

LAKE
MACQUARIE
CITY

RAFFERTYS
COASTAL RUN



TRAIL RUN FROM CALM LAKE SHORE TO RUGGED COASTLINE.

EVENT
PROGRAM



WELCOME

Max Adventure, in partnership with Raffertys Resort, would like to welcome all runners and their families to the shores of beautiful Lake Macquarie, for Raffertys Coastal Run 2023.

Nestled amongst beaches and bush on the quiet bay of Cams Wharf, the self-catering resort offers visitors an opportunity to experience 38 acres of pure relaxation and rejuvenation – just 90 minutes north of Sydney.

It provides the perfect backdrop to a weekend of running. Runners are in for a real treat with a spectacular trail running course. The Lake Macquarie foreshore, Wallarah National Park and the stunning coastline of historic Catherine Hill Bay and the Munmorah State Conservation Area all challenge and excite the most discerning of trail runners.

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. This Event Program contains all the information you need for race day. Make sure you read it carefully!

EVENT CENTRE – RAFFERTYS RESORT

Raffertys Resort is situated on a narrow peninsula between Lake Macquarie and the Pacific Ocean. The resort is an easy 90 minute drive north of Sydney and 30 minutes south of Newcastle. Spectators are welcome at the Event Centre.

Address

Raffertys Resort
Wild Duck Drive via Raffertys Road, Cams Wharf
Lake Macquarie NSW 2281

[Google Map](#)

Mobile Phone Coverage

There is good mobile reception at the Event Centre.



Welcome from the Mayor of Lake Macquarie City Council

I'm so pleased to welcome you to the 2023 Raffertys Coastal Run. Lake Macquarie City Council is a proud supporter of this year's event, which showcases some of the most spectacular parts of our coast and lake. Runners will take on a variety of terrain, including bushland single track, fire trails, rock platforms and sandy beaches.

With 12km, 22km and 36km course options, plus a kids' run, there's something for every trail-running fan, and there will be plenty of family-friendly activities at Raffertys throughout the day to encourage participants to stay a little longer and enjoy themselves.

We're home to an abundance of unique natural assets to explore, and the trails on offer through this event really make the most of it.

Excitement and adventure await at every turn in Lake Macquarie. Whether you're a nature lover or a full-on adrenaline junkie, there are new experiences to be had and memories to be made all over the city.

I hope every runner, official, and spectator involved in the 2023 Raffertys Coastal Run has a successful and enjoyable event.

Good luck, and welcome to Lake Macquarie City and our exciting natural playground.



From lovers of beauty and nature to adventurers and thrill seekers, there are endless ways to experience excitement, culture and adventure in Lake Mac.

 [LETSLAKEMAC.COM](https://www.letslakemac.com)

PARKING – RAFFERTYS RESORT

Limited parking is available at the Event Centre. Details of the relevant Parking Areas can be found [HERE](#).

Overflow parking will be along Wild Duck Drive and at Wrightson Park/Cams Wharf Boat Ramp, a short stroll from Raffertys Resort and the Event Centre.

Dedicated event traffic marshals will direct traffic on arrival, please follow their directions.

EVENT SCHEDULE

FRIDAY 14th JULY 2023

5:30pm	Event Registration Opens
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7:30pm	Event Registration Closes
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SATURDAY 15th JULY 2023

7:00am	Event Registration Opens
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8:20am	36km Race Briefing
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8:30am	36km Event Start (Self-Seeded)
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9:05am	22km Race Briefing
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9:15am	22km Event Start (Self-Seeded)
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9:50am	12km Race Briefing
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10:00am	12km Event Start (Self-Seeded)
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10:30am	Kids 1km Fun Event Start
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10:30am	Event Registration Closes
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11:00am-1:30pm	Kids Orienteering Activity
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11:00am	Full Course Cut-off on 36km Course at 22km/36km split (13km in)
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1:00pm	Results and Prize Giving Presentation
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3:00pm	Course Closed
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REGISTRATION

The Registration Tent is located on the Event Lawn along the lake foreshore (refer to **Appendix 1 – Event Centre Map** found at the back of the Event Program).

Registration is open on Friday, 14th July from 5:30pm to 7:30pm and again on Saturday, 15th July from 7:00am to 10:30am.

RACE BIBS

Race bibs will not be sent out prior to the event. All runners will pick up their race bib at the Registration Tent either the day before or on the morning of the event.

All runners will be emailed the **Runner Start List on Thursday, 13th July 2023, please check this list carefully and note down your race number.** You will need to know your race number in order to collect your race bib from the Registration Tent.

