



**Competitor Information &**  
**Event Schedule**  
**2024**



# THANK YOU TO OUR PARTNERS



WYNYARD



## **Competitor Briefing**

There will be no need to rush around pre-race this year as there will be no formal registration for the 2024 event. The Competitor Briefing for all the Gone Nuts Events (Individuals and Teams) will be held electronically. It will be posted online on our Website on Wednesday 28th February. We will also email a link to your supplied email address. The link will also be published on social media. Any questions arising from the briefing can be directed to michael@tasadventures.com.au

There will also be a pre-race briefing 5 minutes prior to each distance start to finalise any last-minute items that may need addressing.

## **Competitor Bibs & Merchandise**

North-West coast participants that registered up until 14<sup>th</sup> January will be able to collect their race bibs from Naked Trails – 4 Inglis Street, Wynyard from 12<sup>th</sup> until 17<sup>th</sup> February. After this date any uncollected bibs will be posted to Tasmanian Competitors - they will be sent to the address listed when you entered. If this is different, please let us know - and very soon! Any changes please send to info@gonenuts.com.au

Team bibs are sent to the nominated team captain. Any changes please send to info@gonenuts.com.au

Interstate competitors can collect their bibs from the race registration at the finish line – Wynyard Yacht Club on Friday 1st March, from 4pm, the morning of the event or by arrangement with the race director.

Competitors will receive their race merchandise– along with their finishers medal after you cross the finish line. There will also be a “Nutters finisher beer” so make sure you enjoy!!

This year when registering all competitors were required to acknowledge a terms & conditions waiver box and as such there is no requirement to complete a paper copy for the 2024 event. If you were entered by the admin team or by a friend, then the document can be viewed at the end of this document.

## **Location**

In line with an agreement with the Wynyard Waratah Council we will be utilising the newly constructed Wynyard Yacht Club facility as the finish line venue for this year's event. A beautiful location overlooking the Inglis River will add to your finish line experience. The Yacht club is located at 2A Old Bass Hwy, Wynyard TAS 7325 <https://goo.gl/maps/zdQDFWSCZ5Ah51b16> . We have partnered with the Yacht Club and have use of their excellent change room, shower, and toilet facilities. There is plenty of seating room inside and on the grassed area so friends, family and competitors can watch you run to the finish.

## Parking

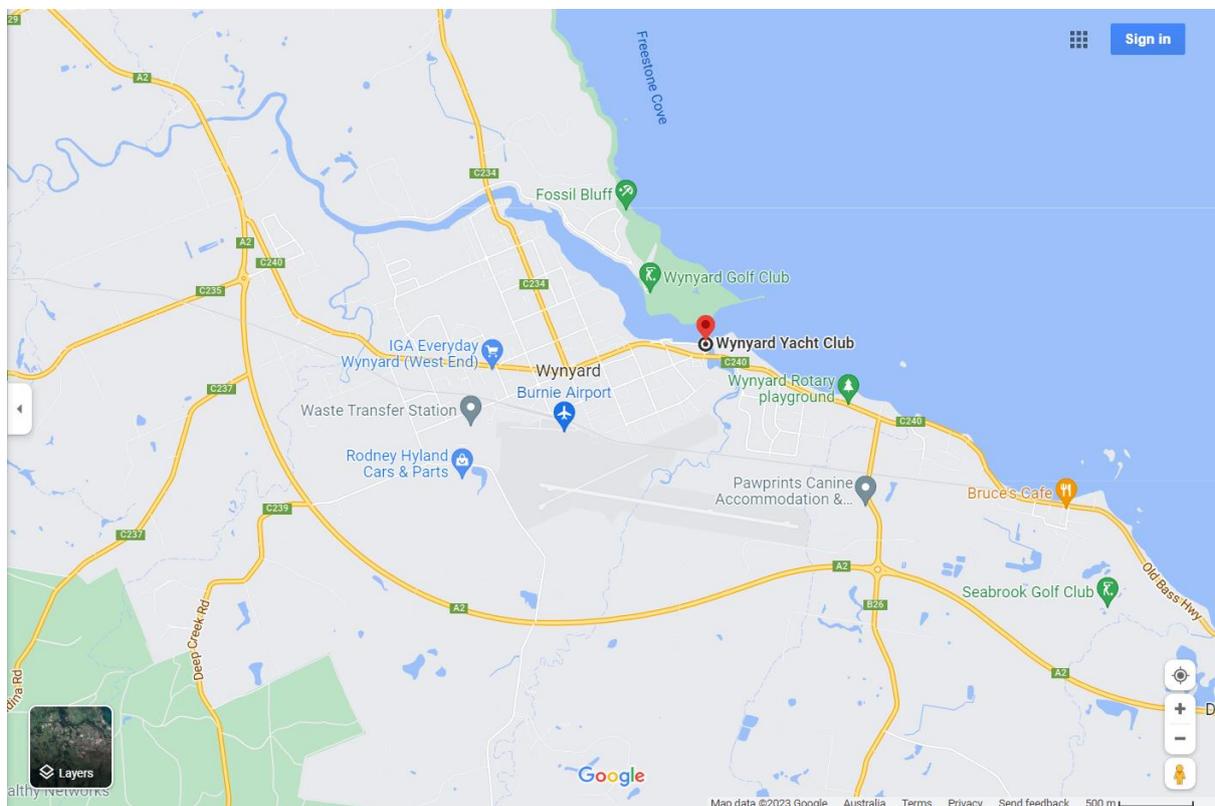
There is limited parking at the Yacht Club Facility, however there is plenty of street and off street parking located within a short walking distance to the finish line.

