

Run the Whitsunday Great Walk: Safety and Emergency Plan

What the Participants do on Sunday 18th September 2011

6:30am to 7:30am: register at Airlie Beach Lagoon (northern end)

7:30am to 7:40am: board shuttle busses at Airlie Beach Lagoon

7:40am to 8:10am: travel on shuttle busses to the Brandy Ck Carpark

8:10am to 8:25am: warm up at the Brandy Ck Carpark (3 toilets).

8:25 and 8:30: race briefing and assemble at the start line (50m after the gate).

8:30am: race start

8:30am to 1:30pm: run along the main track of the Whitsunday Great Walk (28km) from the Brandy Creek Carpark to finish at the Airlie Beach Lagoon (five hour cut-off).

2:30pm Presentations at Airlie Beach Lagoon.

The track

Part one: Brandy Creek to Repulse Creek Camp. 0km to 8km

Start at the gate on the main track, an old logging road that descends through lush rainforest. This part of the track is a wide and smooth gravel road.

Just after 2km you will pass Wompoo Walk junction. Continuing along the main track your feet will get wet when you cross Impulse Creek. Here you may notice a change in vegetation as the hardy, brown tulip oaks replace the moisture-loving Mackay tulip oaks, and tough, woody vines replace delicate climbers.

At the Repulse Creek Camp sign, continue 100m past the rainforest campsites to the open campsite with toilets and water.

Part two: Repulse Creek Camp to Bloodwood Camp. 8km to 20 km

The gravel road continues for a little way through drier forest and crosses two creeks. Enjoy the shade provided by rainforest plants growing in the creek's surroundings.

The track narrows and becomes steep as you follow a ridge to the summit of Mt Hayward. Enjoy the cool breezes and rewarding view from the top.

Continue along the ridge to the open Bloodwood Camp with toilets and water where you can enjoy views beyond Jubilee Pocket to the Whitsunday Islands.

Part three: Bloodwood Camp to Kara Cres. 20km to 28km

Follow the coastal ridge towards Airlie Beach through low vegetation tangled with vines. This forest survives on rocky soils, and endures the seasonal hot sun and occasional tropical cyclone.

Tackle a steep climb through low vine thicket and then descend through some taller forest before coming to the Honeyeater Walk junction. Stay to the right and descend into Airlie Beach and take time to enjoy your surroundings of grasstrees, cycads and gum trees. If the grasstrees are flowering, look for various honeyeater species coming in to feed.

Take care on the steps at the end of the track.

Part four: Kara Cres to Airlie Beach Lagoon. 27km to 28.7km

None of the Streets between Kara Cres and the finish will be closed. Give way to everything.

Run 200m down Kara Cres and take first right into Orana St.

Follow Orana St to the intersection with Waterson Way. Orana St is about 300m long, very narrow and curls around to the left. Do not turn right into Nara Ave.

When you get to Waterson Way, turn right. You will now be running up and away from Airlie Beach. Cross over Waterson Way so that you are running on the left side (with the traffic). Follow Waterson Way for 800m, through a round about and down into Airlie Beach township. There will be police controlling traffic at the intersection with Shute Harbor Road. You are now about 400m from the finish.

Aid Stations: at start, along the course and at finish

Aid Station	Airlie Beach	Repulse Ck Camp	Mt Hayward	Bloodwood Camp	Water Tanks	Kara Cres.	Finish
Distance	0km	8km	16km	20km	24km	27km	28km
Water	<i>one</i>	<i>two</i>	<i>two</i>	<i>two</i>	<i>two</i>	<i>no</i>	<i>two</i>
Powerade	<i>one</i>	<i>one</i>	<i>one</i>	<i>no</i>	<i>one</i>	<i>no</i>	<i>one</i>
Toilets	<i>yes</i>	<i>yes</i>	<i>no</i>	<i>yes</i>	<i>no</i>	<i>no</i>	<i>yes</i>
First Aid Kit	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>
2 SES Officers	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>

At the Start and at Kara Cres: 2 SES Officers with a vehicle, communication and first aid equipment will be required.

These officers will provide communication support to race officials and first aid support to participants before the start.

Once the race has started these officers will move to Kara Cres where they will provide first aid support to participants.

QPWS Polaris (all terrain vehicle)

A QPWS Officer with a QPWS Polaris will transport the SES Officers and Equipment to Repulse Ck Camp. The QPWS Polaris with communication and first aid equipment will then move to Mt Hayward to provide emergency first aid support to runners as required.

Repulse CK Camp: 2 SES Officers with Aid Station, communication and first aid equipment will be required. The Aid Station Equipment will consist of one container of premixed poweraid and a second large container of water, cups and a rubbish bin.

These officers and equipment will be dropped off by a QPWS Polaris. The officers will set up the drinks in an easy place to for the participants to access. They will also set up a rubbish area 50 to 100m metres further down the track from the drink station.

As the runners come past, one SES Officer will record the race number on the record sheet. It is easiest to yell out "What's your race number", as they approach. It is critical that this officer concentrate on recording race numbers.

The other officer will deal with any first aid issues and provide the following aid station instructions to the runners:

Drinks are here

Toilets are over there

Leave your rubbish in the bin or carry it to the next aid station.