Safety pins will be available at registration should you wish to use these to attach your race bib to your shirt. Please wear your race bib on the front of your shirt, up on your chest where it is clearly visible and not underneath clothing or obstructed from view. Alternatively, you may use a race bib belt around your waist if you prefer.

ENTRY TRANSFERS

Entry transfers (to other runners) will be accepted online **up until midnight on Wednesday, 12th July 2023.** You can complete the entry transfer process via your account in the MyEvents portal at <https://myevents.active.com/MaxAdventure> and as per the instructions on your entry registration confirmation email. After this time transfers can be completed on race day at the registration tent. The new runner must present the original runner's entry confirmation (hard copy or digital) to confirm the transfer. You will be required to complete an Entry Transfer form and we suggest you download, print and pre-fill the form [HERE](#) to bring along and save time. Entry transfers at registration will incur a **\$40 admin fee.** Allow extra time for this process to occur at registration.

COURSE CHANGES

Follow the sign to the designated line at registration for Entry Transfers/Course Changes. All runners completing a Transfer/Course Change will be issued with a new race bib number corresponding to the new course distance. Course **upgrades** at registration will incur a charge of the difference in entry fee, cash preferred. No refunds are provided for course **downgrades.**

MERCHANDISE

If you pre-purchased any merchandise, such as an Event T-Shirt, Tailwind Nutrition, Max Adventure Cap or SpeedCup or Soft Flask you can collect these items from the registration tent on the day. Merchandise is available to pre-purchase through your MyEvents portal at <https://myevents.active.com/MaxAdventure> up until **midnight Wednesday, 12th July 2023** or until Sold Out. Find out more [HERE](#).

BAG DROP

You can leave your gear with us at the Event Centre.

You will need to supply your own secure bag (no larger than a small backpack or shopping/ reusable plastic bag). We will supply a bag tag for you to mark your name and race number on the tag and attach it to your bag. Give your bag to the Bag Drop volunteer and collect after the race.

We will not be responsible for individual pieces of clothing that go missing because it was not properly stowed i.e. in a secure bag.

INSURANCE & DISCLAIMER

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

For further information and to view the event waiver, check [HERE](#).

ELECTRONIC RACE TIMING

Raffertys Coastal Run will be timed by the professionals from **Precision Timing**.

A timing tag will be attached to the back of your race bib. Please do not fold or move this timing tag otherwise it will not work correctly. It is important that you wear your race bib and attached timing tag on your chest, attached to clothing using the provided safety pins (or on a race belt if you prefer).

The timing tag will automatically record your Start and Finish time at Raffertys Resort. Please note that Line Honours and Category winners will be based on net time **NOT** gun time as runners will be released in waves to help prevent congestion on the course. This means that although you might be the first runner to the finish line another participant might have a quicker overall time. Mid-race timing splits will be recorded at a number of spots along the course and displayed with the final results.

Preliminary results will be available at the finish line on the day. Final results will be available on our website [HERE](#) in the days after the event.

START PROCEDURE & TIMES

Start times for each wave:

- **36km course at 8:30am**
- **22km course at 9:15am**
- **12km course at 10:00am**
- **1km Kids Fun Run at 10:30am (non-timed event)**

Participants will head-off at 5 second intervals in pairs.

- The start is self-seeded so please line up according to your goal finish time and running ability. Keep an eye out for 'goal time' signs along the start chute to help you position yourself.
- The first 2km will see runners exit Raffertys Resort and run through Murrays Beach. You will be running along walking tracks and nature trails that will require single file positioning in certain sections. Please give way to faster runners where possible.
- The Kids Fun Run is untimed – all kids (and accompanying adults) will start as a group at 10:30am.

CUT OFF TIMES

A short course time cut off is in place at the **13km mark on the 36km course only**. This is the split point for runners on the 36km and 22km course. 36km runners must reach this point **by 11.00am** or will be redirected onto the 22km course. Short coursed runners will be classified as 22km course finishers and their results will reflect this. Runners aiming to finish the **Triple Trail Challenge** who do not make this cut off WILL NOT be ranked as finishers for the purposes of the Triple Trail Challenge, the full 36km course must be completed.



Raffertys Run



BOOK NOW!

LAKE BAR & BISTRO

FRIDAY AND SATURDAY NIGHT

Run day-

Coffee

Bbq sausage sandwiches

Brisket Rolls

Bacon and Egg Rolls



Live Music:

after Raffertys Run presentation.

Lake bar and Bistro

You've earnt a cocktail!

