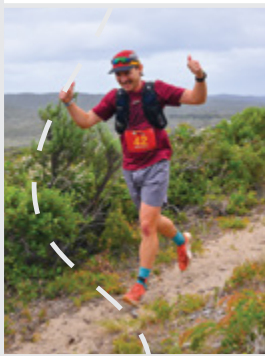




RUN BIBBULMUN TRACK STAGE RACE



EVENT PROGRAM

DENMARK, WESTERN AUSTRALIA
14 - 16 NOVEMBER, 2025



WELCOME TO THE RUN BIBBULMUN TRACK STAGE RACE.

Get ready to immerse yourself in one breathtaking wilderness journeys... because over the coming days, you'll traverse remote sections of the famed Bibbulmun Track — winding through towering forests, along rugged headlands, and across windswept beaches that capture the wild beauty of Western Australia's Great Southern coast. This is a landscape that stirs the soul, where every step feels connected to the natural world around you.

But it's not just the trails that make this event special — it's the people beside you. You'll share this experience with an incredible community of runners from across the country, each drawn here by a shared sense of adventure and discovery. The camaraderie that builds between stages, over meals, and out on the track is as memorable as the scenery itself.

This is more than a race — it's a journey through wild country, and a celebration of endurance, friendship, and the freedom of running through nature. Thanks for being part of it.

The Rapid Ascent Team.



WELCOME FROM THE MAYOR OF THE CITY OF ALBANY

The Great Southern welcomes you to the 2025 Run Bibbulmun Track Stage Run. It is a pleasure to host this event in the City of Albany, a place renowned for its natural beauty, rich history, and community spirit. This event truly captures the essence of our region, with its rugged coastline, ancient forests, and rolling hills offering the ultimate backdrop for an unforgettable trail running experience.

As you journey through the landscapes of the Great Southern, you'll witness firsthand the diversity and grandeur of Albany and the surrounding areas. From the challenges of the trails to the camaraderie of your fellow runners, this event promises to leave a lasting impact on all who take part.

To the participants, supporters, and organisers, thank you for making this extraordinary event possible. We wish you all a safe, exhilarating, and memorable race. Embrace the challenge, soak in the scenery, and enjoy the warmth of our hospitality.



Thank you,

Mayor Greg Stocks
City of Albany



SCHEDULE

Thursday 13th November

- 2:00pm – 6:00pm Competitor registration, at the Denmark Football Club
5:30pm Mapping session (helping runners get the maps onto your phone)
6:00pm Competitor Briefing, at the Denmark Football Club and online
6:45pm Event Welcome dinner, at the Denmark Hotel, 36 Hollings Rd

Friday 14th November

- 6:30am Karri course bus pick up from Peaceful Bay
7:30am KARRI COURSE RACE START – at Valley of the Giants, Walpole
7:45am Tingle course bus pick up from Peaceful Bay
8:30am TINGLE COURSE RACE START – at Conspicuous Cliffs Beach
6:00pm Day 1 presentations – Denmark Hotel and online

Saturday 15th November

- 6:30am Karri course bus pick up from Cosy Corner
7:30am KARRI COURSE RACE START – at Gilge Rd, Nullaki
7:40am Tingle course bus pick up from Cosy Corner
8:30am TINGLE COURSE RACE START – at Lowlands Beach car park
6:00pm Day 2 presentations and event dinner – Boston Brewing Company, Denmark

Sunday 16th November

- 6:45am Karri course bus pick up from McLean Park, Denmark
7:30am KARRI COURSE RACE START – at Prawn Rock Channel Toilets, Denmark
7:30am Tingle course bus pick up from McLean Park, Denmark
8:30am TINGLE COURSE RACE START – at Greens Pool
1:30pm Day 3 and final presentations – McLean Park, Denmark



In 2026, Albany will host Western Australia's first bicentenary, acknowledging the first place where Aboriginal and British people commenced living together on the western side of Australia.

A year-long program of events, Albany 2026 is a chance to reflect honestly on the past, celebrate our community today, and shape a future built on shared understanding and reconciliation.

COMPETITOR REGISTRATION

2:00pm to 6:00pm on Thursday 13th November

Denmark Football Club (part of the Denmark Recreation Grounds),
McLean Park, Brazier St.