## Event Schedule

### Friday 1<sup>st</sup> March 2024

4:00pm – 7:00pm Interstate (& local if required) competitors bib collection for Gone Nuts 101/75/50/25 and Bag / Gear drop will be at the Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard TAS 7325 <https://goo.gl/maps/zdQDFWSCZ5Ah51b16> .

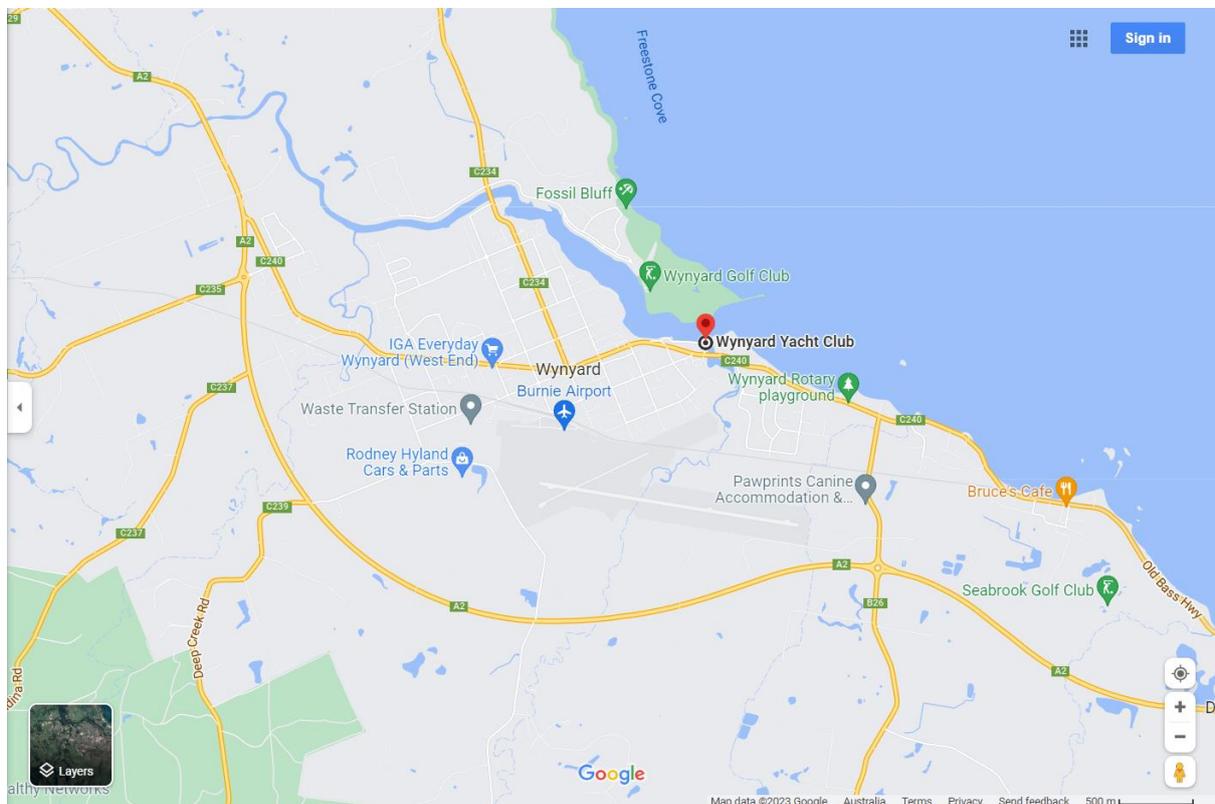
Late or alternate Gear Drop -  
**(to be confirmed via email – contact michael@tasadventures.com.au)**