GUNYAH
HOTEL

RAFFERTYS
RESORT

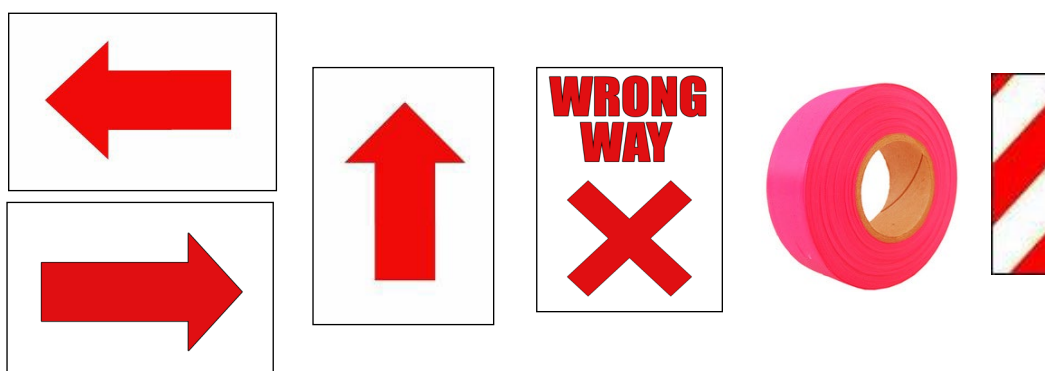
Have you
booked your accommodation?

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, confirmation arrows will guide you along the course. **Critical intersections will be manned by race officials – please follow their directions. Roads are not closed for the event, runners are to give way to traffic, NOT the other way round!**

Runners must look out for “red on white” arrows and wrong way signs, pink surveyors tape and caution and distance 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 running on the course. **If you run for long sections without seeing pink surveyors tape, turn back!**
- Red and white hazard tape and crosses will be used to close-off side tracks, or indicate areas where you should not enter. If you run past a cross (wrong way sign), you are on the wrong track. **Turn back immediately!**



Course Split Points

There are two split points where the various course distances divert from each other. These split points are located at:

- **Aid Station 1** – (Refer to course maps [here](#))
12km runners turn right to head back to Raffertys Resort
22km and 36km runners continue straight into Wallarah National Park
- **Split Point** – (Refer to course maps [here](#))
22km runners turn right to start the loop back to Raffertys Resort
36km runners continue straight to Middle Camp Beach/Catherine Hill Bay

Split points will be marked as follows:

- 36km = Red Signage
- 22km = Blue Signage
- 12km = Yellow Signage



AID STATIONS

There are three marshalled aid stations along the course. At the aid stations, runners will have access to the following:

- First Aid
- Water
- [Tailwind Endurance Fuel Nutrition](#)
- Fresh Fruit e.g. bananas and oranges
- Lollies and Chips

Please Note: The Raffertys Coastal Run is a cup free event. All runners will need to utilise a reusable bottle or hydration pack of at least 500ml to stay hydrated on the course.

36KM COURSE

- 8.5km – Aid Station 1 (Scenic Drive)
- 20km – Aid Station 2 (Frazer Beach)
- 30km – Aid Station 3 (Mine Camp Drive)

22KM COURSE

- 8.5km – Aid Station 1 (Scenic Drive)
- 16km – Aid Station 3 (Mine Camp Drive)

12KM COURSE

- 8.5km – Aid Station 1 (Scenic Drive)



HAS YOU COVERED

AT

RAFFERTYS COASTAL

RUN

ITS ALL YOU NEED ALL DAY. REALLY.™

www.tailwindnutrition.com.au

RACE RULES

- Show respect for the environment, landowners, local communities and other recreational users.
- Stick to the marked tracks, follow the course as marked and as directed by the marshals.
- 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 Race 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.
- There will be marshals out on course with radio communications back to the Event Centre. Please inform them if you require any medical assistance.

FIRST AID

First Aid crews will be located at the event centre and out on course.

- If you need any first aid attention, see one of the event officials for assistance.
- 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. We expect all runners to place the safety of fellow runners ahead of any personal achievements.

ON COURSE SAFETY

- Please note you will be running on public trails and roads open to other traffic. Event officials will be present to assist at road junctions and crossings but it is still your responsibility to lookout for any pedestrians or vehicles.
- Stick to the left hand side of roads and trails in public areas.
- Please obey all event, road and directional signage and stick to the marked trails at all times.
- For 36km runners, **spectators are welcome at Aid Station 2 at Frazer Beach** (Munmorah State Conservation Area).
- There is **no spectator access to Aid Stations 1 and 3.**



WATER & TOILETS

Event toilets will be available at the Event Centre Start/Finish. There will be a toilet available at both Aid Station 2 (Frazer Beach) and Aid Station 3 (Mine Camp Rd) as well.