- All runners must register and complete the mandatory gear check in person:

At registration you will receive

- Number plate. Attach your large personalised number plate to the front of your race shirt and the small personalised number plate to the back of your backpack. Number plates must be visible at all times.
- Printed copy of this event program
- Collect any pre-purchased merchandise items
- Sponsor and event information

Long Course number plates



Short Course number plates



MANDATORY GEAR CHECK

All runners must get their mandatory gear checked off either before or during competitor registration. This will include the presentation of all items listed as mandatory in this event program and on the website. Runners will not be able to start unless all items are checked off. Gear check options are as follows:

- **At the event** – at the Denmark Football Club during registration
- **Before the event** - at the Tribe and Trail retail store located at First Floor, 207 Oxford Street, Leederville WA 6007 available from Saturday 1st November until Wednesday 12th November.

COMPETITOR BRIEFING

6:00pm on Thursday 13th November at the Denmark Football Club

We strongly recommend all runners attend the competitor briefing where final event information and any changes will be announced. The briefing will also be viewable online via the [Run Bibbulmun Track Stage Race participants Facebook Group](#).

EventSafe live tracking

We are utilising the EventSafe app that records and shares your location on the course during the event so that Rapid Ascent staff can monitor your position and safety whilst on the trail. Your location is shared via the app exclusively with RA staff (not publicly) and allows us to see and respond if you are off course or get lost. It's very easy to set up – simply [FOLLOW THE INSTRUCTIONS HERE](#) to download the app and log in. Set up your phone now and complete the details when you get your race number at registration.



THE BIBBULMUN TRACK FOUNDATION OFFICIAL CHARITY PARTNER

The Run Bibbulmun Track Stage Race follows sections of the iconic 1,000km Bibbulmun Track between Walpole and Albany. The track as a whole is one of the world's great long-distance trails.

The Bibbulmun Track Foundation is an incorporated, not-for-profit organisation established to provide support for the management, maintenance and marketing of the Bibbulmun Track. They are the primary focal point for community-based support and involvement and achieve a lot.

We are proud to be Bronze Level sponsors of the Bibbulmun Track Foundation and will make a donation to support their work. We strongly encourage entrants to also make a donation

>>[CLICK HERE TO DONATE](https://www.bibbulmuntrack.org.au/)<< <https://www.bibbulmuntrack.org.au/>



COMPETITOR SERVICES

The Run Bibbulmun Track Stage Race is designed to be logistically easy for solo runners to complete with or without a support crew. All facets of the event logistics are planned for you, so all you have to do is run and enjoy the spectacular trails and friendly event camaraderie!

Race transfers to start / finish lines - pre-booked service

We will provide bus transportation between the start and the finish of each stage (long course and short course) so you don't need a support crew to drive you. This is a pre-booked service (\$69pp) and approx 60% of participants will catch the buses. If you want to add a bus booking contact us by 7th November.

This service will work as follows:

1. Drive your own car to the finish line in the morning - before the race starts! Park your car and take what you need for the run (eg. running backpack, water, food...). Use the toilets at the finish line.
2. Get on the bus and it will drive you to the start (where there are also toilets...)
3. Give us any spare clothing you don't need for the run eg. hoodie or coffee mug! as part of our drop bag service.
4. Run the stage and your car and other items will be waiting at the finish for you!

The buses will not wait for runners and will leave on time - DON'T BE LATE! We encourage runners to car pool when driving to the finish for the bus as there is limited parking space available. If you have your own support crew then they can drive you to the start / finish.

Bus transfer schedule and locations:

Friday 14th November - pick up from Peaceful Bay

6:30am Long course bus pick up

7:45am Short course bus pick up

Pick up location: In front of the [Peaceful Bay Public Toilets](#) on Peaceful Bay Rd (near the corner with East Ave).

Parking advice: Park on Rame Head Road, East Ave or the side streets in the village (Please respect the locals by not parking across driveways and don't block others in...)

Saturday 15th November pick up from Cosy Corner

6:30am Long course bus pick up

7:40am Short course bus pick up

Pick up location: at the [corner of Cosy Corner Rd and Cosy Corner East Rd](#). This is approx 700m before Cosy Corner itself.

Parking advice: Drive to the end of Cosy Corner Rd and park in the gravel car park (and use the toilets in the car park!) and then walk 700m back to the junction with Cosy Corner East Rd where the bus will pick you up. Once the gravel car park is full then park on the left side only of Cosy Corner Rd or along Cosy Corner East Rd. NOTE: two-way access must be maintained along all roads at all times.

Saturday 16th November pick up from the Denmark Recreation Centre

6:45am Long course bus pick up

7:30am Short course bus pick up

Pick up location: In the Denmark Rec Centre Grounds, near the north western entrance [in front of the Scout Hall](#)

Parking advice: Park around the perimeter of the football ground, or along Brazier St. (Please respect the locals by not parking across driveways and don't block others in.)

