



# JABULANI

## CHALLENGE

12KM | 22KM | 45KM TRAIL RUN



## EVENT PROGRAM

18<sup>th</sup> April 2015





## Jabulani Challenge

18<sup>th</sup> April 2015

**Welcome to the Jabulani Challenge. A big thank you to all the participants for your continued support of the event - we hope you have as much fun on the course as we did organising it. Please take the time to read through all the details contained in this document.**

The Event: This stunning trail running event will take you along some of the best trails and most scenic spots in the beautiful Ku-Ring-Gai Chase National Park. Although located close to the heart of Sydney the secluded and histrionic Bobbin Head that plays host to the Event Centre will have you believing you are a long way from anywhere. Enjoy the event and the course and we all hope you achieve your goals.

The Cause: A portion of entry fees plus 100% of all donations made by competitors support a wonderful charity, the Stellenbosch Community Development Programme which is founded and run by volunteers. It is focused on children and is a niche based charity that helps feed and develop over 1,800 kids a day in Africa. Jabulani means “be happy” in Zulu and we hope everyone will encourage friends and colleagues to donate to support this great cause.

*The information in this Event Program contains all you need to know for race day. What time does it start? How do I get there? What is at the aid stations? All this plus much more is included so make sure you read this Event Program carefully. Chances are if you have a question it is answered in this document.*

### 1. Event Centre

The Event Centre is a histrionic Bobbin Head, see location [HERE](#).

Both the Start & Finish of the event will take place at Bobbin Head along with registration on the morning of the event.



## 2. Parking

There is parking at Bobbin Head for event competitors. Please follow the directions of marshalls and be courteous of other users, parking is not reserved for event participants. Please take care on the narrow and twisting road to Bobbin Head from both North Turrumurra and Mt Ku-Ring-Gai if driving to the event centre. Parking at Bobbin Head is limited and will fill up, back up parking is available at Apple Tree Bay (see map) where you can either walk the short distance back to the Event Centre or wait for the shuttle bus service that has been arranged. Competitors are asked to give themselves plenty of time to park and register before their start time, especially for the 22km and 12km course competitors. Competitors are also encouraged to carpool with fellow runners to help reduce congestion.

**PLEASE NOTE: Parking fees are NOT included in your race entry fee. ALL relevant National Parks parking fees must be paid or you will incur a fine.**

## 3. Transport

A shuttle bus has been arranged for those wishing to use public transport to access the event. The bus will pick up from Rohini St Bus Bay at Turrumurra Train Station at 6am, 7am and 8am. This bus will then drop you directly to the event centre. This bus will also be used to shuttle runners from Apple Tree Bay to Bobbin Head when not picking up from Turrumurra. Once runners have completed the event the shuttle bus will conduct runs back to Turrumurra Train Station as required. Turrumurra station has regular services in both the morning and during the afternoon so you will never be waiting long for a connecting service.

## 4. Event Schedule

6:00am – 45km Registration Opens  
6:55am – 45km Race Briefing (all 45km runners to attend ready to race)  
7:00am – First 45km Runners begin

7:00am – 22km Registration Opens  
7:55am – 22km Race Briefing (all 22km runners to attend ready to race)  
8:00am – First 22km Runners begin

8:00am – 12km Registration Opens  
8:55am – 12km Race Briefing (all 12km runners to attend ready to race)  
9:00am – First 12km Runners begin

10:30am – Cut off for 45km Runners only at the bottom of the Sphinx Track (the 24km point). Runners here after this time will not be allowed to continue onto the Wildflower Gardens but directed back to the Event Centre via the race route.

1:00pm – Prize Giving Presentation  
2:30pm – Last Runners expected off course and course closed

## 5. Registration

When you report to registration, please present your **Photo ID** to the registration marshalls. The marshal will check your name off the competitor list and issue you with your race number, safety pins, timing stick and attached wristband. See item 10 for more information on timing stick and their usage. If you ordered any additional merchandise like an event T-shirt or singlet you can collect these at registration or after the event.



## 6. Transfers

Changes of competitor and category changes can be done on the event day. Changes of competitors incurs a \$20 transfer fee, cash is preferred. Please bring along permission from the original entrant for the transfer to take place. Upgrades in course will incur additional charges equivalent to the difference in price between the courses. No refunds are given if you downgrade your course. All changes of competitor and category changes must be done at the designated marshal in charge of changes. Look for the sign marked 'Transfers' at registration.

## 7. Bag Drop

An area will be set assigned for bag drop and a marshal will be present throughout the event. The marshal will give you a bag which you can stow your gear and write your race number on using the provided marker pens. Show the marshal your race number once you have completed the event to collect your gear.

