

## Untitled

Experience the 5th running of one of Australia's best coastal trail runs at Victorias spectacular Wilson's Promontory National Park. The run is all on trails, rock, beaches and duckboard offering spectacular coastal views with approximately 10km on sealed road. Depending on tide movements it may be necessary to wade across Sealers Creek at Sealers Cove.

The Prom 100 will be a totally self supported run, it is not a race. Runners are fully responsible for their own safety and assume full liability for their participation. Participants should offer assistance to other runners in distress. NB. A strict limit of 35 participants has been imposed by PWS.

No support personnel or equipment is available other than at Tidal river. This is an arduous course with constant climbs that take a cumulative toll. The run has been scheduled for Saturday 14 May with the pre race briefing taking place on Friday 13 May. Weather conditions could be cold, wet and windy. Hypothermia is a serious risk and all runners should be prepared.

The Prom 100 run is should only be attempted by experienced trail runners with good navigation experience. The run will start and finish in the dark. As a minimum, runners attempting the course must have successfully completed at least one 50 km organised trail run in the previous 6 months.

Distance: Four runs will be available on the Saturday 14 May  
100 km: start time - 6 am                      60 km: start time - 7 am  
80 km: start time - 6 am                      43 km: start time - 7 am

NB a total of 35 runners have been authorised by PWS, registrations will be accepted on a first in basis.

Runners will be responsible for recording their own times and a run register (possibly with a volunteer recorder) will be located at race Headquarters at Tidal River and at the Junction of Telegraph track and Waterloo Bay walking trail. Runners must log in at these points as a safety check.

Support: Nil. This a self supported run. Water is available at campsites and from creeks.

### Safety Equipment:

All runners must carry with them as a minimum the following safety equipment:-  
;P Waterproof map of the area, whistle, compass - (the best map is Vicmap 1:50,000  
Wilson's Promontory NP)  
;P Broad bandage, antiseptic swipes, bandaids, Nurofen or stronger (6)  
;P Water proof jacket with hood  
;P Spare long sleeved polypropylene top and long johns  
;P Beanie, Hat, gloves  
;P Torch, spare batteries and bulbs  
;P Emergency space blanket  
;P Food  
;P Emergency food  
;P Mobile Phone - (highly recommended)  
;P Disposable camera - (highly recommended) - scenery is fantastic

NB In a previous run a number of participants had trouble finding exit points off beaches. Runners partners wanted searches initiated and the runners, whilst not lost indicated after the event that they considered activating an EPIRB. Unless race headquarters are advised of a runner in distress, no searches will be mounted until 10am on the Sunday. Runners unable to find their way off the beach MUST NOT activate EPIRB's unless there is a medical emergency or they are well and truly lost. All runners MUST have sufficient experience/equipment to allow them to either find an alternate route back to run headquarters (road) or wait out the night & complete the run the following day).

Any runner who withdraws or is unable to complete the loop back to Tidal river by 9pm on the Saturday MUST attempt to contact the run director by mobile phone & advise their status.

### Medical Evacuation

Given the nature of the terrain and the distance from the closest hospital participants are encouraged to join Air Ambulance Victoria - any medical evacuations are at participants cost ([www.ambulance-vic.com.au](http://www.ambulance-vic.com.au) Phone 03 9379 9155)  
All runners will be provided with emergency contact numbers at the pre run briefing

### Entry Fees

AURA Members \$20, Non Members \$25. The event is covered by the AURA insurance policy

### Pre run Briefing

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A pre run briefing will be conducted outside the Theatrette at the Park Information centre at Tidal River commencing at 8.30 pm on Friday the 13th of May - This is a mandatory briefing and participants should bring their running kit for checking, given the number of runners that got confused exiting beached in previous runs, No briefing = No start.

### Track Etiquette:

Wilson's Promontory is a major recreational walking/camping area, runners are requested to show consideration to track walkers and to enter and leave camping areas quietly at night.

### Travel/Camping Arrangements:

Travel to Tidal river is by car, runners should arrive on the Friday afternoon/early evening. Driving time from Melbourne is approximately 3.0 - 3.5 hours, camping is available at Tidal river. Park entry fees and camping fees are payable.

