



# KATHERINE ULTRA CHALLENGE INFORMATION SUNDAY 12 JUNE 2011

## Contacts:

<p><b>Lachlan Kelsall</b> Event Coordinator <a href="mailto:lachlankelsall@yahoo.com.au">lachlankelsall@yahoo.com.au</a></p>	<p><b>Neil MacDonald</b> Kayak hire enquiries <a href="mailto:neilmacdonald@nt.gov.au">neilmacdonald@nt.gov.au</a></p>	<p><b>Sara Potter</b> Event Coordinator <a href="mailto:alanandsara@bigpond.com">alanandsara@bigpond.com</a></p>
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**Ultra Challenge sponsors:** thank you to and for accommodation enquires see Willem and Jenny Westra van Holte, Maud Creek Lodge  
<http://www.maudcreeklodge.com.au/>

**Registration:** Pre- Registration by **MONDAY 6 JUNE**. \$40 late fee for registration at the briefing. Cost of entry is: \$80 (individual), \$150 (Teams).

**Briefing:** At the Katherine Museum, Gorge Rd (opposite the hospital) @ 6:00pm **Saturday 11 June**.

**Race Start:** Swim at Copperfield Dam at 12 for a 12.30pm on Saturday 11 June. The following day Sunday 12 June 2011 will start at the Katherine Gorge at 7am for a 7.30am start.

**Presentation Night:** Will also be at the Katherine Museum – on Sunday 12 June at 7pm. There will be commercial food stalls selling meals at economical prices. Water and soft drinks will also be available for purchase. Competitors can also bring their own food and drinks, tables and chairs will be provided

## Categories, Target Times, Medals, Certificates and Prizes

### Individuals:

#### 4 categories:

1. Open Men (17-39 yrs)
2. Open Women (17-39 yrs)
3. Masters Men (40+ yrs)
4. Masters Women (40+ yrs)

### Teams: 2-3 or 4-6 members

#### 9 categories:

- Open (17-39 yrs), all male or mixed (male and female)
- Masters men (40+ yrs) and mixed masters
- Masters women (40+ yrs)
- All women
- Junior (under 17 yrs)

## Target Times

<b>Individuals</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>Open Men</b>	6.30	7.30	10.00
<b>Masters Men</b>	7.00	8.00	10.30
<b>Open Women</b>	7.00	8.00	10.30
<b>Masters Women</b>	7.30	8.30	10.30
<b>Teams 4-6 members</b>			
<b>Open and mixed</b>	6.00	7.00	9.30
<b>Masters men and mixed</b>	6.30	7.30	10.00
<b>All women</b>	6.30	7.30	10.00
<b>All masters women</b>	7.00	8.00	10.30
<b>Teams 2-3 members</b>			
<b>Open and mixed</b>	6.15	7.15	10.00
<b>Masters men and mixed</b>	6.45	7.45	10.15
<b>All women</b>	6.45	7.45	10.15
<b>All masters women</b>	7.15	8.15	10.30
<b>Junior 4-6 members</b>	7.30	8.30	10.30
<b>Junior 2-3 members</b>	7.45	8.45	10.45

## Medals

All finishing competitors will receive a "finishing medal" at the presentation night.

Individual competitors will compete for gold, silver or bronze medals according to the time they record (rather than place). Times for gold, silver or bronze according to each category are set out above.

Teams will compete for medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

Junior teams will compete for medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

## Certificates

All competitors will be awarded certificates denoting gold, silver or bronze time, sent out via Australia post, in the weeks following the ultra challenge.

## Prizes

Trophies awarded for

- Fastest individual female
- Fastest individual male
- The fastest time by a male in each leg (any age, individual or team)
- The fastest time by a female in each leg (any age, individual or team)
- The Ultra Challenged Trophy
- Spot prizes will be awarded at the presentation night donated by Cycle Zone, Darwin and supplied by Ultra Challenge.

## Photos

The Ultra Challenge Committee has engaged a professional photographer to take photographs of competitors around the course during the various stages of the event. These photographs will be available to be purchased during the presentation night.

# 2011 COMPETITOR BRIEF

## Race Details

- The Katherine Ultra challenge is an ADVENTURE RACE.
- It is **essential** that all competitors attend the race brief on Saturday night as there may be last minute course changes due to the weather.
- Competitors must rely on team members and support team.
- No drinking water or sun screen provided.
- Cross country tracks change each year after the wet season and are marked with tape.
- Marshals at check points are made aware of the number of competitors to expect but will not have a list of competitor's names and numbers. It is the team's or individual's responsibility to remember their number.

