

2023 Katherine Ultra Challenge

Don't get FOMO
Join the FUN
Sunday 6 August

The Premier ultra
and adventure race
in the NT

Individuals &
teams of 2 – 6
amazing humans

2023 Katherine Ultra Challenge

Basic Stuff

Date:	Sunday 6 August 2023
Gun time:	6:45am
Location:	Nitmiluk National Park, Katherine Gorge
Legs:	6:- swim, canoe, trail run, road bike, mountain bike, 4WD road run
Register by:	Saturday 5 August 2023

Event Volunteers:

Event Director & KMC Chair:	Brett Barney	0448 677768
Event Timer	Gary Wall	
Event Volunteer Manager & KMC Secretary:	Sarah Luthy	
Event Official & KMC Treasurer:	Lily Franklin	
Event Medic & KMC Committee:	Sarah Luthy	
Event Course Marker & Committee:	Andrew Pickering	0412 322 596
Event Course Marker & Volunteer:	Ben Wright	0437 145 181

Don't just take our word for it!

"This is an incredible challenge in one of the country's most incredible landscapes! The Katherine Ultra has a keen following among Australia's best athletes, but what is especially great about this event is that non-elite athletes can take part too."

"Find a few likeminded friends, decide who is doing which leg, and you've got yourself one heck of an adventure. Whether you want to finish first, or go at your own pace, this event ticks all the boxes."

"This race embraces the majesty and spectacular scenery of one of the Territory's top beauty spots, and spots fill up quickly with interest from around the country as people look to combine this experience with a Territory holiday. If you're considering entering - don't delay."

"The Katherine Ultra Challenge is the hardest, most beautiful, swim, ride, and run you could ever hope for. It's an epic ultra-adventure race for competitors, surrounded by the epic and ultra landscape of the Nitmiluk National Park and Katherine Gorge."

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Message from the Chair

Katherine Multisport Club (KMC) are ecstatic to once again be able to present you with the opportunity to become one with nature as you find your flow at one of Australia's premier ultra-adventure races right here in the Territory. The 2023 Katherine Ultra is a one-day, six-legged multisport event that will take place on Sunday 6 August at Katherine's stunning Nitmiluk National Park.

This ultra event can't be missed by any athlete of any mind-set and ability. Encompassing six different legs, participants (both cruisers and competitors and everyone in between) can race solo or with up to 6 mates on varying terrain to complete "the ultimate" through one of the most spectacular landscapes in our country.

Get pumped to experience swimming and paddling through our epic gorge, running and riding on our world-class mountain bike trails and relaxing (camping encouraged) in our incredible Nitmiluk National Park with some of the best natural beauty and wildlife the Territory has to offer.

This event would not be possible without the incredible support of KMC, DTC, Triathlon NT, Nitmiluk and many others. I would like to personally thank the committee of KMC, and all of the hardworking volunteers that give up their time to make this event possible.

I'm excited for those participants who have entered, to those who will enter, to those who have helped spread the word, and to those who have conned their mates into entering with them. It has been an honour to have been part of this event.

Go be amazing.

Brett Barney
KMC Chair

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– MANDATORY READ & ACKNOWLEDGE UNDERSTANDING –

Rules & Considerations Part 1 of 1

- Mandatory** pre-race brief will be online and will be sent out to all participants registered during race week. It is each participants duty to read and understand each point outlined in the briefing
- Race chip pick up will be:**
 - From 2 pm Saturday 5/August at the Ranger Station/Transition area,**
 - Then from 5am – 5.30am Sunday 6 August at the Boat Ramp.** Please familiarise yourself with these two different locations prior to the day of the event, they are approximately 10 minutes walk apart.
 - The race is slightly different than last year. Only swimmers and canoeists will be transported up the Gorge by Boat leaving from the boat ramp at 5.45am. They will then be transported back to the boat ramp, where they will make their way back to the transition area.
 - Participants, both soloists and team members will be released onto the run course from the finish chute next to the transition area in the order they/their team members finished the canoe, with the same time difference between them. We will record your order of finishing the canoe, the time difference between each finisher, and provide you with a place number, to assist with the run start times.
 - After the swim and canoe, we ask that we will fill the first boat in order of priority solo athletes first, and those team members doing the xc run for their team. If you are only doing the swim and kayak for your team, and not the trail run, you will be asked to take the second boat.

