

West Macs Monster 2022



Trip Planning Guide

Event HQ is Red Mulga Function Centre, Alice Springs Desert Park

Event	231km Sonder Monster	128km Ellery Monster	65km Standley Monster	25km Simpsons Monster	5km Tele-Monster
Arrive Alice Springs	No later than the daytime flights, Thursday 19 th May	No later than the daytime flights, Friday 20 th May	No later than the daytime flights, Saturday 21 st May	No later than the daytime flights, Saturday 21 st May	Prior to the event start
Mandatory Gear Checks	Thursday 19 th May 2pm to 5pm Event HQ	Friday 20 th May 2pm to 5pm, Event HQ	Saturday 21 st May 8am to 5pm, Event HQ	Saturday 21 st May 8am to 5pm, Event HQ	N/A
Mandatory Event Briefing	Thursday 19 th May 5pm Event HQ	Friday 20 th May 5pm Event HQ	Saturday 21 st May 5pm Event HQ	Saturday 21 st May 5pm Event HQ	3:50pm Start Line Prior to Race Start
Buses/Transport to Start Lines (small additional fee dependent upon numbers)	Friday 20 th May 6.00am from locations to be confirmed with those that need it (personalised service) – official vehicles/carpool	Dates	Saturday 21st May	Sunday 22nd May	Sunday 22nd May
		Collection Points	Time – sharp!	Time – Sharp!	Time - Sharp!
		Crowne Plaza Lasseters, Barret Dr	5:50am	4:15am	10:00am
		Double Tree by Hilton, Barret Dr	5:55am	4:20am	10:05am
		Aurora Alice Springs, Leichardt Tce	6:05am	4:30am	10:10am
		Alice Springs Telegraph Station	6:15am	4:40am	10:20am
Arrive Start Line	8:00am	5:30am	10:50am	N/A	
Pre-Start Photo shoot at Mt Sonder Lookout – all competitors, compulsory	7.30am Lookout just past Glen Helen/Finke River crossing on Right Hand Side. Clearly signposted	Not Applicable			
Start Line Welcome and pre-start briefing/last minute information, sign on etc	Friday 20 th May 8am Red Bank Gorge Trail Head/Day Use Bottom Car Park area	Saturday 21 st May 8am, Ellery Creek Big Hole at the Waterhole	Sunday 22 nd May, 5.45am at the Standley Chasm Carpark	Sunday 22 nd May 11am at Simpsons Gap Carpark	Sunday 22 nd May 3.15pm at Alice Springs Telegraph Station Finish Line
Travel Time by car to Start Line from Alice Springs CBD	2 hours	1 hour 15 min	1 hour	30 minutes	10 minutes
Race Start	Friday 20 th May 9am Sharp	Saturday 21 st May 9am Sharp	Sunday 22 nd May 6.30am Sharp	Sunday 22 nd May 12pm Sharp	Sunday 22 nd May 4pm Sharp
Race End	Sunday 22 nd May Various Times				
Presentations	Sunday 22 nd May from 5.30pm dependent on finish line activity				
Shuttle Bus	A shuttle bus will operate immediately after presentations back to the collection points, and will run for a maximum of 2 hours				
Suggested Travel Home	From Monday 23 rd May (There is plenty to see and do in Alice...stay as long as you want 😊)				

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Why not make a trip out of your visit to Central Australia. Tourism Information can be found at [Discover Central Australia](#). Here you will find information on our amazing tourist attractions, accommodation, car hire, travelling to Uluru/Kata Tjuta National Park, Watarrka (Kings Canyon). There is also a fantastic, award-winning visitor centre in the Todd Mall.