## Saturday 2<sup>nd</sup> March 2024

- 4:30am** Bus leaves Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard to 101km race start at Stanley.
- 4:45am** Bus leaves Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard to 50km race start at Rocky Cape.
- 5:45am** Bus leaves Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard to 75km race start at Mawbanna
- 7:30am** Bus leaves Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard to 25km race start at Boat Harbour

There is limited parking at the Yacht Club Facility, however there is plenty of street and off-street parking located within a short walking distance to the bus pick up area.



- 6:00am** RACE START for 50km runners at Rocky Cape.
- 6:00am** RACE START for 101km runners at Stanley.
- 7:00am** RACE START for 75km runners at Mawbanna.
- 8:30am** RACE START for 25km runners at Boat Harbour.
- 10:30am** Finish Line opens - First Runners expected to arrive (50km runners)
- 7:00 pm** Presentations for 25/50/75/101km races (note this is fluid and based on finishing times)

Finishers can keep crossing the finish line throughout the night and until 10.00am on Sunday.

## **Sunday 3<sup>rd</sup> March 2024**

1:00am	75km cut off (101 runners /50km cut off for 75km runners and 25km cut off for 50km runners)
10:00am	Course closes
10:15am	End of Race debrief.

## **Race Start Times**

<b>6:00am</b>	<b>RACE START for 50km runners at Rocky Cape.</b>
<b>6:00am</b>	<b>RACE START for 101km runners at Stanley.</b>
<b>7:00am</b>	<b>RACE START for 101km runners at Mawbanna.</b>
<b>8:30am</b>	<b>RACE START for 25km runners at Boat Harbour.</b>