Drop bags

We will take your spare items from the start to the finish (eg. warm clothes and coffee mugs from the bus). Make sure your items are in a small sealed bag and clearly labelled with your race number and we'll take them to the finish.

Massages available every day

Jack from Body Braille Wellness will be joining us for the event to provide (much needed) massages to runners on a user pays basis. She will be set up at registration on Thursday afternoon as well as at the finish line every day and can help work out any soreness or injury concerns so you're feeling tip-top each day. Massages will be charged 10mins for \$15 and she'll treat walk ups and take pre-bookings for following days. She'll also be selling a range of pre and post workout balms and lotions. [MAKE A BOOKING HERE: https://tinyurl.com/5h5dzybb](https://tinyurl.com/5h5dzybb)



On site medical team

There will be an onsite medical team to provide assistance to any runner needing medical care. The medical team will consist of medics and first aiders, and will generally be located at the finish line. If you need assistance it is highly preferable if you can continue to either a water point or to the finish line yourself. If you need emergency assistance out on the course call us – our numbers are on the back of the number plates - and we will come to your aid. **John Jacoby: 0408 035 261 and Jeremy Baker: 0423 630 378**

WATER POINTS

Water points will be set up at intervals along the course for each stage – as outlined in the course description below. Water points will have the following items freely available to all runners:

- Water
- Stratch Hydration Sports Drink
- Skratch energy bars
- Skratch chews
- Lollies
- Some cafe baked items as well as fruitcake from the supermarket
- Fruit – bananas and oranges
- Chips / BBQ shapes

(Please be considerate of others and only take what food items you need. Thank you.)



YOUR TRAIL RUNNING PARTNER



EVENT FUNCTIONS

Welcome dinner - 6:45pm onwards Thursday 13th November.

Denmark Hotel Bar and Bistro, 36 Hollings Rd, Denmark. Tel: 0408121100

Runners and supporters are encouraged to head to the Denmark Hotel for an informal dinner after the competitor briefing. This will be a great way to meet other runners, eat some solid carbs and get into the swing of the event. Reservations recommended by calling: 0408121100.

Day 1 presentations - 6:00pm Friday 14th November

Denmark Hotel and online.

We will conduct a simple presentation ceremony after day 1 to read the results, share a few stories and communicate any race updates. The presentations will take place in the bar at the Denmark Hotel so drop past for a beer / meal or to simply celebrate with other runners. Presentations will also be viewable online at the [Run Bibbulmun Track Stage Race participants Facebook Group](#).

➤ Mid Event Dinner & Day 2 Presentations - 6:00pm Saturday 15th November

\$65pp at the Boston Brewing Company, 678 South Coast Highway, Denmark

All runners, support crews and families are encouraged to join us for a celebratory dinner at the Boston Brewing Company brewhouse. Their extensive restaurant and outdoor beer garden is the perfect place to share stories from the event and to get ready for the final day. Dinner tickets are \$65pp and will include a lovely 2 course meal, presentations, spot prizes and plenty of laughs. This function was a highlight of the 2024 race and we encourage everyone to attend.



Final Presentations - 1.30pm Sunday 16th November

At the finish line at the McLean Park

A party like celebration with free 0% beer (thanks to Boston Brewing Co) and a range of foods available right at the finish line. Food vendors include: Zesty Zepplin tacos, fish and chips as well as Mavis and Me Coffee and treats and other tastie food. We'll celebrate everyone's accomplishments as you cross the finish line and then conduct the final event presentations to award our winners. PLUS – presentation of the Jewel in the Crown (for those who have already attained their Triple Crown.)



Boston Brewing Co. was established in 2011 as one of the first breweries of the Great Southern Region and we proudly display Denmark's mascot - the Blue Fairy Wren - as our logo. It helps symbolise our love for the amazing part of the world we are privileged to call home.

Experience Boston Brewing in Denmark, WA—a local gem with stunning views and exceptional brews. We look forward to hosting you for dinner on Saturday night!

678 South Coast Highway, Denmark.

www.bostonbrewing.com.au



THE COURSE

The Run Bibbulmun Track Stage Race delivers a challenging course through a wild and untouched landscape. You will start amongst the Tingle and Karri trees at the Valley of the Giants in Walpole and then traverse an incredible array of Great Southern landscapes each day. This is a journey that you'll never forget.

Trail Terrain

The course includes plenty of variety from start to finish, from sandy trails winding through the dunes to rock hopping around the coastline – runners should be prepared for a broad variety of trail types. Trail running shoes are definitely recommended!

Trail Marking

The vast majority of the course will NOT BE MARKED. Competitors must navigate your way along the course by following the GPS route downloaded to a mapping app on your phone. We STRONGLY RECOMMEND the AVENZA mapping app as explained below.