- You must **only** park in the designated spaces at the Visitor Centre
- This is a **RUBBISH FREE EVENT**
 - Strictly **NO** littering out on course or at the Ranger Station
 - You must take all your rubbish home with you
- The Ranger Station will be the main transition area
 - This is where you rack your bike and can leave all your other supplies
 - First Aid and all other support will be here at the Ranger Station
- Transport to the swim, canoe will leave **from 5.30am**
 - Allow 10 minutes to walk** from the Ranger Station to the Boat Jetty / Loading Area
 - All swimmers, canoeists and officials will need to arrive at the Boat Jetty / Loading Area **from 5am** to be on one of the first boats. Earlier if you haven' already got your chip.
 - All participants **MUST wear the swim cap provided** throughout the swim leg

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– MANDATORY READ & ACKNOWLEDGE UNDERSTANDING –

Rules & Considerations Part 2 of 2

- Follow the pink ribbons out on course
 - If you do not see a ribbon for 500 metres, turn back until you see one again
- Ensure you are sufficiently fit to complete this event / your event leg
 - If you look to be struggling in the swim, a race official will pick you up in their canoe. Cut off for finishing the swim will be 8am, as all canoeists need to have finished by 8.30am
 - There will be four vessels on the water throughout the race – remain aware throughout.
 - If you are struggling in any other leg, please inform other competitors out on course for them to relay the message to a race official at the next aid station
- There will NOT be any technical bike support on race day
 - Please ensure your bike is in immaculate condition prior to the race to avoid potential mishaps
- All participants must be self-sufficient
 - There will only be limited water available at Butterfly Gorge on the run and MTB Junction & the Transition area
 - Ensure you bring sufficient food
- Food and drinks will be available for purchase at the transition area from 10am
- Note, this year there ARE CUT-OFF TIMES!** All individuals and team will NOT be permitted to continue if they do not complete:
 - the swim prior to 8:00am**
 - the mountain bike prior to 4:15pm**
- Toilets are located at the campground 100m from the ranger station
- Note that there is no road closure for the road ride. Participants must be road-safety-aware
- All participants **MUST wear a helmet** for the entire duration of both rides.
- This 2023 event follows the Triathlon Australia Technical rules
 - [CLICK HERE to read and ensure you fully understand and agree to them](#) before event day



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Race Day Schedule

Time	Detail	Location
0500 - 0530	Collection of timing chips	Ranger Station/Transitiion area
0500 - 0530	Marshalling of swimmers, Canoeists & officials for transport to Race Start in Second Gorge	Nitmiluk Park, Boat Jetty / Loading Area
0545	boats depart carrying swimmers, canoeists, and officials	Boat Jetty / Loading Area
0645	Race start. Swimmers off first as per course details below ** MUST complete swim leg prior to 0800 **	2nd Gorge
0710 - 0800	Anticipated start of Canoe leg as per course details below ** MUST start canoe leg by 0800 **	2nd Gorge
0900 - 1000	Anticipated start of Trail Run leg as per course details below	Ranger Station
1000 - 1130	Anticipated start of Road Bike leg as per course details below	Ranger Station
1100 - 1430	Anticipated start of MTB leg as per course details below ** MUST start MTB prior to 1500 **	Ranger Station
1200 - 1700	Anticipated start of 4WD Road Run as per course details below ** MUST start 4WD Road Run prior to 1700 **	Ranger Station
1300 - 1800	Anticipated 2022 Ultra Finish times ** official finish time cut off 1900 **	Ranger Station
1600	Presentations at finish line	Ranger Station

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CHIPS

All competitors racing on the course must wear their timing chip at all times.

