

# Litchfield Table Top Track Half

## Pre Event Briefing Notes

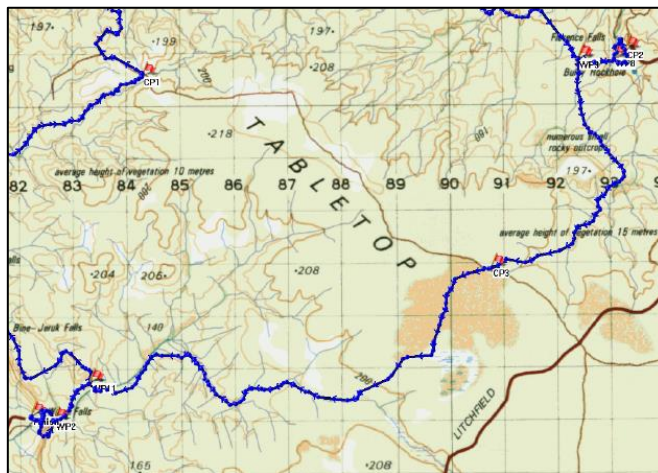
*“Tested by Darwin Runners & Walkers”*

### HALF MARATHON

- DATE:** Sunday 23 June, 2019
- START LOCATION:** Florence Falls Car Park
- START TIME:** 8.00 am
- EVENT BRIEFING:** 7.30 am sharp (compulsory). If you miss the briefing, your start will be delayed until you have been provided you with the essential information
- BIB PICK UP/ SIGN IN:** From 7.00 am from the Florence Falls Car Park
- FINISH:** Wangi Falls
- CUT OFF:** We have allowed six hours for the completion of the run so all runners must complete the course by 2:00pm. A sweeper will bring up the rear of the field running at the required pace to keep the slower runners on track.

### THE COURSE

The Half Marathon begins from the Florence Falls Car park, down the steps beside the falls then a sharp right up a steep climb to the Table Top Track. At the intersection runners turn left and head along the southern section of the Table Top Track all the way to the Wangi Falls exit. The finish line is adjacent to the Wangi Falls Car Park.



- SUPPORT STOP:** There is one support stop located at the 7km mark providing water and Gatorade and possibly Tailwind supplies plus fruit and snacks. You will be able to fill your water bottles/bladders at this stop. We will not be providing drop bags for the half marathon. We will also not be providing cups at support stops this year so carry your own or fill your bottle or bladder.

It is also imperative that you ensure that you have your name and number checked off at the check point so that we keep track of who has passed through.

Your family and friends are able to access this support stop which is located on the Fire Track off the Litchfield Park Road, opposite the Lost Cities sign. Parks have given permission for supporters to access the Fire Track but at your own risk.

**PRESENTATION:** There will be a presentation for the first three male and female runners at Wangi Falls at Noon.

**MANDATORY GEAR:** Capacity to carry 2 x litres of water in either a bladder or bottles.  
1 x hat / cap  
1 x compass  
1 x whistle  
1 x compression bandage  
1 x small first aid kit (e.g. sterile dressings, strapping tape, blister care, antiseptic wipes, plasters, butterfly stitches).  
1 x space blanket  
1 x course map and set of course descriptions and emergency instructions (Provided at the start).

We will be checking that you have the mandatory gear at sign in.

**NON MANDATORY GEAR** You might also elect to carry some additional food supplies (e.g. food bars/portions) and sunscreen. Please note - you should also carry your own cup if you wish to drink from a cup at support stops.

**MAPS & DESCRIPTIONS** A set of course maps, course descriptions and emergency instructions will be emailed to you one week before the event. We will also provide you with hard copies of these documents with your race bib on the morning of the run for you to carry as part of your mandatory gear. We will provide these maps and notes in a snap lock bag.

**GETTING TO THE START** If you are traveling to Litchfield National Park from Darwin, allow two hours to get to the Florence Falls start. You should allow at least 30 minutes if traveling from the Litchfield Tourist Park on the morning of the run. Please drive carefully in the early morning darkness, taking special care of wildlife.

**MOBILE PHONES** There is no mobile phone access in Litchfield National Park. You can get good phone access in Bachelor and limited access from the Litchfield Tourist Park. (Head to the top of a ridge if you need help)

**CAR PARKING** Please note: Runners are not permitted to leave their vehicles at the Florence Falls Car Park as there is limited car parking access especially on the busy June long weekend. We have given an undertaking to Parks that we will do everything to minimize the inconvenience to other Park users and need to ensure that this no parking policy is strictly adhered for the long term viability of the event.

You won't have a problem if you have family and friends dropping you off at Florence Falls then picking you up at Wangi Falls at the

finish. We don't expect any parking problems at 6.30 am on the Saturday morning! If this is an issue for you, please get back to me at [president@darwinrunners.com.au](mailto:president@darwinrunners.com.au) and we will endeavour to sort out some arrangement with you such as meeting other runners at the Litchfield Tourist Park at 6.00am to car pool to the start. Please also consider car pooling from Darwin.