Following an unmarked course is nowhere near as daunting as it sounds, the vast majority of the course is along the Bibbulmun Track which is very well marked, and where the race course deviates away from the Bib track it will be easy to follow using your phone and some common sense. It is your responsibility to ensure you follow the designated race route, especially at the points where the race route leaves the Bibbulmun Track



The Bibbulmun Track is marked with their distinctive yellow triangles with the black serpent. There will be some small sections marked with Rapid Ascent course markings (red arrows and pink tape) but these will be just leading into the finish line or to keep you on track.

How to load the maps onto your phone in the AVENZA App

All competitors MUST have the map for ALL 3 STAGES loaded into a mapping app on your phone. We recommend runners use the excellent AVENZA MAPS app that makes it easy to download the maps to your phone. Follow these steps:



To load the course map on your phone:

1. simply scan or tap the QR code below to install the Avenza mapping app (if not already installed), and download the bundle of 3 course maps to your phone (separate map bundles for Karri and Tingle courses). Quicklinks: **KARRI:** <https://tinyurl.com/4ua2prfe> **TINGLE:** <https://tinyurl.com/yc5sm958>
2. open the map for the stage you are doing, and when you're on course your position will be identified with a blue circle.

NOTE the following regarding mandatory maps on your phone:

- if using a different mapping app then it must display the course route and your location when you are off-line (out of phone reception)
- Using any mapping app on your phone drains additional battery so we recommend only using the app when you are at a junction or are unsure where to go. If you are a heavy phone user then consider taking a power bank with you as well.
- You can also download the GPX files for each stage from the course description page on the event website so you can import them into other mapping apps and/or onto your watches.
- Having the course route on your watch is highly recommended & allows for quick checks when on the trail



KARRI
long course map
bundle



TINGLE
short course map
bundle

We are happy to assist you getting the maps onto your phone and explain how to use them at the mapping session at 5:30pm on Thursday 13th at registration.

Snakes:

It is highly likely that all runners will see snakes on the trail. DON'T BE ALARMED they are more afraid of you than you are of them! If you see a snake then wait for it to move off rather than scaring it off or bush-bashing around it, otherwise just keep moving and stay out of one another's way.

All runners must carry a snake bandage as part of your mandatory gear for the event, we strongly encourage you to refresh your knowledge on snake bite first aid so you are prepared. [HERE is a great explanation](#) and video on St Johns WA website.

Withdrawal

If you withdraw from a stage for any reason then you MUST advise a marshal or member of the race management ASAP. This is really important as otherwise you will be assumed as missing and a search will be commenced.

Safety and emergencies on course

All runners should be aware that the trail passes through some very inaccessible and remote country that makes outside access very hard. On most stages you are on single track with the nearest vehicle access a rough 4WD track many kilometers away - meaning that if you have an accident you may be a long way from help and need to be self-sufficient and be able to handle yourself in a remote landscape. Be prepared for it.

There is good mobile phone reception along the majority of the course (especially with Telstra) so you can call race management for assistance and we will advise what to do. If you cannot contact us and truly need emergency assistance then we encourage you to follow these basic steps:

- Alert other runners / walkers that you need help. Take note of your location (your km point on the trail or copy the lat/long from the bottom of the Avenza App screen) and the name of the injured.
- Someone to remain with the injured while others go for help, remembering that help might mean backtracking along the course.
- Call or SMS the Race Director John Jacoby on 0408 035 261 when you have reception. Pass on the location, number of the injured person and their condition. (Our phone number is on the back of your number plate). We will advise what to do next.



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COURSE DESCRIPTIONS

DAY 1 – THE RUGGED SOUTH COASTER

KARRI LONG COURSE SUMMARY:

Start location: [Valley of the Giants Treetop Walk](#). Access along Valley of the Giants Road. Coffee will be available in the car park!

Finish location: [Peaceful Bay Playground](#), opposite the corner of Peaceful Bay Rd and Rame Head Rd. Visit the Peaceful Bay Caravan Park 300m away on East St for any supplies, coffee or food

Length & elevation up / down: 34.2km. 665m up / 830m down

Race start time: 7:30am

Water points:

- WP1: 17km pt at Conspicuous Cliffs car park
- WP2: 28km pt at the end of Gap Tk on the beach

Cut off: All long course runners must have departed WP1 (17km) by: start time + 3hr

Karri course runners start at the Valley of the Giants tourist attraction amongst the giant Karri and Tingle trees. The race commences with a circuit of the Ancient Empire Track and then it's onto the elevated treetop walkways that provide an amazing perspective on the forest around you (walking only on the elevated walkways please). After exiting the treetop walk, runners follow the Bibbulmun Track as it weaves its way through the tall timber forests on a downhill run heading for the coast. The track exits the forest and continues through the coastal hinterland to arrive at the water point at the picturesque Conspicuous Cliffs Beach carpark and the 17km pt (this is where the Tingle course runners start).