- The timing chip must be around the **left ankle** at all times.
- Teams will only be supplied with **one timing chip per team**.
 - Team competitors must pass on the timing chip from team member to team member throughout the entire event.
- Lost timing chips will incur a **replacement fee of \$20**. Additionally, you / your team will not receive split times throughout the race.
- If you pull out of the race halfway through the event, please return the timing chip to the finish line and inform the timing staff that you have pulled out.
 - Non-returned timing chips will incur a **replacement fee of \$20**.
 - **Do not swap** or mix up your timing chip with other competitors.
- When you finish the event (congratulations!), official race staff will collect your timing chip



CHIP: Facing outward on left ankle

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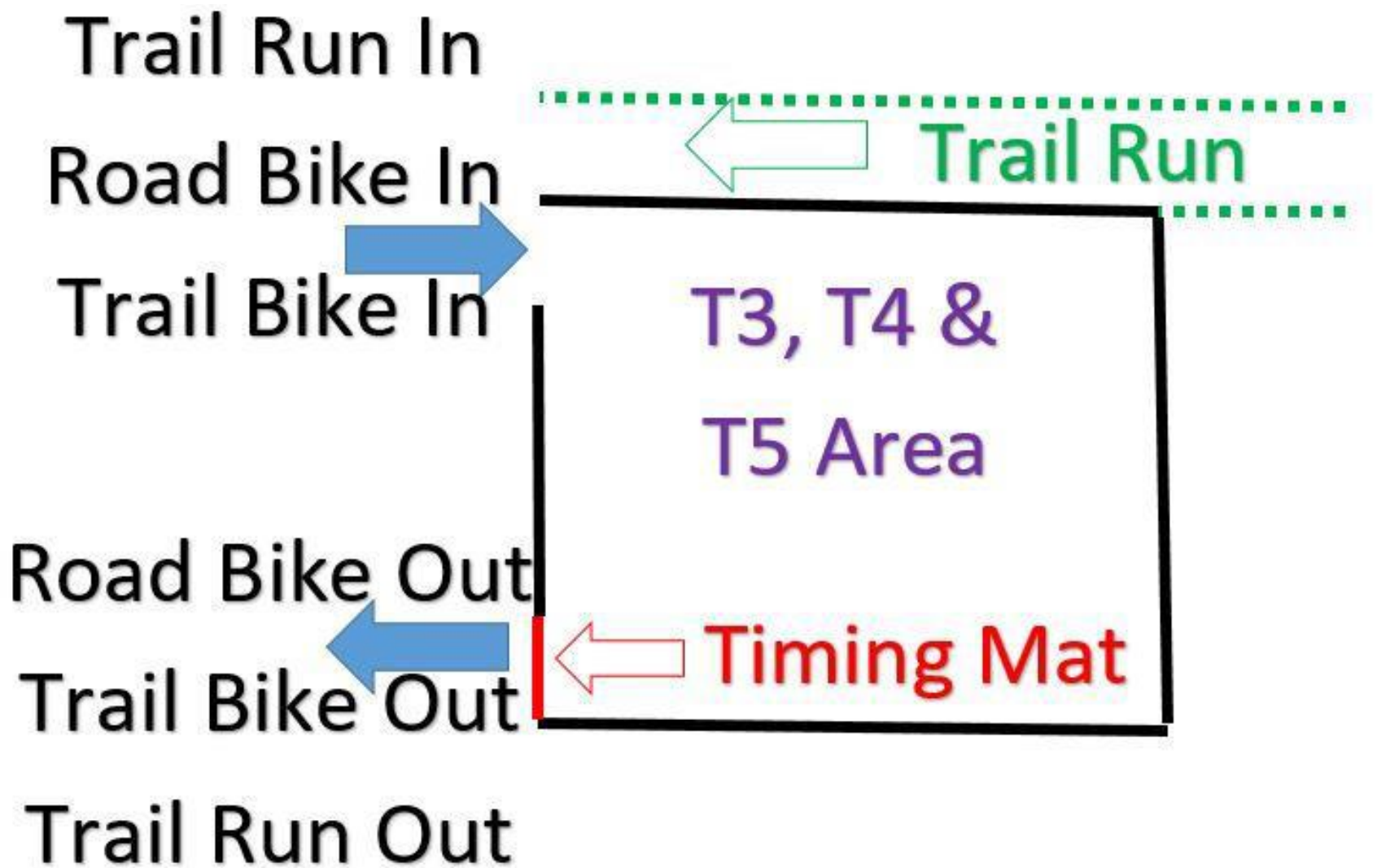
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TRANSITION MAPS

This is where you will finish and start the trail run, MTB, road ride, and 4wd track run.



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Course Details

The following pages detail each leg. Please ensure you are well-versed in all legs (even if you are not completing all legs). Note that the listed distance are approximate.