#### **YOUR RESPONSIBILITY**

Should have completed a half marathon in the last two years in order to participate in this event. You are however required to be at least 18 years of age. You also need to be sufficiently skilled to run the trail and you must have trained to undertake the event so that you can complete the run within the six hour cut off. The course is very tough and demanding in a remote location which can result in slower first aid / rescue response times. You need to ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is also your responsibility to monitor your health during the event and withdraw from the event if you are no longer fit enough to continue.

#### **SNAKES**

Please ensure that you know what to do in the case of a snake bite, either of yourself or another runner. See St John link for snake bite management:

[http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS\\_snakebite.pdf](http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS_snakebite.pdf)

#### **PERSONAL INSURANCE**

Darwin Runners & Walkers Inc has public liability insurance cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the event to cover any unforeseen personal costs you may incur due to helicopter or ambulance rescues, medical expenses or time off work due to injuries sustained whilst participating in the event.

#### **RUNNING IN LITCHFIELD**

The Table Top Track from Florence Falls to Wangi Falls is the easiest section of the track with much of it running beside creeks. Once you have completed the steep climb up to the Track Top Track, you will find yourself on a gentle downhill sloping run all the way to Wangi Falls. The Track however is very rugged and difficult in sections and you will need to take care to ensure that you watch your footing as well as looking ahead for the Table Top Track markers. It is our intention to provide additional signs and markers to ensure you don't get lost but don't expect to run a perfectly groomed cross country trail. Expect to be toughened by Territory Trails!

On the day of the run you might see National Park signs telling you that the Table Top Track is closed. Ignore these signs! We will be running the event a couple of weekends before the Track is open to the public and we are authorised to access the Track for the event. The Track is closed over the wet season and then leading up to the dry season to enable burn off of the long grass.

The Table Top Track is well marked, if you are on it! Once you get off it, it can be very difficult to locate! Stop and take time to find out where the next marker is located. Running on in the hope of finding the marker can cost you in the long term. If you can't find

the next marker, return to the last marker you saw and take the time to relocate the marker. Be warned - time taken to get it right may save you a lot of grief!

Please familiarize yourself with the course map and description which we will email you one week prior to the event. It is especially important that you are familiar with the course to make sure that you run the track in the right direction (clockwise!); to make sure you don't leave the Track too early (don't take the early exit to Greenant Creek!); and to ensure that you leave the Track at the Wangi Falls exit (and don't continue on to Tjenja Falls Campground!) Yes, we have had runners in the past two years that have taken each of these wrong options!

Expect the conditions to be hot! We have chosen to run the event in early June to be at a time when there is likely to be as much water around as possible as well as being in the coolest time of the year. But expect hot conditions! National Parks recommend that you boil any water before drinking it but we have not had any issues from runners drinking creek water. Your call in terms of risk and heat management! You should ensure that you carry sufficient water and that you do not drink too much water! If you find yourself overheating, stop and rest to cool down, and if you can find a pool to sit in to bring your body temperature down. Thankfully there are no crocodiles in any of the Table Top creeks!

Whilst Litchfield National Park is only a couple of hours from Darwin, it is a deceptively remote location. Once you are out on the Track you are on your own with no mobile phone access. Take special care and take time to make good decisions!

#### **GET TO KNOW THE COURSE**

Entering a Trails event will take you into remote/wilderness areas, where you will need to have a degree of self sufficiency. We would recommend that you stay home if you expect to find a marked course! We will be sending out the map and course notes in advance so that you can spend time in advance getting to know the course: working out where the run goes, identifying critical junctions, recognizing the changes in terrain. We will also provide you with additional information at the run briefings, but it is important that you do your homework in advance. If you are not familiar with how to use a compass, get someone to help you and start using it around your neighbourhood in your training.

On the day of the run we would also advise you to take care to avoid the trap of:

- Following other runners blindly, ending up all going the wrong way;
- Following flags or markers blindly, and then discovering that the markers have been moved by a nuisance or are not related to your specific event;
- Ignoring signs or failing to read them correctly, or failing to stop at intersections to check maps and directions.

If you are running in a Trails event expect a minimalist approach to trail markers. To this end it is your responsibility to develop your navigational and bush skills, and to carry the right equipment. You need to be able to handle whatever is thrown at

you so that you are able to look after yourself and assist others in time of need!

#### **WHEN YOU FINISH**

It is imperative that we know that you have finished the run. Please make sure that you sign off your name at the finish line and ensure that we have correctly recorded your time. Failure to ensure that you have completed the run may result in us conducting an expensive search of the Track.

#### **WITHDRAWING**

Similarly we need to know if you decide you are unable to finish the run and need to withdraw. Make sure one of the Event Marshals is informed!

#### **WHAT TO DO IF LOST**

Stop! Take a break! If you are hot, take the time to cool down so that you are best placed to make good decisions!

If you are with another runner, make sure you stay together.