Tingle course and Karri course runners head onto the awe inspiring beach surrounded by steep dunes and cliffs, and then continue along the Bibbulmun Track as it climbs up and away from the beach and across the cliff tops providing views in all directions. **Six kms after leaving Conspicuous Cliffs Beach the course turns right, leaving the Bibbulmun Track** for a spectacular adventure run along the wild and un-touched coastline, along the beaches and spectacular rocky headlands below the dunes. You go past the water point at the end of Gap Tk at the 28km pt and very soon after turn back onto the Bibbulmun Track as it rounds Cape Lacroix and along the calmer shores of Peaceful Bay. There is quite a lot of soft sand and beach sections in the last 10km that will slow your progress - be prepared and carry on as best you can.

Leave the beach via the timber stairs and follow the course markings along Peaceful Bay Rd for 600m before turning into the finish at the playground.

TINGLE SHORT COURSE SUMMARY:

Start location: [Conspicuous Cliff Beach](#) (on the sand). Drive to southern end of Conspicuous Beach Rd and walk 400m along the path and boardwalk to the beach.

Finish location: [Peaceful Bay Playground](#), opposite the corner of Peaceful Bay Rd and Rame head Rd. Visit the Peaceful Bay Caravan Park 300m away on East St for any supplies, coffee or food

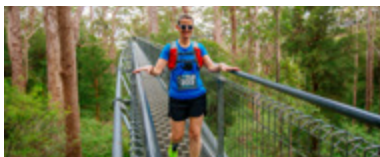
Length & elevation up / down: 17.4km. 315m up / 330m down

Race start time: 8:30am

Water points:

- WP2: 11km pt at the end of Gap Tk on the beach

The short course starts with a mass start on the beach. The route is the same as the Karri course from the 17km pt onwards as described above. Note that the entire day 1 Tingle course includes a fair amount of sand that will slow your progress - be prepared and carry on as best you can.





Karri Course Start
Valley of the Giants

Tingle Course Start
Conspicuous Cliffs

Race Finish
Peaceful Bay

**DAY 1
COURSE MAP**



ELEVATION PROFILE

DAY 2 – THE WEST CAPE HOWE WILD LANDS

KARRI LONG COURSE SUMMARY:

Start location: [Gilge Rd. Adjacent the driveway to 110 Gilge Rd](#), Lowlands. NOTE. Gilge Rd is a narrow, dead-end dirt road with minimal parking at the start line - if you have to attend then park in the driveway of 110 Gilge Rd and walk. We strongly recommend you park at the finish and catch the bus to the start. Please do not block the locals' drive ways.

Finish location: [Cosy Corner](#). At the end of Cosy Corner Rd

Length & elevation up / down: 32.6km. 740m up / 740m down

Race start time: 7:30am

Water points:

- WP1: 9.2km pt at the Lowlands Beach Road crossing
- WP2: 26km pt at the Shelly Beach Road crossing

Cut off: All long course runners must have departed WP1 (9km) by: start time + 2hr15min

Day 2 starts off with a short, sharp and sandy stretch of 4WD track to access the Bibbulmun Track at the 2km pt. Once on the Bib Track, the course weaves its way through the beautiful coastal heathland with views inland to the Porongurup Ranges and along the coast to West Cape Howe in the distance. After 9km of undulating trail you arrive at the waterpoint at Lowlands Beach road to fuel up and keep going. This is where the Tingle short course starts.

From Lowlands Beach Rd, Tingle and Karri runners go along some of the more remote sections of the course as you run through the rugged, but wildly beautiful West Cape Howe National Park. Following the Bibbulmun Track the whole way, the track climbs and descends, weaving in and out of the bushland to a high point at the 18km pt – making for sometimes slow going. Continue along the track as it crosses a couple of 4WD tracks until you reach the Shelly Beach Road water point at the 26km pt.

It's a downhill run from here to the finish as you take in spectacular views to Shelly Beach, Mutton Bird Island and the Torndirrup Peninsula in the distance and soon enough you'll arrive at the picturesque Cosy Corner and the finish of Day 2.

NOTE: Day 2 course can be quite snakey - keep your eyes open, be aware and respect that this is their home so give them time to move on if on the trail.