## Safety!

- Canoe safety boats are present for swimmers.
- Motor bike sweep will follow the final cross country runner and bike.
- Canoe sweep of river will follow the final paddler at the canoe leg.
- Competitors are expected to assist other competitors if required. Any time spent helping a fellow competitor may be claimed back at the end of the event; notify the marshal at the end of the leg involved with confirmation from the other competitor.
- This is an adventure race. Creating smooth, even, perfectly marked tracks is neither feasible nor desirable. The amount of pink ribbon put out to show the route will be sufficient to guide you if you keep looking and keep alert. If you can't find the ribbon, you are probably off the track – go back to where you last saw it and try again.
- Any competitors that pull out during the race must report to the nearest marshal or other race official. Event officials do go looking for anyone who is missing!
- Anyone doing an extra leg for any reason i.e. Support of team member, must register for safety reasons.
- Any changes to team names during the day must be given to the marshals. This allows accurate race results and for safety, if race officials need to look for someone, they know who to look for.
- St. Johns is contacted by phone and fax each year about race date and details.
- Katherine Hospital is at the central transition point to our race 89739211.
- First aid kit available at each marshalling point.

## Swim Leg – leg 1, 3.2km open water swim

- The swim leg is scheduled for Copperfield Dam (Pine Creek) due to the expected closure of the Katherine Gorge. on Saturday 11 June 2011, registration opens at 12pm and the swim starts at 12:30pm.
- Marshalling area: picnic area just below the car-park.
- Be at the marshalling area at **12pm for registration, to collect swimming cap and number-up.**
- Team members that are not swimming and asked to watch and support away from the marshalling area to assist in a smooth registration process.
- Competitors wearing wet suits need to wear the supplied Ultra Challenge cap for numbering.
- The race start will be from the bank. All swimmers out of the water for the start. The start will be approximately 12:30pm and the race starting with the sound of a horn.
- **Swim in a clockwise direction around the dam, keeping all buoys on your right-side,** a 30 second time deduction will occur for swimmers who swim to the right of buoy, and/or may be asked to go back around, if off track.
- **All competitors are required to complete two (2) laps** of the 1.6km course.
- Safety boats will be on the water for swimmers. If you require the assistance of a safety boat, call / wave to a boat closest to you.

- On completion of the final lap run out of the water, up the pathway indicated, past the marshals – **call out your number to the Marshals**, before moving away from the exit pathway and relaxing.
- **Times will be used to start the run** off the next morning at the Katherine Gorge.
- Any individuals or teams unable to attend the swim may still compete in the ultra challenge the following day, and will receive a weighted time of 1hr 30mins for the swim leg.

### **Cross Country run - Leg 2, 10 km. (Sunday morning) Nitmiluk Gorge boat-ramp to the gate of Maud Creek Country Lodge**

- 7am for a 7:30am start – number up, etc
- Competitors will start the race in priority of the quickest swim times from the previous day, leaving the top of the boat ramp and running in an upstream direction along the River to the base of the lookout trail, carefully run/ climb up 200 (...or so) steps to the lookout platform and turn right and follow the track/road along the top of the escarpment, do not veer of this track, after 1.5km the track heads down towards the main road, about 20 metres before the road, the trail veers off to the left, and runs parallel to the road for approx 500metres before crossing over the road (with caution) and follow the pink flagging tape.
- The next part of the course is not on a track so follow the ribbons carefully across country till you hit another track where you turn right. After about 300m turn left off that track and skirt around the side of a rocky hill till you descend into the sandy river corridor. (3.5 km)
- The next part of the course changes each year at the whim of the organiser and the recent wet season but it basically follows the river corridor sometimes through sand, sometimes through bush, till you reach a set of buildings (Alex's place – 5.5 km)
- At Alex's the course usually goes up off the river and follows a fence line for about 1 km before you again descend to the river and follow it all the way to Maud Creek. This section is generally good going. Maud Creek Country Lodge is easily recognised by the cleared area leading up to their gate (9.5 km point). Follow the driveway on the left up to the front gate and the cheering crowds (10 km).

#### **Safety!**

- Please look for marker tape, if you have seen none then you are going the wrong way!
- Ultra-challenge organisers suggest carrying at least 0.5 litres of water. This is a safety measure in case of dehydration or getting lost.
- It is possible that you could encounter buffalos or pigs. Both will probably be running away when you startle them. If you find buffalo standing their ground, back away steadily and go around. Please warn other competitors of the hazard. While buffalo can be aggressive, remember that they do not have good eyesight and can be curious, so if they advance it is not necessarily a sign of aggression.
- Please remember that this course is on National Park and private land. All landlords have been exceptionally cooperative, so please be very polite and tactful if you are accosted either during the event or when practicing.
- If you are practicing beforehand, you must let Maud Creek know what you are doing, especially if you are leaving a vehicle there.