For participants staying at Yanakie allow 45 minutes to drive to Tidal river - beware of Wombats, Kangaroos and Deer on the road at night and early in the morning. NB the road within the park boundary is very windy with sharp curves.

### Volunteers

Support from volunteers at a couple of critical junctions would be of great assistance as would the services of a photographer at Sealers Creek.

### Course Description

Available at the pre run briefing

For further information or to register for the Prom 100 - contact:

Paul Ashton ph: 03 9885 8415 (h) / 0418 136 070 (m)

[www.coolrunning.com.au/ultra/wilsonsprom/index.shtml](http://www.coolrunning.com.au/ultra/wilsonsprom/index.shtml)

email: [paul.ashton56@bigpond.com](mailto:paul.ashton56@bigpond.com)

### Course details:

80/100 km Ultra Course (NB the 80 km course concludes at Tidal River	
Tidal River to Telegraph Saddle Car Park	4.4 km
Telegraph Saddle Car Park to Sealers Cove	9.5 km (water/toilets)
Sealers Cove to Refuge Cove	6.4 km (water/toilet)
Refuge Cove to Little Waterloo Bay	7.0 km (water/toilet)
Little Waterloo bay to Telegraph track junction	5.7 km - Checkpoint
Telegraph track junction to Roaring Meg (via walking track)	6.0 km (water/toilet)
Roaring Meg to South Point	3.7 km
South Point to Roaring Meg	3.7 km
Roaring Meg to Lighthouse (via walking track)	6.5 km (water/toilet)
Lighthouse to Little Waterloo Bay (coast track)	10.2 km
Little Waterloo bay to Telegraph track junction	5.7 km - Checkpoint
Telegraph Track Junction to Oberon Bay	3.4 km (water/toilet)
Oberon Bay to Tidal River (Norman Bay Car park)	7.0 km - Checkpoint 79.2 km

Norman Bay Car park to Bridge over Tidal River	0.5 km	
Bridge to Lily Pilly Car park		1.3 km
Lily Pilly carpark to Mt Bishop and complete circuit	9.9 km	
Lily Pilly car park to Picnic Point car park (via road)	2.8 km	
Picnic Point to Pilar Point to Tidal river (via beach)	6.0 km	
	20.5 km	

Course total 100 km. Runners undertaking The Prom. 100 can undertake equipment / food resupply and clothing change at their car/camp at Tidal River next to Norman Bay Car Park.

### 60 km Ultra Challenge

Tidal River to Telegraph Saddle Car Park	4.4 km
Telegraph Saddle Car Park to Sealers Cove	9.5 km (water/toilets)
Sealers Cove to Refuge Cove	6.4 km (water/toilet)
Refuge Cove to Little Waterloo Bay	7.0 km (water/toilet)
Little Waterloo bay to Lighthouse	10.2 km
Lighthouse to Roaring Meg	6.5
Roaring Meg to Telegraph track junction (via walking track)	6.0 km Checkpoint
Telegraph Track Junction to Oberon Bay	3.4 km (water/toilet)
Oberon Bay to Tidal River (Norman Bay Car park)	7.0 km - Checkpoint 60.4

### 43 km Marathon Course

Tidal River to Telegraph Saddle Car Park	4.4 km
Telegraph Saddle Car Park to Sealers Cove	9.5 km (water/toilets)

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Sealers Cove to Refuge Cove	6.4 km (water/toilet)
Refuge Cove to Little Waterloo Bay	7.0 km (water/toilet)
Waterloo Bay to Telegraph Track Junction	5.7 km Checkpoint
Telegraph Track Junction to Oberon Bay	3.4 km (water/toilet)
Oberon Bay to Tidal River (Norman Bay Car park)	7.0 km - Checkpoint
	43.4

Run Headquarters

Run Headquarters will be located between 23rd Avenue and the Ring Road adjacent to Norman Beach carpark. Toilet and shower facilities are located opposite in the West Block.