TINGLE SHORT COURSE SUMMARY:

Start location: [Lowlands Beach car park](#). Start is at the very end of the road. Park along the left side of Tennessee Road only, two way access must be maintained.

Finish location: [Cosy Corner](#). At the end of Cosy Corner Rd

Length & elevation up / down: 24km. 520m up / 520m down

Race start time: 8:30am

Water points:

- WP2: 17.2km pt at the Shelly Beach Road crossing

The short course starts at the very end of Tennessee Rd (Lowlands Beach Rd) and goes 400m along the road before turning right onto the Bib Track, joining the long course route at the 9km pt as described above.



RUN
BIBBULMUN
TRACK STAGE RACE



ELEVATION PROFILE

DAY 3 – MOUNT HALLOWELL

KARRI LONG COURSE SUMMARY:

Start location: [Prawn Rock Channel toilets](#), on Ocean Beach Rd (just past the junction with Monkey Rock Rd). Park in the car park at 'Prawn Rock Channel' or in the car park 300m closer to Denmark at 'Prawn Rock Dog Beach'.

Finish location: [MacLean Park](#), Brazier St, next to the cricket nets on the far (north east) side of the footy ground. Park around the footy ground or on Brazier St.

Length & elevation up / down: 40km. 850m up / 832m down

Race start time: 7:30am

Water points:

- WP1: 10.5km pt at the Lights Beach car park
- WP2: 19km pt at Greens Pool
- WP3: 24.8km pt at Lights Beach car park (again)
- WP4: 32.8km Ocean Beach Road crossing

Cut offs: All long course runners must have departed:

- WP1 (10.5km) by: start time + 2hr15min
- WP3 (24.8km) by: start time + 4hr30min

The final day commences on Wilson Inlet Estuary near Ocean Beach and heads west along the Wilderness Ocean Walk (WOW walk) below the Denmark windmills, providing expansive views to the west to Parry Beach, Pt Hillier and beyond. Runners pass through the Lights Beach water point for the first time at the 10.5km pt and continue west on the Bibbulmun Track as it heads skirts around Tower Hill and onto the beach at the world renowned Greens Pool. This is where the Tingle course starts.

From Greens Pool the Karri and Tingle courses turns east, passing Elephant Rocks, Madfish Bay and back through the Lights Beach water-point at the 24.8km pt. Note: there are a few junctions and some 2 way sections west of Lights Beach so check the maps on your phone carefully. The two way section continues for another 1.5km past Lights Beach and then the Bib Tk turns north, away from the coast heading inland. Crossing Lights Road the course climbs up through dense Karri forests and over the course's highest point at Mt Hallowell (294m!) which provides extensive views inland.

From the summit it is (nearly) downhill the whole way to the finish(?!), you exit the forest and cross Ocean Beach Road at the water point at the 32.8km mark and then weave through a number of streets and hidden pathways beside Wilson Inlet and ultimately into the finish line in central Denmark. NOTE: The last 5km involve a number of turns and junctions and we recommend checking your route on your phone to make sure you're on the right path. Well done – you've just finished the Run Bibbulmun Track Stage Race!

TINGLE SHORT COURSE SUMMARY:

Start location: [Greens Pool](#) (on the beach) at the end of William Bay Road. Park in the car park at the end or along Madfish Bay Rd and walk 300m to the beach.

Finish location: [MacLean Park](#), Brazier St, next to the cricket nets on the far (north east) side of the footy ground. Park around the footy ground or on Brazier St.

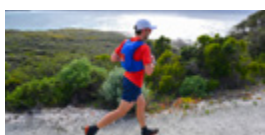
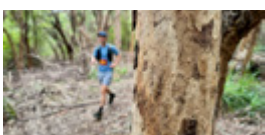
Length & elevation up / down: 21.2km. 500m up / 500m down

Race start time: 8:30am

Water points:

- WP3: 6km pt at Lights Beach car park (again)
- WP4: 14km Ocean Beach Road crossing

The short course starts on the beach at Greens Pool, 300m past the end of the steps to the right. This joins the 19km pt of the long course route as described above.