Any questions contact Neil MacDonald (neil.macdonald@nt.gov.au or 89710867 a/h)

### **Cross country mountain bike – leg 3, 28km +/- (look for orange tape)**

- Please look for marker tape, if you have seen none then you are going the wrong way!
- Transition area inside the gate of Maud Creek Country Lodge; please all cars to park inside transition area but not past time keepers, i.e. do not park on Cross country run course
- Tag runner and ride out gate
- turn right onto Gorge rd, towards Katherine
- Turn right onto dirt track towards Katherine river
- Cross river check point

- Ride to the left along the river bank and through bush ending up at the river crossing Donkey Camp
- Cross weir (cross river)
- Right turn along track behind rural blocks crossing 2 mile creek
- Ending up at Gorge rd
- Turn right onto Gorge rd
- Turn left off Gorge rd climbing across gate
- Following track to top of hill and water tank
- Left along track to another tank
- Cross road to dirt track through bush and track to Gorge rd
- Left onto Gorge rd towards Katherine
- Transition area will at the corner of Gorge Rd and the Knotts Crossing road turn off (the river crossing not the resort, on the gorge side of Katherine Hospital).
- Cars are to be parked on the Knotts Crossing road. Do not park on the verge of the road
- Port-a-loos will be available at the check point. *Katherine Hospital toilets are for Katherine Hospital inpatients and outpatients.*
- If you are practicing beforehand, you must let Maud Creek know what you are doing, especially if you are leaving a vehicle there.

### Road Run – leg 4, 8km

- Transition area: corner of Gorge Rd and the Knotts Crossing road turn off (the river crossing not the resort, on the gorge side of Katherine Hospital).
- *Katherine Hospital toilets are for Katherine Hospital inpatients and outpatients.*
- Run in a town-ward direction, past the hospital, over the heli-pad and on to the paved path.
- Follow path. Road run leg is marked out with tape.
- Keep running **UNDER 1<sup>st</sup> BRIDGE** (High level, Eugene Betty bridge).
- Once you have passed under bridge, run up the grassed bank to your left and then turn right and run **OVER 2<sup>nd</sup> BRIDGE** (old railway crossing).
- Once off 2<sup>nd</sup> bridge turn left onto another path. Run in the same direction along river.
- DO NOT CROSS THE RIVER AGAIN.
- DO NOT RUN ON ANY ROADS.
- The path will take you to the low level. Cross the road into the car park.
- Run through the car park, almost to the end. Beware of traffic; this is a public car park and not closed to the public for the event.
- There you will find the marshals and transition area at the top of the ramp.

### Canoe: Low level Bridge to Galloping Jacks – leg 5 - 17 km

- Start transition point:-
- The cut off to begin the canoe leg is 3pm
- The transition point from road run to canoe leg is in the Low Level car park beside the river. A marshal will be stationed at the top of the walkway going down to the low level beach.
- The team tag point is at this marshal point; at the top of the stairs. It is not permissible for the team canoeist to be in their boat waiting to be tagged on the river.

Paddling the river.

- Navigation is quite simple. Paddle downstream! There are sticks and logs, rocks and sandbars, standing waves in rapids and in some places multiple channels to choose from. Enjoy, all part of the adventure!

End Transition point

- Paddling finishes at the bottom of the Galloping Jacks rapid, there is bunting across the river at this point.
- Canoeists are required to beach their canoe. Canoes are not to be left in the water but to be banked out of the way, then the canoeist runs approximately 400m up the dirt access road to Cossack Rd where the transition point is located.
- If borrowing/hire a canoe, team members are to return canoe to canoe trailer. If a hire canoe is left out unattended a 10 min time penalty will apply to that team.

## Road bike starts at the top of Galloping Jacks – leg 6, 37km.

Directions to Galloping Jacks from Katherine CBD

- head north on Stuart Hwy out of Katherine over the High level bridge towards Darwin
- turn left at Zimin Drive (the first left after the bridge and AFD depot)
- then first right into Florina Rd, travel down Florina Rd about 12.5 kms
- turn left into Cossack Rd (road previous is Ivanoff Rd, then next left is Cossack)
- Galloping Jacks is 2.7kms down Cossack Rd on the left (follow Crystal Rapids sign).

Directions to Galloping Jacks from Low level

- After dropping your kayak at the low level car park, turn left out of the car park i.e. (do not cross the low level bridge), proceed up the hill for approx 2km, take 3rd road on left, Florina Rd, drive travel down Florina Rd about 12.5 kms
- turn left into Cossack Rd (road previous is Ivanoff Rd, then next left is Cossack)
- Galloping Jacks is 2.7kms down Cossack Rd on the left (follow Crystal Rapids sign).