The Repulse Ck SES Officers should follow the last runner to the Mt Hayward Aid Station.

Mt Hayward: 2 SES Officers with Aid Station, communication and first aid equipment will be required. The Aid Station Equipment will consist of a container or premixed poweraid, a second large container or water, cups and a rubbish bin.

These officers and equipment will be delivered in by the QPWS Polaris bike. The officers will set up the drinks in an easy place to for the participants to access. They will also set up a rubbish area 50 to 100m metres further down the track from the drink station.

As the runners come past, one SES Officer will record the race number on the record sheet. It is easiest to yell out "What's your race number", as they approach. It is critical that this officer concentrate on recording race numbers.

The other officer will deal with any first aid issues and provide the following aid station instructions to the runners:

Drinks are here.

Leave your rubbish in the bin or carry it to the next aid station.

The Mt Hayward SES Officers should only move when all the runners are through the Bloodwood Camp Aid Station.

Bloodwood Camp: 2 SES Officers with Aid Station, communication and first aid equipment will be required. The Aid Station Equipment will consist of 200 bottles of Water and a rubbish bin.

These officers and equipment will be delivered in by the QPWS Polaris bike. The officers will set up the drinks in an easy place to for the participants to access. They will also set up a rubbish area 50 to 100m metres further down the track from the drink station.

As the runners come past, one SES Officer will record the race number on the record sheet. It is easiest to yell out "What's your race number", as they approach. It is critical that this officer concentrate on recording race numbers.

The other officer will deal with any first aid issues and provide the following aid station instructions to the runners:

Drinks are here

Toilets are over there

Leave your rubbish in the bin or carry it to the next aid station.

The Bloodwood Camp SES Officers should only move when all the runners are through the Water Tanks Aid Station.

Water Tanks: 2 SES Officers with Aid Station, communication and first aid equipment will be required. The Aid Station Equipment will consist of 200 bottles of Water, 100 bottles of Powerade and a rubbish bin.

These officers and equipment will be dropped off by the QPWS Polaris bike. The officers will set up the drinks in an easy place to for the participants to access. They will also set up a rubbish area 50 to 100m metres further down the track from the drink station.

As the runners come past, one SES Officer will record the race number on the record sheet. It is easiest to yell out "What's your race number", as they approach. It is critical that this officer concentrate on recording race numbers.

The other officer will deal with any first aid issues and provide the following aid station instructions to the runners:

Drinks are here.

Leave your rubbish in the bin or carry it to the next aid station.

The Mt Hayward SES Officers should only move when all the runners are through the Kara Cres Aid Station.

Marshalls and Road Traffic Control between Kara Crescent and the Finish

SES marshals on Kara Crescent, Waterson Way to direct runners to Police traffic control on Shute Harbor Road.

Marshalls directing runners to lagoon area and finishing chute after crossing Shute Harbor Road

At the Finish: 3 SES Officers with Aid Station, communication and first aid equipment will be required. The Aid Station Equipment will consist of water, poweraid and food. There will also be food and drinks available to purchase.

These officers will provide communication support to race officials and first aid support to participants at the finish.

The SES Communication coordinator will be stationed at the finish. This officer will coordinate the SES Officers at aid stations in any emergency situations and relay information about the progress of the runners to the Race Organisers.

As the runners come into the finish one SES Officer will record the race number on the record sheet. It is critical that this officer concentrate on recording race numbers.

The other officer will deal with any first aid issues and provide the following aid station instructions to the runners:

Grab some food and drinks

Toilets are over there

If you need any help just ask.

Some Contacts:

On Race Day	Name	Organisation	Phone	Email
Repulse Ck	TBA	SES on Quad bike at Repulse Ck	0424211603	
Mt Hayward	EPA officer	QPWS on 6 wheeler at Mt Hayward	mobile 0427124439	TBA
helicopter	Des Davey	Whitsunday Helicopters	49469422 0402424472	des@helibiz.com info@helibiz.com
finish line	Mark Connors	SES	0409572154	mark.connors@bigpond.com
finish line	Steve O'Connell	Queensland Police	49488830	O'Connell.SteveJ@police.qld.gov.au
finish line	Steve Thurtell	Ambulance	49465775	sthurtell@emergency.qld.gov.au
finish line	Nickie King	Mackay Road Runners	0422232398	nickie_king@hotmail.com
finish line	TBA	Whitsunday Shire Council	49450214	
Finish line	Alison Friswell	Mackay Road Runners	0428875482	alison.hambleton@derm.qld.gov.au
finish line	Mike Griinke	Queensland Parks & Wildlife Service	49447800 0427102113	Mike.griinke@epa.qld.gov.au
finish line	Jeffrey Ruddell	Whitsunday Airport	49469180 0417609580	jruddell@mackay.net.au
finish line	Publicity officer	Whitsunday Shire Council	49450204 0414313769	TBA

For more information on Run the Whitsunday Great Walk contact:**Martin Lambert****Mackay Road Runners****PO Box 210, Mackay QLD 4740****0409 263 202****martin@stamford.net.au**

or

Nickie King**Mackay Road Runners****0422 232 398 / 49512775**