



ROUND 4

**LILYBROOK RECREATION AREA
(WESTERN TRAIL HEAD)
EVENT INFORMATION**

25TH AUGUST 2024

LONG COURSE 17.9KM

SHORT COURSE 9KM

INTRO 5KM

EVENT LOCATION

Lilybrook Recreation Area – Western Trail Head
Beaudesert Boonah Rd, Coulsen QLD 4310

BIB COLLECTION / ON THE DAY ENTRIES

Race precinct and bib/timing band collection opens:
6:00am.

On the Day entries open 6:15am and will close at 7am for
Long, Short and 5km Course.

For Groups of 8 or more runner, please contact us for a
10% discount code for your group. (for individual events
only – excludes already discounted series entries).

Online entries are:

Short Course \$49

Long Course \$59

5km Intro \$29

Cost of on the Day entries are

Short Course \$59

Long Course \$59

5km Intro \$35

PARKING

Parking is available.

COMPULSORY BRIEFING 7:15am

RACE START TIMES

Long Course – 7:30am

Short Course – 7:40am

Intro to Trail Running 5km – 7:50am

We encourage all participants to mingle round after the event as presentations will follow after most of the runners have completed both courses. Event winners, 2nd and 3rd place getters will receive a prize to congratulate them. Then will follow random prize draws with lots up for grabs that have been kindly donated - you must keep your bib and be present to win these prizes



THINGS YOU NEED TO KNOW

COURSE MAP

Course map for each race will be available for you to view on the event website

COURSE MARKING

The course will be marked with Pink flags in the ground. Arrow signs and crosses in the middle of incorrect trails to help keep you from straying off course.

Marshals wearing fluro vests will be in place at critical junctions to ensure you are kept on course if required.



AID STATION

There will be a water fill up point at the turn around on the long course. Scenic Rim Trail Running Series runs a NO CUP policy on the course and all runners are advised to carry fluids and a 500ml bottle or container to fill up with water at the aid station.



RACE PRECINCT (START/FINISH LINE)

We will have water and Trail Brew available at the start line to fill up your bottles before the race.

Glenn from Coffee 2 Love will be there to give you your morning coffee fix.

There will be a full recovery station at the end of the race.

This includes fruit, Trail Brew nutrition and water. If you require anything else outside these items – please provide it for yourself.

Toilets will be provided.

Hand sanitizing stations will be located around the race precinct area.

TIMING & PHOTOS

The event will be timed and official results will be published on the event website

<https://www.ontheedgeevents.com.au/race-results> as soon as possible after the completion of the event. We will put a post out on Facebook when this is available. You will have a timing band to wear during the race. This is to be returned at the end of the race. If you loose it or it is not returned, you will be charged \$25.

Photos from the event will also be made available and links on the website when they are ready for viewing and purchasing. We will put a post out on Facebook when these are available.



FIRST AID

We will have 1st aid officers available at the start/finish line if required.

INSURANCE

On The Edge Events carries its own public liability insurance. However, we do not provide any insurance to cover runners for accident and injury nor ambulance services. We strongly recommend that all runners carry their own insurance to cover these for personal risks.



We also have the Scenic Rim Ultra on the 10th August 2024.. Distances are 25km, 42km 65km and 105km. For more information or to register - <https://www.ontheedgeevents.com.au/scenicrimultra>