### Racers

- For the teams the kayaker has to tag the cyclist at the top of Galloping Jacks (i.e. at the road side). Canoeists who cannot run may have the cyclist tag them at the water but this will be done on exceptional cases and the team will ask permission on registration night
- From Galloping Jacks the cyclist rides along Cossack Rd back to Florina Rd (2.8km)
- Turn left at Florina Rd (away from town) ride for about 7.5 kms where there will be a turn around sign and marshal.
- At the T intersection into Zimin Drive, turn right and head towards the Low Level (3.0kms).
- At Shadforth Rd, turn right toward Springvale Homestead for 2.9km (note you will be crossing an unattended railway crossing, please use caution).
- The finish line is on Shadforth Rd, just prior to entering Springvale Homestead (just prior to the speed bump).
- Once the cyclist has called out his/her number, the cyclist can either keep going straight ahead into Springvale Homestead or continue right onto Shadforth Rd for a cool down.
- Spectators are asked to park their cars on the left hand side of the finish line. Please do not crowd the finish line or Shadforth Rd, you will be asked to move if that is the case.
- Please refer to *Ultra Challenge Drafting, Protests and Appeals* regarding drafting; the road bike is an individual leg *not* a team effort.
- Cars are not to be parked on the verge either side of Shadforth Rd, but to use the open space on the left on Shadforth Rd.
- For public road safety, support vehicles are not to follow bicycles, **a 10 minute time penalty will be added if this occurs.**

### Public toilets

- Port-a-loos will be available at transition area: corner of Gorge Rd and the Knotts Crossing road turn off (the river crossing not the resort, on the gorge side of Katherine Hospital). *Katherine Hospital toilets are for Katherine Hospital inpatients and outpatients.*
- Outside Post office – cnr Stuart Hwy and Giles St
- YMCA, Stuart Highway (behind the Aquatic Centre) - public toilets and showers (\$3.20)
- Katherine Aquatic Centre, Stuart Hwy – public toilets and showers (\$3.20)
- Katherine Tourism Centre, Stuart Hwy
- Katherine Hot Springs –Victoria Hwy
- Low Level Reserve, Zimin Dr – beside car park
- Reserve on Shadforth Rd (up above Low Level Reserve)

## A guide to some of Katherine's Takeaways, Cafes and Restaurants and opening times

Subway Katherine 54 Katherine Terrace Opening hours 8am-10.30pm 89721338	Happy Corner Store Take away 12 Giles St Opening hours 8-8pm
Cycad Gardens Coffee Shop 3128 Morris Rd Opening hours 8-6pm 0418898802	Cinema Café 20 First St Opening hours 8.30-5pm 89710594
Diggers Den 7 Victoria Hwy Evening meal 6-9pm 89710422	Ninos Pizza Shop 11, Lindsay St Evening meal 5 pm onwards
Bucking Bull Take Away Café 16 Second St Opening hours 8-5.30pm	Kumbidgee Lodge Tea Rooms Lot 4739 Gorge Rd Evening meal 6-8.30pm 89710699
Regent Food Court (Australian and Asian food) Unit 7/25 First St Open 7am for breakfast, lunch and dinner	The Barra Café Behind Riverview Caravan Park Victoria Hwy Open lunch and dinner ph 89721011
Katherine Club Cnr O'Shea and Second St Evening meal 6-8.30 pm 89721250	Katherine Country Club Pearce St (off Victoria Hwy) Evening meal 6-9pm 89721276
Katherine River Restaurant 50 Giles St Evening meal 6-8.30pm 89710266	Katherine Sport and Recreation Club 40 Giles St Evening meal 89721646
Paraway Motel – Carriage Restaurant Cnr First St & O'Shea Terrace Evening meal 6-9pm 89722644	R.J. Restaurant 3 Giles St Evening meal 6-8.30pm 89721622
All Seasons Katherine Stuart Hwy Evening meal 6.30-9pm	Knotts Crossing Resort 16 Second St Evening meal 6-9pm 89722511

## Accommodation

Katherine Visitor Information Centre

<http://www.visitkatherine.com.au/>

Mail Enquiries: Katherine Visitor Information Centre PO Box 1071

Tel: 08 8972 2650 Email: [visitor@kvc.nt.gov.au](mailto:visitor@kvc.nt.gov.au)

Our Sponsors: Willem and Jenny Westra van Holte, Maud Creek Lodge

<http://www.maudcreeklodge.com.au/>