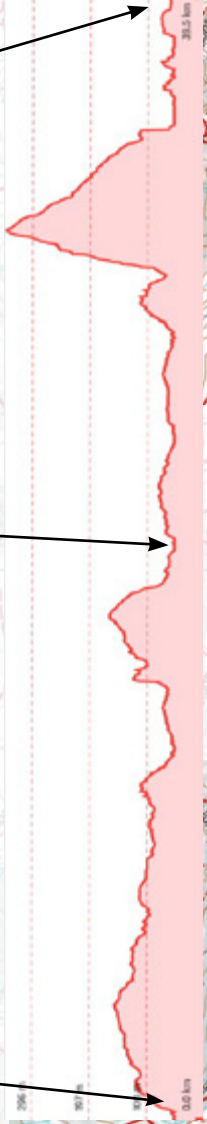


DAY 3 COURSE MAP

Long Course Start
Prawn Rock Channel

Short Course Start
Greens Pool

Race Finish
Recreation Reserve



ELEVATION PROFILE

DAY 3 RACE FINISH Recreation Ground

Watch for
cars when
on streets

LONG COURSE START

Prawn Rock
Channel

2 way section
(Long Crs only)

SHORT COURSE START

Greens Pool

Turn left onto
the beach

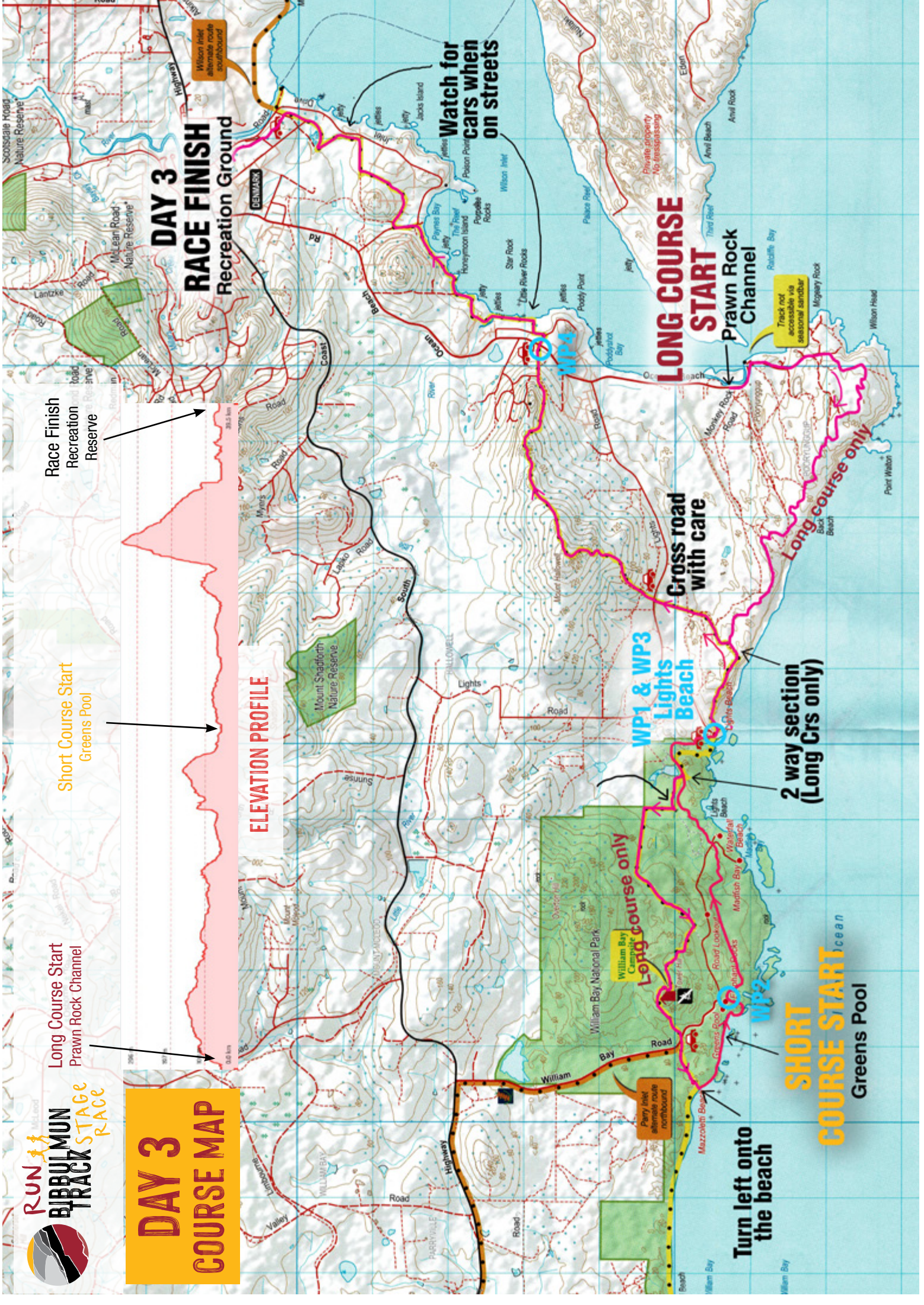
Long course only

WP1 & WP3
Lights
Beach

Gross road
with care

Long course only

Track not
accessible via
seasonal sandbar



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www.tribeandtrail.com.au

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EQUIPMENT

Listed below is the mandatory gear to be carried by all runners on all stages of the race. All the listed items must be checked off either at Race Registration or at Tribe & Trail before the race.