Use your map and course descriptions to try and establish your position.

If you are unable to work out where you are and which direction to get back on the track, blow your whistle three loud blasts repeatedly at regular intervals.

If you hear another runner's whistle, respond with your own whistle with a long blast so they know you have heard them. Stay on the track and wait for the lost runners to come towards you. Make voice contact as soon as you can to ensure that the lost runners get back onto the Track.

If you remain lost and are unable to find a way back to the Track and consider that the only way that you are going to be found is by helicopter search, find a location where you are most likely to be easily sighted. Stay in the shade where possible.

#### **WHAT TO DO IF INJURED**

If you come across another runner who is injured and unable to go on, stop and assist! Stay with the runner if necessary. Send another runner to the closest support station to seek assistance. Make sure you have the runner's number to advise the support station.

If the runner is able to continue on slowly without assistance, make sure you inform the next support station that there is an injured runner on the track and advise them of the runner's bib number.

A full first aid kit will be made available at each Support Stop.

#### **RUN RULES**

The following rules apply to all runners and their supporters:

- You must complete the marked course on foot under your own power.
- Performance enhancing drugs are prohibited in accordance with The World Anti-Doping Code. Refer to the list of prohibited substances and methods under the Australian Sports Anti-Doping Authority.
- Your race number must be visible at all times on the outside of your clothing and on the front of your body over your belly or chest. It must not be worn on your pants or leg. Do not cover over your race number with any backpack strap or clothing

- The wearing of iPods or other music players with headphones is not allowed. This is so you can make way for faster runners on the single track sections plus are able to hear the whistle of a runner in distress.
- You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking.
- You must carry your own mandatory gear at all times during the event. Random gear checks may be performed during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced.
- You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on course.
- Littering is prohibited.
- You must not leave human faeces on the track. If you need to use a toilet get well off the track and use leave no trace principles.
- You are not permitted to take dogs into National Parks.
- You are not permitted to smoke in the National Park
- You must obey any information signs such as track closures unless otherwise advised.
- Leave gates as you find them. If closed, you may open a gate to pass through but it is your responsibility to close the gate after you.
- The participant is responsible for the actions of their supporters. Supporters must comply with all instructions from event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their supporters.
- Supporters must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Supporters must follow the instructions of all checkpoint staff, road marshals and road traffic controllers.
- Supporters must not eat the provided food at checkpoints. The food is for the competitors only.
- Outside assistance is only permitted at Support Stops. You must not receive outside assistance at any other points on the course. Assistance from event staff is fine.
- Supporters and non-race participants are not permitted to run with or pace runners. Pacers are not permitted.
- Supporters are not allowed to enter the event course.
- The event organisers are not responsible for the safety or whereabouts of supporters.
- The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
- Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.

**LITCHFIELD TOURIST PARK** The home base for the weekend's activities is Litchfield Tourist Park which is located 125 km south from Darwin and 14kms west of Batchelor.

The Homestead, located adjacent to the camping area provides bunk house accommodation for interstate runners and volunteers. It is also used as the run headquarters.

Contact the Litchfield Tourist Park directly to book accommodation. There is no need to pre-book camping space just book and pay on the day, but make sure they know you are a runner so that they place you near The Homestead. Further information about the park can be found at [www.litchfieldtouristpark.com.au](http://www.litchfieldtouristpark.com.au)

#### **VOLUNTEERS REQUIRED**

Many hands make light work! An event like this cannot go ahead without the help and support of our volunteers. Please let us know if you have any family members or friends who can help on the day. We also need volunteers for the running of the Ultra event on the Sunday. Are you able to stay overnight after the running of the Half to help out? We will provide you with a bed and meals in return for your services! Please let us know if you can help out!

#### **SACRED COUNTRY**

Territory Trails acknowledges the Koongurrukun, Mak Mak Marranunggu, Werat and Warray people whose Ancestral Spirits formed the landscape, plants and animals present in the land that we know today as Litchfield National Park.

#### **LEAVE NO TRACE**

We love our Territory Trails as we are sure you do too! So please ensure that you take all litter with you, leave nothing but footprints and take away nothing but happy memories...

Happy Trails! See you out there!

#### **Ian Fullarton**

Event Director

mobile: 0427 072976

email: [president@darwinrunners.au](mailto:president@darwinrunners.au)

## EVENT SCHEDULE

**Sunday 23 June, 2019**

6.30 am	Half Runners leave Litchfield Tourist Park	
7:00 am	Half Marathon Sign In / Bib Pick Up	Florence Falls Car Park
7.30 am	Half Marathon Briefing (Compulsory)	Florence Falls Car Park
8:00 am	Half Marathon Start	Florence Falls Car Park
From 10.00 am	First Half Marathon runners finish	Wangi Falls
Noon	Half Marathon Presentation	Wangi Falls
2.00 pm	Half Marathon Cut Off	Wangi Falls
2.30 pm	Pack up and return to Litchfield Tourist Park	