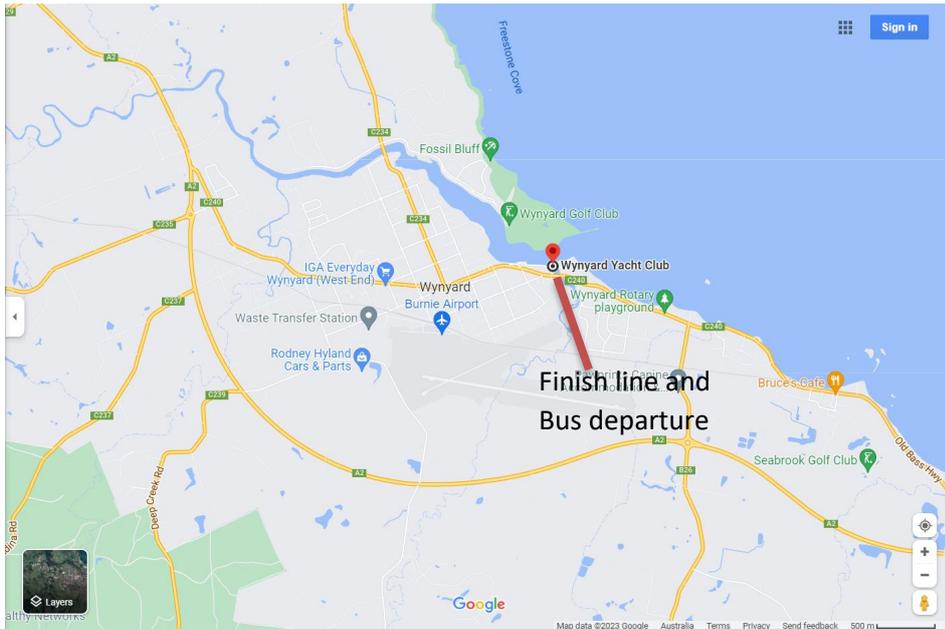
**Please do not be late!!**

## **Transport**

We are offering transport from Wynyard to the start of all races, and this would (or should) have been booked upon entering the event. Depending on numbers requiring transport we may run one bus or multiple buses. To enable us to get you to the start in time to prepare, buses will leave **Wynyard Yacht Club, at 2A Old Bass Hwy, Wynyard** at 4:30am (101km) / 4:45am (50km) / 5:45am (75km) and 7:30am (25km) on Saturday 2<sup>nd</sup> March 2024. It is approximately a-55-minute trip to the start of the 101km race and 45 minutes to the start of the 50km and 75km run and 30 minutes to the start of the 25km race.

Any questions on the bus please email: [michael@tasadventures.com.au](mailto:michael@tasadventures.com.au)

Bus Departure as per below:



## **Competitor Bibs**

All competitors are required to wear their race number plate(s) whilst running in the race.

Solo competitors will receive one A5 sized number plate.

The bib must always be visible from the FRONT when you are running. Bibs are required to be on your outermost garment.

Team runners will receive a separate A5 sized bib for each runner, with the same number for each team member, bibs do not need to be transferred at transition points.

Please note: All bibs have small timing tags stuck to the back of it so we can record your start and finish times. These tags look just like a strip of foam, so please do not remove it from your number plate otherwise you will not get an official result.

## **Competitor Personal Food and Clothing**

We will transport for competitors drop bags of personal supplies - these must be left at the bag drop on Friday 1<sup>st</sup> March (see event schedule above) to each of the transition points and back to the finish line. If you do not have a support crew - especially individual competitors - or your teammates can not assist, then we will transport your essential items to each of the transition points on your behalf.

**Note – we will not transfer bags between transition points, we will only transport from the start to a transition point and back to the finish line. We attempt to have bags returned to the finish line as soon after the transition closes as possible, however this is not always possible so please be patient.**

**Bags will be transported from bag drop (finish line) in Wynyard to:**

TA1 – the 26km mark for 101km runners

TA2 – the 51km mark for 101km runners and 25km mark for 75km runners

TA3 – the 75km mark for 101km runners, 50km mark for 75km runners and 25km mark for the 50km runners

Finish - The finish Line

**Bag Transportation Instructions:**

Attend Bag Drop and collect a tag for your bag. Each bag will need a tag. We will have bags if you are not able to supply your own.

Write your name and race number on the appropriate tag and attach it to your bag to be transferred:

Each Tag will have a number in bold 25 – 50 – 75 and finish and a blank section on the back for your details.

Place your bag(s) in the marked area at registration on Friday night 1<sup>st</sup> March.

Bags have a weight limit of 10kg and must be able to be zipped or closed – you do not want your personal supplies being lost due to not being secure.

Support crews / teammates can also take bags to these transition areas for you and give them to runners directly.

**Bags will be transported back to the finish line from the transitions.**

When you have finished with your bag, place all things inside the bag, close and place in the finished area (this will be signed). Support crews can also take your bags as well.

**We will have a secured area to leave a “Finish Bag” is you wish to do so - this is highly recommended, especially if you do not have a support crew.** If you have no support crew, then you will be able to leave personal requirements to access when you finish the race. Please talk to the registration team if you wish to use this service. There will be bag tags available to mark your finishing bag with.

## **Compulsory Gear List**

This is available on our website for each of the races. There may seem like a large amount of gear, but this is the worst-case scenario, and we will make a final call at registration based on the weather expected for race day. We visit some remote and hard to access places, so we need to insure you are covered in the event of injury, fatigue, or unforeseen circumstances.

Compulsory gear lists are attached.