231km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Thursday night 20th May, typically through to Sunday night 23rd May, however, see points 3 and 4 below. You can book via the Discover Central Australia link above
2. Attendance at the briefing on Thursday night is Mandatory, as is the Mandatory Gear Check prior to the briefing
3. Presumably you will also require accommodation on Sunday Night 22nd May for when you finish ☺ See point 1 above...
4. It is common to check out of the motel room for the event nights 20th and 21st but some elect to keep at least 1 room so you have a fallback plan in case of withdrawal, injury, early finish ☺, or your crew wishes to have a base to work from
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not be returning to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the middle two nights of the event (20th and 21st)
7. Basic facilities are available at Standley Chasm, Showers, Toilets, Café with great food open breakfast, lunch and basic dinner on this weekend. You will need to book this accommodation option if you want it direct. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/> Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees.
8. There are no other facilities or fuel in the event area (West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc
9. We recommend you have warmer clothes available at the finish line as the presentations can get a bit cool

128km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Friday night 20th May, typically through to Sunday night 22nd May, however, see points 3 and 4 below. You can book via the Discover Central Australia link above
2. Attendance at the briefing on Friday night is Mandatory, as is the Mandatory Gear Check prior to the briefing
3. Presumably you will also require accommodation on Sunday Night 22nd May for when you finish ☺ See point 1 above...
4. It is common to check out of the motel room for the event night 21st but some elect to keep at least 1 room so you have a fallback plan in case of withdrawal, injury, early finish ☺, or your crew wishes to have a base to work from
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not be returning to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the nights of the event (20th and 21st)
7. Basic facilities are available at Standley Chasm, Showers, Toilets, Café with great food open breakfast, lunch and basic dinner on this weekend. You will need to book this accommodation option if you want it direct. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/>. Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees.
8. There are no other facilities or fuel in the event area (West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc
9. We recommend you have warmer clothes available at the finish line as the presentations can get a bit cool

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65km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Saturday night 21st May, typically through to Sunday night 22nd May, however, see points 3 and 4 below. You can book via the Discover Central Australia link above
2. Attendance at the briefing on Saturday night is Mandatory.
3. Mandatory Gear Checks are from 8am to 5pm at Event HQ. **Do not turn up 10 minutes (let alone 1 hours) before the briefing and expect it done!** Allow 15 minutes at least for the thorough check and the later you leave it the longer the que. Come and do an early gear check and then visit the award winning Desert Park during the day – you will not be disappointed! Discounts apply for entry to the Desert Park for competitors and crews.
4. Presumably you will also require accommodation on Sunday Night 22nd May for when you finish ☺ See point 1 above...
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not be returning to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the middle two nights of the event (20th and 21st)
7. Basic facilities are available at Standley Chasm, Showers, Toilets, Café with great food open breakfast, lunch and basic dinner on this weekend. You will need to book this accommodation option if you want it direct. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/> Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees.
8. There are no other facilities or fuel in the event area (West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc
9. We recommend you have warmer clothes available at the finish line as the presentations can get a bit cool

25km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Saturday night 21st May, typically through to Sunday night 22nd May, however, see points 3 and 4 below. You can book via the Discover Central Australia link above
2. Attendance at the briefing on Saturday night is Mandatory.
3. Mandatory Gear Checks are from 8am to 5pm at Event HQ. **Do not turn up 10 minutes (let alone 1 hours) before the briefing and expect it done!** Allow 15 minutes at least for the thorough check and the later you leave it the longer the que. Come and do an early gear check and then visit the award winning Desert Park during the day – you will not be disappointed! Discounts apply for entry to the Desert Park for competitors and crews.
4. Presumably you will also require accommodation on Sunday Night 22nd May for when you finish ☺ See point 1 above...
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not be returning to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the middle two nights of the event (20th and 21st)
7. Basic facilities are available at Standley Chasm, Showers, Toilets, Café with great food open breakfast, lunch and basic dinner on this weekend. You will need to book this accommodation option if you want it direct. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/> Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees.
8. There are no other facilities or fuel in the event area (West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc
9. We recommend you have warmer clothes available at the finish line as the presentations can get a bit cool

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5km Competitor Event Commitments

1. There are no requirements other than to be at the start area from approximately 3pm onwards, Sunday 22nd May. This is an all-inclusive fun run with no minimum requirements
2. We recommend you have warmer clothes available at the finish line as the presentations can get a bit cool

Websites that will save the day... (both yours and ours...😊😊😊)

For any event specific detail - <https://westmacsmonster.com.au/> is your friend. Most question we get asked are referred back to information already on the website.