Water is available at all the Aid Stations. Runners are required to carry a minimum of a 500ml bottle/soft flask or hydration pack with them as there are no cups available at the Aid Stations. Water will be available at the Event Centre Start/Finish.

RESULTS & PRIZES

Preliminary results will be available at the finish line. Full results will be available on the event website [HERE](#) in the days following the event.

Prizes and Finishers Medals

- All competitors will receive a 2023 Raffertys Coastal Run Finishers medal upon completion.
- Prizes will be awarded to 1st, 2nd and 3rd place getters in each age category courtesy of our event sponsors. Winners must be at the prize giving to receive their prize, nothing will be posted.
- A short prize-giving presentation will be hosted **at 1:00pm**, at the finish line.
- As the Kids Fun Run is untimed no prizes will be awarded, however all runners will still receive a 2023 Raffertys Coastal Run Finishers medal.



RAFFERTYS

RESORT

WHERE MEMORIES
ARE MADE

functions@raffertysresort.com.au

photography by

Sarah Nash

Accommodation

Raffertys Resort has a variety of accommodation still available for Friday, 14th July and Saturday, 15th July 2023.

The terrace suites and resort cottages are just a relaxing stroll from the event centre, which is located between the resort pool and lake foreshore. Whether you have a family with kids or a group of runners, Raffertys Resort offers you excellent value-for-money accommodation on race weekend.

For bookings, please contact:

P +61 2 4972 5555

reservations@raffertysresort.com.au

[Book Online](#)

(Group bookings are welcome)

Food & Drink Options

A number of food options will be available on race day.

Event Centre – On Race Day

Raffertys Resort will be supplying a special Race Day only pop-up cafe for runners to access post race (and to feed those hungry spectators) in the main reception building. They will also have a coffee bar open in the morning for all those participants that need their morning fix before the event.

EVENT CENTRE ACTIVITIES

Event Centre Activities (10:30am – 1:30pm)

The following activities will be available at the Event Centre for big and small kids.

Orienteering Activity

- A series of checkpoints will be marked on a Raffertys Resort map.
- You have to track-down all the checkpoints, or as many as you desire.
- Get your map and instructions at the Registration Tent.
- All ages welcome, entry is free.

Stand-Up Paddle Boarding, Kayaks and Paddle Boats

- Simon from Jetbuzz will have a number of water craft available for hire during the day.
- Jetbuzz is located at the Jetty next to the Event Centre.

SPECTATORS

Spectators are welcome at the Start / Finish area and at Aid Station 2 (Frazer Beach) which is on the 36km course. Aid Stations 1 & 3 are not accessible by spectators.

VOLUNTEERS

We still need a few more volunteers for this event. Just complete the Volunteer Registration [HERE](#). All Volunteers receive a shirt, cap, goodie bag, a **FREE Max Adventure race entry** and thanks of the staff and competitors. Volunteers will assist with setup, registration, and marshalling on course, amongst a variety of other roles.

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 [HERE](#). We will also make an announcement on our Facebook page [HERE](#). All efforts will be made to reschedule the event should this situation occur.

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 the relevant authorities to determine an outcome. All participants will be notified as soon as possible via all the mediums mentioned above

Have you tried Status Quo?



Available nationwide where good beer is sold.

PHOTOGRAPHY

The professionals from **Outer Image** will be out on course taking photos of competitors. The photos will be made available for viewing and purchasing a couple of days after the event. Sign up now on the link below to be notified when this gallery becomes active:

[Notify me when race photos are available!](#)



SPONSORS & SPECIAL THANKS

Raffertys Coastal Run would not be possible without the commitment of our sponsors, volunteers and the local community.



Lake Macquarie City Council
Explore Our Natural Playground
www.visitlakemac.com.au



Tailwind Nutrition Australia
All you need, all day. Really!
www.tailwindnutrition.com.au



Raffertys Resort
For moments that matter
www.raffertysresort.com.au



Tarkine
High performance running shoes.
<https://tarkine.com/>



Mountain Culture Beer Co.
The home of really good beer.
<https://mountainculture.com.au/>

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

- National Parks & Wildlife Service
- Murrays Beach
- CREST Radio Communications

tarkine.com



TARKINE

ECO-FRIENDLY HIGH PERFORMANCE RUNNING SHOES

CONTACT

BEFORE THE EVENT

Max Adventure

P: 0474 551 331

E: info@maxadventure.com.au

W: <https://raffertyscoastalrun.com.au/>



RACE DAY

Mark Roberts

Race Director

P: 0474 551 331

UPCOMING EVENTS



Appendix 1 – Event Centre Map