**FIND YOUR FEET** have given us FANTASTIC SUPPORT since our inception and are again offering competitors a great deal on any compulsory gear that you may require. Please support them! [www.findyourfeet.com.au](http://www.findyourfeet.com.au)

## **Compulsory Map Information**

We have contracted <https://www.terrainium.com.au/> to electronically map the course via Avenza Maps. Please visit the Gone Nuts website, select the Course Tab and then the race maps tab to obtain all the information, QR code for the avenza maps mapping and GPs files you will need for the course. There is also an interactive map to view. <https://www.terrainium.com.au/blog/gone-nuts/>

## **Safety**

This year we have SAFETAS providing our event safety services, they will work with the SES to help provide peace of mind for the competitors.

**We recommend all runners install the free EMERGENCY+ app into your phones. If there is a problem, you can give us accurate latitude/longitude and/or street address.**

**Part of the Mandatory Safety Equipment is a high-vis vest, these are always required if running at night. This requirement will be enforced by marshals as it forms part of our permits for the event.**

Other Safety Information will be given out a race brief, emailed or posted on our web site / social media site.

## **Competitor Tracking**

Individual Competitors in the 101km and 75km along with all teams in the 101km will be required to carry a small tracker that will provide your location along the course. The tracker will enable your support crew, friends and family the ability to follow you (or your teams) progress from the start until the finish. Trackers will be handed out at the start line and collected at the finish line.

This year, we will be able to utilise the facilities at the Wynyard Yacht club and have a big screen with the live tracking showing for everyone to see.

The tracking service used is provided by "TRACK ME LIVE". Here is a link to the 2024 event as an example of the tracking <https://live.trackmelive.com.au/gonenuts24/>

## **Competitor Services**

For clarity, we describe check points and transition areas, a check point is as described, a place where we can keep an eye on competitors as they pass, a transition area is a point where team runners change, and individual runners can access personal equipment have access to support crew and first aid. Both points are manned, transitions will have a full range of food and drink available checkpoints will have a limited range.

Food and drinks will be available at each of the following checkpoints and transition areas on the course:

Check Point 1	8km mark 101km runners.
Check Point 2	14km mark for 101km runners.
Transition Area 1	26km mark for 101km runners
Check Point 3	38km mark for 101km runners.
Transition Area 2	51km mark for 101km runners
Check Point 4	13km mark for 50km runners and 64km mark for 101km runners.
Transition Area 3	25km mark for 50km runners and 76km mark for 101km runners
Check Point 5	13km mark for 25km runners / 38km mark for 50km runners and 89km mark for 101 runners.

We will also have unmanned water stops on the course. The amount will be dependent on the weather. These points will be advised.

Check points and Transition areas do not have cups - just large containers for you to refill your own containers. Food and drink are available to all competitors. **Please be fair to all in your usage.**

**Check Points** will have the following:

Bananas  
Oranges  
Snakes and lollies  
Hammer Power Bars  
Biscuits  
Electrolyte Tablets  
Water

Support crews and teammates can take hydration and/or nutrition to check points for their runner.

**Transition areas** will have the following:

Bananas  
Oranges  
Snakes and lollies  
Hammer Bars & Electrolyte Tablets  
Water & Coke  
Sandwiches  
Cold Roast Potatoes  
Chips & Biscuits

**Transition Areas 2 & 3 will also have hot drink making facilities, so you can have tea coffee or milo.**

# Bramich's Concrete Gone Nuts: Leg 1(0km to 26.9km)

**Leg start point:** Kings Beach, Stanley  
**Leg finish point:** Mawbanna / Mathers Road

**Distance:** 26.9km

**Description:** There's a huge variety of terrain on this leg - single track, hard packed beach, a section of soft beach, gravel road, train line, water crossing and a lap of the Iconic Stanley Nut.

**Cut off time:** You need to finish this leg by 12pm.

## COURSE OVERVIEW

Kings Park, Stanley will see the start of the 101km Adventure Run. Soon after the start - competitors will find themselves climbing the iconic 'Nut' for a 2km circuit around the volcanic monolith. Dawn will be breaking - so expect to be dazzled by the amazing views. Runners will head back down The Nut and weave their way through the historic township of Stanley. The course then heads down and onto Tatlows Beach. The course then turns inland and crosses private land following the eastern inlet via farm tracks and old sections of disused highway. The route crosses the Bass Highway via a controlled crossing then follows the train line along to the Black River bridge aide station. Following the aide station there is a controlled bridge crossing to get you safely across the Black River.