For any tourism related information, tours, accommodation, transport, car hire visit <https://www.discovercentralaustralia.com/events/west-macs-monster>.

Emails with any questions can be sent to redcentretrailrunners@gmail.com. Please allow some time for answers...we are all volunteers 😊

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Aid Station access by crews, family and friends

The following table shows a list of Aid Stations and whether they are accessible by your crews and supporters. Essentially Aid stations that are accessible to the public are available to be visited by your supporters and crews.

Aid Station	Accessible	How
Redbank Gorge Start Line	Yes	2WD with Care, High Clearance is preferred. Dirt Road for approximately 8km from Namatjira Drive Bitumen
Rocky Bar Gap	NO	
Finke River Trail Head	NO	Not an Aid Station, (Emergency Water only)
Ormiston Gorge	Yes	2WD, Bitumen Road
Serpentine Chalet Dam	Yes	Accessible by 4WD to the carpark from Namatjira Drive Bitumen, and then approximately 1km walk into the aid station
Serpentine Gorge	Yes	2WD Dirt road from Namatjira Drive Bitumen
Ellery Creek	Yes	2WD Dirt Road from Namatjira Drive Bitumen
Rocky Bar Gap	NO	Not an aid station (Emergency Water Only)
Hugh Gorge	NO	**Inaccessible for 2022** Whilst this is a publicly accessible Aid Station, we do not recommend access due to the following: High Clearance 4WD ONLY . This drive is approximately 22km from the Namatjira Drive Bitumen and will take 2 hours each way. Not recommended for ease of logistics and knowing where to go. The track is not well signposted
Junction 4/5 Birthday Waterhole	NO	**Inaccessible for 2022** Whilst this is a publicly accessible Aid Station, we do not recommend access due to the following: High Clearance 4WD ONLY . This drive is approximately 14.4km from the Namatjira Drive Bitumen and will take 1.5 hours. And then there is a 1km walk up a sandy river access road. Not recommended for ease of logistics and knowing where to go. The track is not well signposted
Standley Chasm	Yes	2WD Bitumen Road. This is our event remote organisation hub where many officials will be based and camp
Fish Hole Waterhole	NO	**Is now inaccessible due to flood damage to the access road. Alternative Aid Station will be Jay Creek for 2022** For Runners, the additional distance will be approximately 2km from Standley Chasm
Jay Creek	NO	**Official Aid Station For 2022 ONLY – due to Fish Hole details above** NOTE: This is not normally an official aid station and access is only from an approx 2 hour (75km) drive north of Alice Springs via the Hamilton Downs Youth Camp Access Road, off the Tanami Highway. It is not practical to access this aid station for the purposes of this event logistics. There is approx 55km bitumen, then 25km 4WD dirt road and then approximately 4km walk from the car park to the trail shelter. The time taken to make this round trip is prohibitive for you to meet your runner again afterwards.
Mulga Camp	NO	
Simpsons Gap	Yes	2WD Bitumen Road
Wallaby Gap	NO	
Under the Bridge	Yes	4WD via Dirt Track and Old Stuart Highway alignment. This may change to the Railway Line crossing and directions will be given if this occurs
Alice Springs Telegraph Station Finish Line	Yes	2WD Bitumen, heaps of parking...Festivities abound!

No fuel is available anywhere in the West MacDonnell National Park.

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Further Information

Free public Transport pre and post event in Alice Springs

The Northern Territory Government are proud supporters of our event. This year to assist with travel around the township, we have negotiated free public transport on the bus network for the week before and week after the event including event weekend. Noted the busses don't travel on Sundays – so we have the necessary shuttles in place for after the presentations to get you back to your accommodation.

[Bus network map is available here](#) and the [time tables are available here](#).

You can use these networks to get to Event Headquarters at the Alice Springs Desert Park if you wish for briefings and gear checks. The bus stops on Larapinta Drive at the start of a short walk on a concrete path the headquarters location which takes about 8-10 mins. Busses 400 and 401 will get you there and their timetable is [here](#). Stop D is your friend to access us at RHQ.

To access this service, you need to visit the Tourism Central Australia Visitor Centre in the Todd Mall when you arrive in Alice Springs and they will give you an access card to show drivers when hopping on the bus.