- 2km Swim
- 4.2km Canoe
- 11km Trail Run
- 40km Road Bike
- 18km Mountain Bike
- 10km 4WD Road Run

Swim ~ 2km

Enjoy a 2-kilometre swim out and back in the majestic Nitmiluk (Second) Gorge. Wetsuits permitted.

- You must wear the swim cap provided for the entire duration of the race.
 - These are available in your race pack
- Ensure you are sufficiently fit to complete this swim. If you look to be struggling, a race official will pick you up in their canoe and / or order you out of the water – whichever is safe / appropriate at the time and place in question. The race official's decision is **final**.
- Marshal at the boat ramp from 0500 to be transported to the start line to begin the swim.
- A race official will start the race at 0645 sharp.
- Upon starting, you will need to swim under a wire that the canoes are moored too.
- Swim on the right half of the gorge at all times, and just like in a pool, stick to the left of this 'lane' on the way out, and the left on the way back.
- Raise your hand to signal to an official in a canoe if you begin to struggle. You will be transported to race start. Canoes are **not** to be used to rest. When you call for a canoe, **your race is over**.
- Wetsuits are recommended, but not essential.
- When you finish / arrive back at race start, immediately ascend the stairs to the transition area to begin the next leg.
- If you are in a team, give your canoeist a hi-5, then move to the left of the stairs.
- If you are going solo, go to the right of the stairs and jump into a canoe!

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Course Details

Swim ~ 2km

Enjoy a 2-kilometre swim out and back in the majestic Nitmiluk (Second) George. Wetsuits permitted.
**** Swim caps MUST be worn at all times throughout the swim ****



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Course Details

Canoe ~ 4.2km

After the swim leg, participants will pair up in a double canoe. Pairs will be made up according to the finishing order of the swim – i.e. 1st and 2nd paddle together, 3rd and 4th, etc. – those in a team will begin the paddle once their swimmer has finished. Pairs will paddle out and back together, discovering a little more of the specky Nitmiluk (Second) Gorge.

Begin the canoe on the same route as the swim, just going a little deeper into the 2nd Gorge.

When you come back, we will give each of the two participants in the double canoe a paddle pop stick with your finishing place on it, and we will record the time you finished.

As soon as you are out of the water, grab your belongings, and head back to the boat to be transported back to the boat ramp.

We will fill the first boat in order of priority solo athletes first, and those team members doing the xc run for their team.

If you are only doing the swim and kayak for your team, and not the trail run, you will be asked to take the second boat.

Then a brisk walk back to the transition area to start the run in your allocated position, and time You can use your paddle pop stick number to help organise your run start back at the finish chute next to transition.