Mandatory items:

- **Mobile phone with the course map loaded into a mapping app** – see instructions in page 7.
- **Race number plate.** To be worn on your front and back, attached to the outermost garment at all times.
- **Waterproof jacket with hood and taped seams** – Goretex or similar waterproof and breathable fabric is strongly recommended.
- **Long sleeve thermal top** – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any 'compressions' garments.
- **A beanie** to keep your head warm – a Headsock or 'Buff' is sufficient
- **First Aid Kit** (minimum contents: 1x crepe bandages, 6x wound closure strips, 1x triangular bandage, 2x non stick wound dressing pads and a pair of surgical gloves. Available for sale online (Merchandise page) or at Race Registration.
- **Snake bite bandage** must be a minimum of 10cm wide and a heavy weight, crepe bandage style fabric, ideally with tension indicator markings. Snake bite specific bandages are strongly recommended. A limited number will be for sale at registration.
- **Space blanket.** Available for sale (Merchandise page) or at Race Registration.
- **A whistle.** Available for sale (Merchandise page) or at Race Registration.
- **Water container,** minimum 1lt capacity (may be a water bottle or bladder in a backpack). Ensure you have capacity to increase volume as we may increase minimum requirement subject to weather conditions
- **A head torch** sufficiently bright to light the track at least 50m ahead of you.

All competitors should be aware of the [RACE RULES](#) as listed on the event website.



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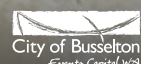
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WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2026.

Otway Odyssey and Great Otway Gravel Grind presented by Shimano

Forrest, VIC. 28 February - 1 March, 2026. www.OtwayOdyssey.com.au

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 75km, 50km, 30km and 10km courses on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind with new 106km and 49km gravel grinds on gravel roads through the region's magnificent tall timber forests.



presented by
SHIMANO

XTERRA Asia Pacific Championships

Dunsborough WA. 28 - 29 March, 2026 www.XTERRAAustralia.com.au

The prestigious Asia Pacific Championships for off-road triathlon and trail running returns to WA! Racing through stunning scenery around Dunsborough and Meelup in South West WA. With long / short triathlons and 10km, 21km and 38km trail runs, this is off-road racing in adventure paradise.

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CHAMPIONSHIP

Margaret River Ultra Marathon

Margaret River WA. 9 - 10 May, 2026. www.MRultramarathon.com.au

Providing spectacular 42km and 80km journeys for solo runners and 80km for relay teams (with up to 5 runners), the Margaret River Ultra Marathon provides runners with an incredible race in Western Australia's Cape to Cape coastline.



The Trail Running Series

Three wilderness locations within 1 hour's drive of Melbourne, www.TrailRunningSeries.com.au

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~16km) / and long (~24km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2026.



Run Larapinta Stage Race

Alice Springs, NT. 14 - 17 August, 2026 www.RunLarapinta.com.au

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience in the heart of Australia.



Shimano Gravel Muster

Alice Springs, NT. 20 - 23 August, 2026 www.GravelMuster.com.au

Australia's iconic gravel stage race. Riding 380km through the outback in a coordinated event environment over 4 spectacular days. With a mix of timed and untimed stages, staying in cabins and camping at remote cattle stations, this will be an incredible experience for all riders.



Surf Coast Century

Anglesea, VIC. 12 September, 2026. www.SurfcoastCentury.com.au

A spectacular ultra trail run along Victoria's surf coast and wildflower hinterland where no two steps are the same. Do it either as an individual and run the whole 100km or 50km courses solo or join up with some friends in a relay team of up to 4 and run 25km each. It's the feel good ultra!



New race coming - November 2026!

If you like trail running, wilderness, camaraderie and a good land based adventure - then you should be full of excited expectation about a NEW RACE we're planning for November 2026. Details announced December 2025.

Rapid Ascent Journeys

Contact us if you want the bespoke, adventure holiday of your dreams. www.rapidascentjourneys.com.au

A new venture we're conducting alongside our events - Rapid Ascent Journeys offers genuine adventure holidays and guided tours for those who want to use their fitness to explore more. We organise set trips in popular disciplines (like gravel riding and trail running) or we'll organise your own custom trip if you want a real adventure wherever / whatever / whenever you want. These are the ultimate adventure holidays.



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