## 8. Insurance and Disclaimer

Maximum Adventure is covered by its own public liability insurance. This does not include personal accident insurance. It is strongly recommended that you take out your own personal accident and ambulance cover for the event. Your private health insurance may include this, but it is your responsibility to check with them regarding this.

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## 9. Race Numbers

At registration you will be issued with your race number and safety pins. Please wear your race number on the front of your shirt up on your chest where it is clearly visibly or by using a race number belt if you prefer.

## 10. Electronic Timing

The Jabulani Challenge will be timed using the Sportident Timing System commonly used in trail running events overseas. At registration you will be issued with a timing stick and wristband to keep it secure.

A few points to note about your timing stick;

- The timing stick will be supplied with a wristband so you can attach it around your wrist for easy access and security.
- The timing stick remains the property of Maximum Adventure and must be returned after the race.
- If you withdraw from the race at any time, please return your timing stick to registration.
- If for some reason you cannot return your timing stick to us on race day (i.e. medical emergency), please mail to: Maximum Adventure, PO Box 3178, Telopea, NSW 2117

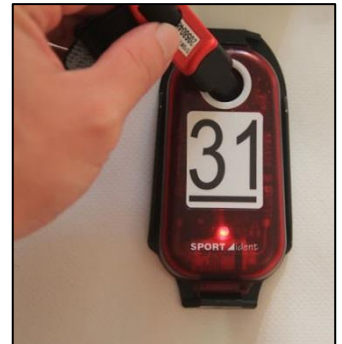


### Check-in at the Start Line

- When you enter the start zone, please punch your timing stick in the start control (manned by race officials)
- Your race time starts from when you punch the Start control

### Time Check-In at Aid Stations & Turn Arounds

- Your timing stick contains a computer chip which records the transition number and time when you visit a aid station and turn around points (electronic control)
- To “punch-in” at the aid station or turn around, you have to insert the end of your timing stick into the hole on top of the timing control. (see photo)
- The control has a small red light that will flash and emit an audible “beep” so that you know it has recorded your time. Make sure you see the light and hear the beep otherwise your split time will not be recorded.
- To make it easy to spot, the controls will be mounted on brightly coloured yellow signs marked as “Timing Check-in”.



### Time Check-In at Finish

- The same procedure as above applies, at the finish line (finish arch) the check-in control will be mounted on the yellow sign – you have to punch in at the finish to stop the clock.
- After you have punched in please proceed to the timing tent where your result will be downloaded and you will be given a print out of your time.



### Timing Check Locations

- Aid Station 1 (45km & 22km only)
- Marrua Track Turnaround (45km only)
- Aid Station 2 (all courses)
- Darri Track Turnaround (45km only)
- Wildflower Gardens Turnaround (45km only)





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## 11. Start Procedures and Times

Start times for each wave are as follows

- 45km course at 7am
- 22km course at 8am
- 12km course at 9am

Participants will head off at 5 second intervals in pairs.

- Remember to dip your timing stick in at the Start control
- The start is self-seeded so please line up according to your goal finish time and running ability. Signs showing goal times will be displayed at the start to help with your positioning.
- Please be aware that after an easy flat start for the first 1-2km the track soon becomes very narrow and technical. Please give way to faster runners behind if asked.

### Cut Off Times

There is only one cut off time out on course, this is at 10:30am at the 24km mark on the 45km course.

We require all competitors to be off course by 2:30pm, after this time the course will be closed and competitors transported back to the finish line.



[brendan@upcoaching.com.au](mailto:brendan@upcoaching.com.au)

● Blue Mountains, NSW

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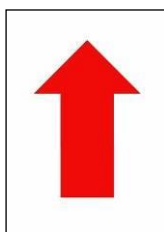
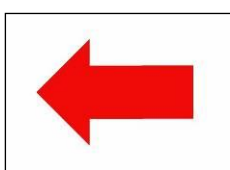


## 12.Course Format

Course markers, surveyors tape and hazard tape will be placed along the course to provide information and point you in the correct direction. Where there is a junction or ambiguous section there will be confirmation arrows to guide you along the course.

Runners must look out for “red on white” arrows, pink surveyors tape and caution and information signage. The course will be marked as follows;

- Directional arrows will be located on the turn
- Pink surveyors tape will be attached to trees after every turn to confirm you are on the right track
- Straight arrows and pink surveyors tape will be located on straight sections and at regular intervals on the track to confirm you are still on the correct course.
- Red & White hazard tape and “Wrong Way” crosses will be used to close off side tracks or indicate areas you should not enter. If you run past a “Wrong Way” cross turn back immediately, you are on the wrong track!