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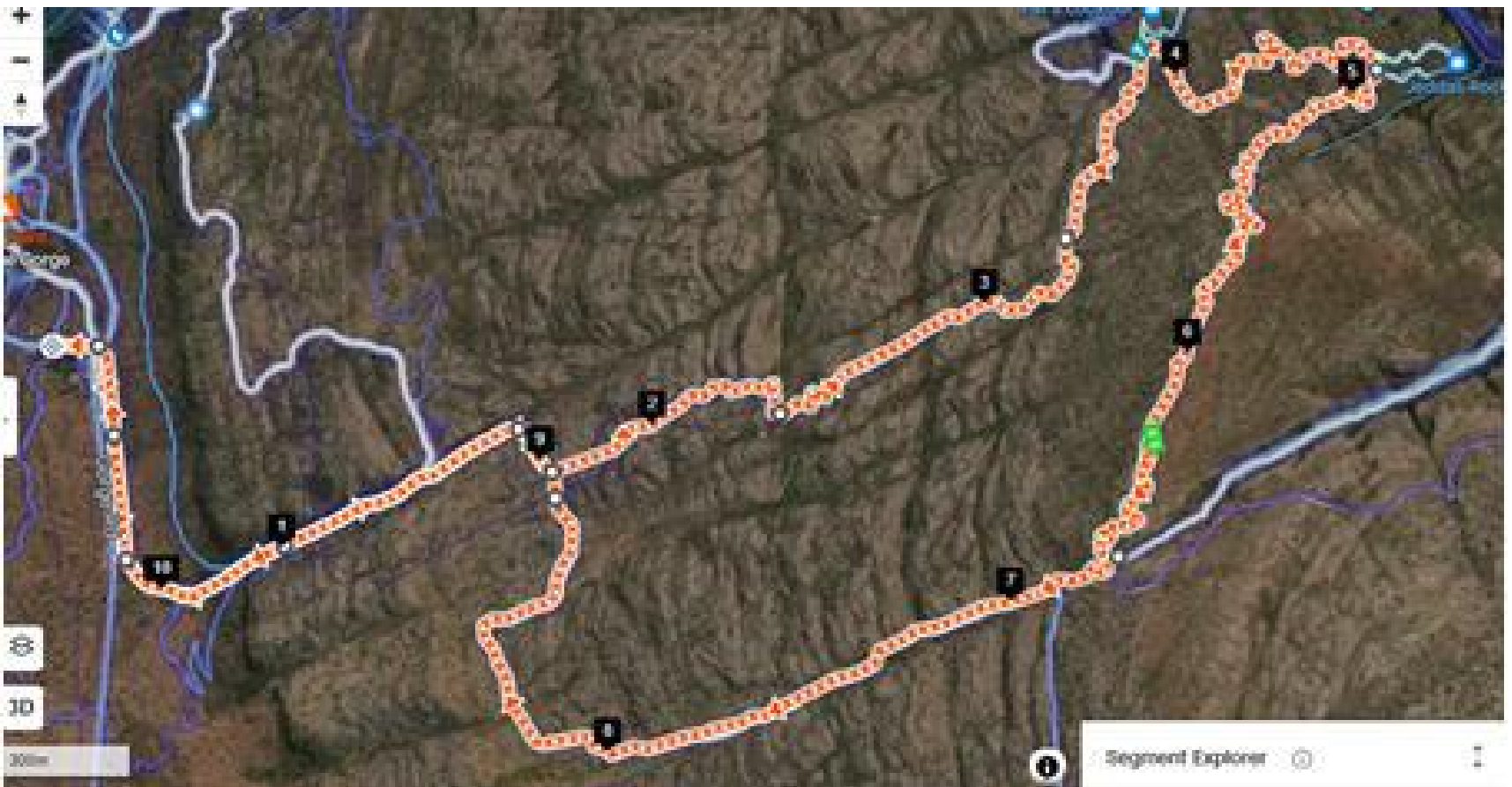


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Course Details

Trail Run ~ 11km

After being transported back from the canoe leg, the run will go from the finish chute next to the transition area at the Ranger Station (in the same order and time increments that you or your team member finished the canoe leg). From the start of the run you will join the trail, cross the road, and head to the start of the trail up the escarpment, you will steam up the Gurumal Trail, straight ahead to the Windolf Trail junction, where you'll head towards Pats Lookout and turn right to travel along the clearly marked path (Waleka) to the to then head towards Butterfly Junction. From the Junction, scoot along (Yambi) before flying down (Gurumal Trail again) back to transition at the Nitmiluk Ranger Station.



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Course Details

Road Bike ~ 40km

From the Nitmiluk Ranger Station, push yourself towards the edge of the Katherine township before turning at Jaensch Road to roll back to the transition area at the Nitmiluk Ranger Station.

