

Runners Notes Bargara by night - 12 hour Backyard Ultra

Runners gather in a corral behind the Blue Start/Finish arch.

Runners will start on each hour through the Start/Finish arch in Neilson Park.

The trail heads north past the Bundaberg SLSC on the right and play area on the left. The trail to the north is dark, hence the mandatory headlamp.

Follow the trail past the ocean glimpse on the right, continue past the tennis court further along but also on the right as is the treatment plant before you enter the forested section of the path and potentially there could be kangaroos on the sides of the trail. The forested section will progress into an open tundra. Follow the trail and you will cross 3 bridges that are spaced apart. The next section of the trail is an asphalt surface with a slightly rougher surface. The path goes past a steel gate the path comes to a T junction, at Mon Repos Rd, follow the path to the RIGHT, after about 80 metres from the T junction, the path comes to an end, continue onto the road past the toilets, on your left. Continue on the road and turn clockwise around the roundabout. Follow the path back toward the Start.

Continue past the Start, which will be on your right. You are half way through the lap so continue along the path.

The path comes to a Y junction, follow the path around to the right.

Note: If you had gone to the left at the Y junction you would have reached a boardwalk bridge, you've gone the wrong way, turn back and turn left onto the path at the Y junction, to avoid being disqualified for taking a short cut.

Follow the path to the right from the Y junction, this will bring you alongside the road (on the right) continue on the path which bends to the left, follow the path the end of the carpark to a T junction, turn right and follow the path beside the other edge of the carpark. This section of the path has lighting that brightens with an orange glow as you approach/pass each lamp post.

Following the path you will pass between two sets of yellow gates warning of potential traffic entering another carpark, proceed on the path with caution through this section of path. The path turns slightly left beside a historic marker on the left and an information board/shelter on the right.

Follow the path the ocean will be on your left, continue past the BBQ/table areas then past the children's play area. Follow the path toward the central rotunda. You'll be close to the ocean on your left with the central rotunda on your right, go past the rotunda following the path to turn right toward the ANZAC memorial and back toward the start line. The ANZAC memorial and the end of Bauer St will be on your left, return to the path and turn left, follow the path back toward the start/finish.

Note after passing the ANZAC memorial, the ocean will be on your right.

Continue on the path, pass the yellow gates again watching for traffic, follow the path until you reach the car park on your left. At the end of this carpark, make a sharp left turn to follow the path beside side the carpark. Note: If you run straight ahead rather than turning left, you will be on the boardwalk heading

down the bridge, you risk being disqualified. Turn around and turn right to follow the path.

Initially there will be a volunteer here to point you in the right direction, but it remains the athletes' responsibility to know and remember the course.

Continue on the path past the marshalling area and Start/Finish arch which will be on your left, continue on the path until you see a bollard at the end of a string of lights, turn left around the bollard and head for the finish arch to complete your lap.