The course then follows the train line inland and onto Locketts Road and more private farm and bush land finally coming out and onto forestry roads. The course winds gently through the forest before joining Mathers Road which takes runners to the first transition point at the 25km mark (located at the junction of Mawbanna and Mathers Roads).

Time to meet the support crew, refuel, maybe a change of shoes or just pass on through continuing towards your destination.

Visit our website for the Legs specifics - <https://www.terrainium.com.au/blog/gone-nuts/>

## SEA FM 101.7 - Leg 2 (26.9km-51.3km)

**Leg start point:** Mawbanna-Mathers Road Intersection **75km start point at 7.00am**  
**Leg finish point:** Rocky Cape Roadhouse

**Distance:** 24.5km

**Description:** Forestry gravel roads, 4wd tracks, motor bike tracks. Terrain is a mixture of undulating forestry roads, short steep rocky climbs, and descents along with mixed terrain motor bike tracks.

**Cut off time:** 6pm

### COURSE OVERVIEW

Leaving the transition area competitors initially follow a four-wheel track alongside the rail line then motor bike tracks and forestry roads climbing up to the top of the Millicent Valley.

At the top of the valley the terrain changes again and becomes rocky as you follow a four-wheel track along the ridge line - be prepared for a couple of very steep climbs and descents. Take your time and take in the magnificent views. After leaving the ridge line you drop sharply back towards the coast following a fire trail until it comes out on Coopers Road - a four-wheel drive track leading to a hard-packed gravel road.

Coopers Road is followed for approximately 4km before following Yanns Road and across the Bass Highway (at a controlled road crossing) then into the Rocky Cape Roadhouse- if you're doing 101km - you've hit the halfway point!

Congratulations - take a rest - refuel and prepare to conquer the next leg.

Visit our website for the Legs specifics - <https://www.terrainium.com.au/blog/gone-nuts/>

## SEA FM 101.7 - Leg 3 (51.3km – 76km)

**Leg start:** Rocky Cape Roadhouse (Race start for 50km event is 6:00am)  
**Leg finish:** Boat Harbour Beach Surf Lifesaving Club

**Distance:** 24.7km

**Description:** Special single tack, pristine beaches, technical rocky sections, a short road section and spectacular scenery. Terrain is best described as undulating with a couple of solid climbs and enjoyable downhills. This leg will be a favourite of many.

**Cut off time:** 1am

### COURSE OVERVIEW

Leaving the Rocky Cape Roadhouse, competitors will head along Rocky Cape Road for a 4km before heading into the Rocky Cape National Park. This is the start of approximately 10km of single-track trail. The track climbs up into the hills above Rocky Cape before levelling out and offers some stunning coastal views. The course undulates its way through the hills before turning left back towards the ocean at the Anniversary Bay / Doone Falls intersection.

Once onto the beach we head right along Anniversary Bay and continue east towards Sisters Beach enjoying the remote beauty of this area. A short steep climb at the end of the bay takes you up over a rocky headland and down into the seaside hamlet of Sisters Beach, a short section of bitumen brings you to Sisters Creek. Here you find, and aide station and it is a great spectator viewing area for family and friends to cheer you on your journey.

The course continues through Sisters Beach onto a 4wd track that runs adjacent to the beach, follow this track until the beach runs out and you will find the start of the Postman's Track that takes you up and over the headland to Boat Harbour. Again, this is single track although a bit more technical it is still a very enjoyable part of the journey. Once up off the beach you are afforded more sensational coastal views and can see your next destination of Boat Harbour off in the distance. After approximately 2km the track turns hard left and drops down towards the ocean providing a tricky little decent before levelling out, traversing farmland and finally dropping right down to the coast. The last kilometre into Boat Harbour requires some care as there are a couple of rocky bays to cross that will require a little bit of rock hopping. These bays are subject to tidal movements – not a problem at low tide – but depending on your timing you may get wet feet. It is a low to moderate technical area so take your time and you will pass with ease. Once you are passed this section it is an easy journey into Boat Harbour and your halfway (50km), two thirds (75km) – or three quarter (101km) point of the event.