**** Helmets MUST be worn at all times whilst on your bike ****



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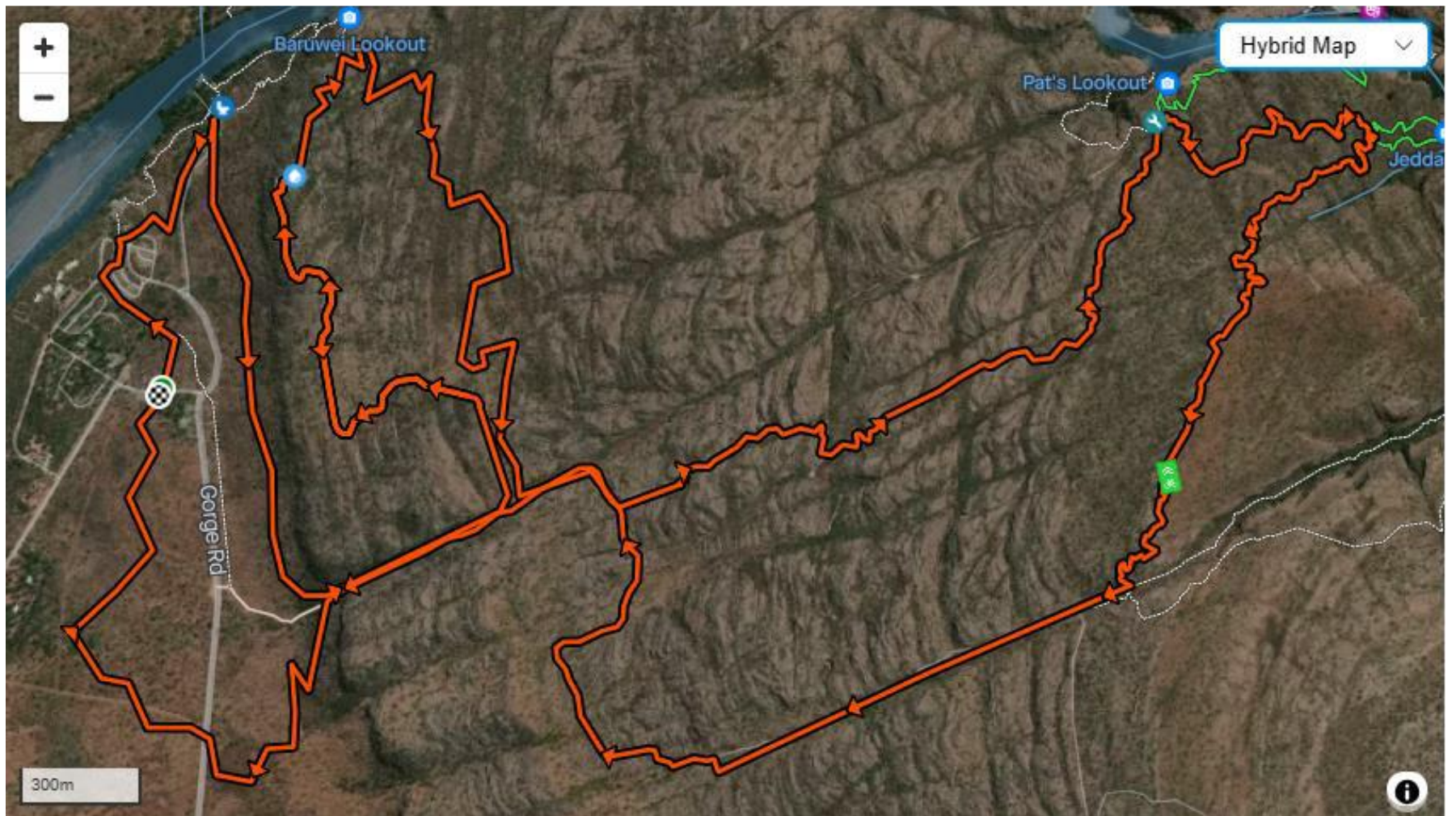
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Course Details

Mountain Bike ~ 18km

Jump from one bike to another and you will be awe-struck as you ride through brand new, world class, flowing tracks, crisscrossing the Southern Escarpment before arriving back at the transition area at the Nitmiluk Ranger Station.

**** Helmets MUST be worn at all times whilst on your bike ****



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4WD Road Run ~ 10km

To top off the epic day, tick your legs over for 10 clicks on an out-and-back 4WD course to reach the finish line to copious cheers and an extremely well earned beverage (cup of water). Please note that this course includes both rocky and sandy sections.

Congratulations ~ you've championed through almost 100km of the incredible Nitmiluk Park solo / as part of a team!



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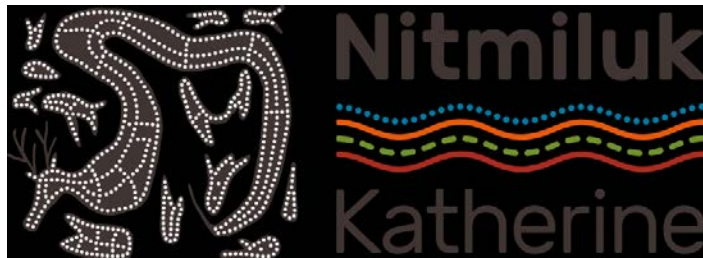
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Massive thanks! Couldn't have done it without you all!



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