### Aid Stations

There will be three aid stations positioned on course, one for the 12km course, two for the 22km course and three for the 45km course, one of which will be visited twice.

**Please note the location of these aid stations is different to that shown on the course maps online.**

At the aid stations runners will have access to the following;

- First Aid
- Water
- Gu Brew electrolyte drink
- Fruit, ie Banana's
- Lollies
- Potato Chips

Aid Stations are located at the following locations

### 45km Course

6km – Grosvenor Road Trail Head  
21.5km – Sphinx Carpark  
30km – Warrimoo Ave Trail Head  
39km – Warrimoo Ave Trail Head

### 22km Course

6km – Grosvenor Road Trail Head  
16km – Sphinx Carpark

### 12km Course

7km – Sphinx Carpark





# **RAFFERTYS**

## **COASTAL RUN**

**10KM | 22KM | 35KM**



# **LAKE MACQUARIE, NSW**

## **SATURDAY, 11<sup>TH</sup> JULY 2015**

[WWW.RAFFERTYSCOASTALRUN.COM.AU](http://WWW.RAFFERTYSCOASTALRUN.COM.AU)

## 13. Rules

- Show respect for the environment, landowners, local communities and other recreational users
- Make sure you are carrying your timing stick
- Always take any litter with you and please dispose of any litter in the bins provided
- Stick to the marked tracks, follow the course as marked and as directed by the marshalls
- Notify the Event Medic of any significant medical history (e.g. asthma, diabetes, etc)
- No outside assistance is allowed during the event
- Cooperate with event officials at all times
- Winners will be determined by the fastest time
- The Event Director's decision is final!
- Runners are expected to assist competitors who have injured themselves. If you come across an injured runner, provide assistance and ask a fellow runner to inform race officials at the next intersection, **please make sure you inform race officials of the injured runner's race number.** Times will be adjusted to compensate for any time losses spent helping fellow runners.
- A team of sweepers will be clearing all courses behind the last runner. These sweepers will assist you in case of emergency or injury.

### Safety

There will be marshals out on course with radio communications back to the event centre. Please inform them if you require any medical assistance.

## 14. Water and Toilets

Event toilets will be available at the Start & Finish area and also at the Sphinx Carpark Aid Station. Water is available at the Start & Finish area and also at all the Aid Stations

## 15. Results and Prizes

Preliminary results will be available at the finish line where you will be given a print out of your result and time. Full results will be available on the event website in the week following the event.

Our sponsors have put together so pretty sweet prizes for the event.

All competitors will receive a 2015 Jabulani Medal upon completion of the course.

## 16. Volunteers

We still need a few more volunteer for this event. If your friends or partner are coming along to support you, why not ask them to volunteer. Volunteers receive a free shirt & hat, lunch and snacks and get to enjoy the atmosphere and thanks of the staff & competitors. Volunteers will assist with setup, registration, marshalling on course amongst a variety of other roles.

If you are interested in becoming a volunteer at the Jabulani Challenge, please complete the Volunteer Proforma available [HERE](#).



## 17. Spectators

Spectators are welcome at the start and finish area. You will also be able to drive to the Sphinx Aid Station to see the competitors in action. Please note that parking is very limited at the Sphinx Aid Station and to take extra care when driving around runners. **Please remember no outside assistance is permitted at the event.**

## 18. Weather and Event Cancellation

In the unlikely case of an event cancellation, we will let you know by email and make the announcement on the home page of the website (<http://jabulanichallenge.com.au/>).

We will also make announcements on our [Facebook](#) page

All efforts will be made to reschedule the event.

### Wet Weather

Please note the event will not be cancelled due to rain unless the organisers deem the course to be unsafe for participants. In case of extreme weather where track damage is likely, a full assessment will be made by race organisers in consultation with authorities to determine an outcome.

## 19. Race Photos

Professional photographers will be out onsite taking photos of competitors. These will be made available for viewing and purchasing in the week after the event via a link on the event website.



## 20.Sponsors and Supporters

The Jabulani Challenge would not be possible without the commitment of our sponsors, volunteers and the local community

### Associate Sponsors



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**Our thanks to the following organisations for making the event possible:**

Ku-Ring-Gai Chase National Park, The Landings, Empire Bay Marina, CREST, St Johns First Aid – Hornsby Division, Graeme Elgie, the founder of the Jabulani Challenge



## 21. Contact Details

### Pre-Event

**Mark Roberts**

(02) 9676 6061

[info@maxadventure.com.au](mailto:info@maxadventure.com.au)

[www.jabulanichallenge.com.au](http://www.jabulanichallenge.com.au)

### On the Day

**Mark Roberts**

0147 154 001

(note: this phone number is only monitored during the event and is reserved for emergency calls)