Boat Harbour will have an aide station and again is an excellent viewing point for spectators to offer their encouragement with plenty of facilities available.

Visit our website for the Legs specifics - <https://www.terrainium.com.au/blog/gone-nuts/>

## View Real-Estate Exclusive 25 Leg 4 (76km – 103.1km)

**Leg start point:** Boat Harbour Beach at 10:30am

**Leg finish point:** Gutteridge Gardens, Wynyard

**Distance:** 26.9km

**Description:** This leg has a huge variety of terrain from beaches and inter tidal zones with some technical terrain over reefs and rocks, farm tracks, driveways, fence lines cross country farmland, single track and a short bitumen section. It is undulating with some short step climbs until you reach Table Cape Lookout, from there it then descends to your finish line in Wynyard.

**NOTE – THIS LEG TRAVERSES PRIVATE LAND AND NO PRIOR ACCESS IS AVAILABLE. PLEASE RESPECT!**

**Cut off:** 10am Sunday Morning

### COURSE OVERVIEW

Competitors head east from Surf Life Saving Club along the beach and onto the coast, there is a little rock scrambling and care should be taken on this section – too early in the race to take risks or way to close to home if doing the longer runs! The course then heads up off the coast and onto rolling coastal farmland where you follow farm and cattle tracks, cross lush green paddocks occasionally dropping back down to the coast for a short rock hop before heading back onto the green pasture. Take time to enjoy the stunning views afforded along this section, knowing that you can do these thanks exclusively to the private land holders who have been generous enough to let us on their land.

The course continues east and bringing you ever closer to Table Cape which has loomed large from the start. At Chambers Bay we run out of usable coast and head inland through more private farmland before dropping back down onto a private track network that takes you up, down and around the western side of Table Cape. Leaving the farmland for a small time you climb up to the Table Cape Lighthouse via some single and farm tracks on private land. An aide station is situated at this stunning location so stop for a drink and some nutrition or just take in the views before heading off towards the finish line.

From the light house you follow a very picturesque section along the top of Table Cape to the lookout where you site the finish line for the very first time – not far now! Another farm track section brings you onto the eastern side of Table Cape and onto some beautiful rolling pasture which follows the coast high above the water line and leads down to Table Cape Road and onto the Inglis River Track before the final 2.0 km section to the finish line. Enjoy the final stretch and the finishing arc, be cheered on by spectators, family, friends, and other competitors. Whatever your distance, bask in the enjoyment of your achievement and know that have accomplished what you set out to achieve – you have officially GONE NUTS 103.1.

Visit our website for the Legs specifics - <https://www.terrainium.com.au/blog/gone-nuts/>

# Compulsory Gear Lists

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

## 25 km

- 1 x waterproof/breathable jacket (fully seam sealed)
- 1 x beanie or buff
- 1 x pea less whistle
- 1 x compression bandage (min. 7.5cm wide x 2.3cm wide)
- 1 x capacity to carry 1 L water
- 1 x mobile phone (Telstra network preferred) with Avenza Map app installed

## 50 km + 75km

- 1 x long sleeve thermal
- 1 x long leg thermal
- 1 x waterproof/breathable jacket (fully seam sealed)
- 1 x beanie or buff
- 1 x gloves
- 1 x reflective vest (compulsory if running in darkness)
- 1 x headlamp (compulsory only if running in darkness)
- 1 x pea less whistle
- 1 x emergency space blanket
- 1 x compression bandage (min. 7.5cm wide x 2.3cm wide)
- 1 x capacity to carry 2 L water
- 1 x mobile phone (Telstra network preferred) with Avenza Map app installed

# 101 km

- 1 x long sleeve thermal
- 1 x long leg thermal
- 1 x waterproof/breathable jacket (fully seam sealed)
- 1 x beanie or buff
- 1 x gloves
- 1 x reflective vest (compulsory if running in darkness)
- 1 x headlamp (compulsory only if running in darkness)
- 1 x pea less whistle
- 1 x emergency space blanket
- 1 x compression bandage (min. 7.5cm wide x 2.3cm wide)
- 1 x capacity to carry 2 L water.
- 1 x mobile phone (Telstra network preferred) with Avenza Map app installed.