

Hayden Brooks

Epic Events

0414 343 579

hayden.brooks@spicersretreats.com



SCHEDULE

SUNDAY 21 JAN, 2018

Event Head Quarters will be open from 5:15am.

All participants entered in the short or long course events need to have collected their event bib by 6:20am and be ready for safety and course briefing at 6:20am.

This will take place at the start/finish area.

Both Long and Short course events will be mass starts.

Event start times are as follow:

Long Course, 6:30am and Short Course 6:35am.

Presentations for these events are scheduled for 9:00am however will be conducted earlier if everyone from all events have returned including the free community walk and kids events.

- 5:30am** – Registration Pick Up
- 6:20am** – Long Course & Short Course Briefing
- 6:30am** – Long Course Event Start
- 6:35am** – Short Course Event Start
- 6:45am** – Community Walk Briefing and Start
- 7:50am** – Kids Event Briefing
- 8:00am** – Kids Event Start
- 9:00am** – Presentations

NB: All times are approximate. Times currently subject to change.



Safety Briefing:

There will be marshals on-course please listen to any instructions that they may give you.

The event will be a mass start in the various distances. Please take note of your start time and be ready to go.

There will be Mobile First Aid Responders from Kalianah Outdoors in and around Event HQ.

The courses will be marked with the arrows, pink flagging tape and bunting.

Major junctions maybe also marked with red and white bunting. Track markings on sections where there are no route options or intersections will be limited-to-none, please continue along route until you locate your next direction. All participants are to keep left as there will be occasions when participants will be passing you heading in the opposite direction - please wave and encourage ;)

Water on course:

There will be a water stop available for the short and long course at the 1km, 4km and 7km distances. Cups will be available - if you use these cups we ask that they are left at the checkpoint or discarded in the bins provided a few metres past the water stop. There will be limited water available at Event HQ, so we recommend bringing your own water to the event.

Courtesy:

Participants are to remain on the marked course at all times. Participants and spectators must drive to and from the event safely and be considerate of where they park. Please be considerate of residents in surrounding areas and keep noise at a minimum when arriving at and leaving the event. The ITRS event makes uses public trails in the event of encounter another trail user please be courteous.

Event Timing:

The Ipswich Trail Run Series will be electronically tag timed by Timing Results.

Tags are attached to the rear of your number bib - please to not tamper with these. Results are LIVE as you cross the line and can be viewed via www.timingresults.com.au

Long course participants will receive a lap time, along with short course participants at approximately 1km. Upon finishing, both Short and Long Course participants can also obtain their result via a printable receipt, these will be available from the result kiosk. Series points will be awarded, accumulating throughout the three (3) rounds.

Event Head Quarters (HQ):

Bacon & Egg Rolls will be available to purchase from our friends at 'High Class Burgers'. Coffee will be provided by "2 Tall Coffees". Cold beverages will also be available. Trail Brew will also be set-up under the Recover Tent.

Toilets will be available thought-out Event HQ. Please make use of these toilets as there are none on-course.



—HIDDEN VALE—
ADVENTURE PARK