Event Buses

The West Macs Monster event is operating buses to each start line as per the information in [Table 1](#) above. You must pre book the bus by midnight Wednesday 18th May by [clicking here for bus bookings](#)

Bus times and departure locations are in [Table 1](#) above. Buses are one way only and will not transport you, your family or crews back to Alice Springs after any starts. To ease congestion and available parking at each start line, we recommend the bus transport be utilised.

Bus costs are as follows:

231km Sonder Monster \$50.00

128km Ellery Monster \$30.00

65km Standley Monster \$20.00

25km Simpsons Monster \$15.00

Accommodation, Tours and Car hire

Accommodation, Tours and Car hire can be booked via the [Discover Central Australia](#) website, or direct with the provider of your choice.

Team Member Transport

First runner

The first runner must make his or her way to the relevant start line. You can get yourself there, or you can utilise our event provided bus options.

Subsequent Runners

For clarity....

231km team runners – make your own way to each change over location – we will not provide transport

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Aid Station Provisions

This year, we are publishing the list of Aid Station food, lollies, drinks etc on [this document here](#). If what you want is not catered for or where you would like it, then you can make your own arrangements via your own drop bag at the relevant aid stations.

Mandatory Briefing

Attendance at the briefing for your event is mandatory. There is important information shared at this time and it is important for your safety. It is a requirement of our risk management plan to ensure you all receive the same information. Times and locations are listed in [Table 1](#).

Event Dinners and guest speakers

We are hosting two event dinners this year. Sitting outdoors under the stars in the courtyard at the incredible Alice Springs Desert Park, you will have hot food prepared by the award winning Lisa Perry and her team.

On Thursday night, come and listen to our guest speaker – the amazing Liz Woodgate, winner of the 2021 231km West Macs Monster. She will be sharing stories and tips from her worldwide racing experience – and how you should best tackle the Monster in the coming days.

At Friday nights' dinner, our guest speaker is Katy Anderson. After pacing our 231km 2nd place getter in the 2019 event, she conceived the idea of the 128km event starting at Ellery Creek – with the words – you out it on, I will come and race it....and so it began. This year Katy is coming back for a second go at the 128km Ellery Monster and is going to share her learnings from her international racing experience as well.

A buffet consisting of the following options:

Mains

*Roast Scotch Fillet marinated with a Rosemary Garlic Crust served with Horseradish Cream
Moroccan Chicken Tagine with Dates, Lemons, Currants and Toasted Almonds
Vegetable Tagine with couscous*

Vegetables

*Honey Glazed Carrots with Cumin and Coriander
Potato and Sweet Potato Bake
Steamed Green Veggies, Broccoli, Beans, Cauliflower & Zucchini*

Crusty Bread Rolls and Butter

Desert

Sticky Date and Fig Cake with Caramel Sauce

This is an alcohol free event, Chilled water will be available on the tables

Cost is \$65 per head plus a small booking fee.

These events will book out, so don't miss out on this amazing social opportunity

Thursday Night 19^h May immediately after the 231km briefing (approx. 6.30pm) [Book here](#) limited to 50 tickets

Friday Night 20st May immediately after the 128km briefing (approx. 6.30pm) [Book here](#) limited to 80 tickets

Mandatory Gear Checks

Our incredible sponsor, Lone Dingo, have once again offered to conduct Mandatory Gear Checks in their shop, half-way down the eastern side of the Todd Mall. West Macs Monster volunteers will be on hand to assist the Lone Dingo staff between 10am and 12pm Saturdays in May leading up to the event on the 7th and 14th. Lone Dingo will be able to do occasional gear checks during the weekdays outside of these times, but to assist them, the Saturday morning slot is the preference. It will also give you a chance to ask those questions you haven't even thought of yet...! 😊

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Entrants who get their gear checks done and signed off (ie complete) at Lone Dingo prior to the event will go into the draw to win a \$100 in store voucher at Lone Dingo. Which will be drawn during the presentation ceremony at the Alice Springs Telegraph Station, from 6.30pm Sunday 23rd May.

Mandatory Gear checks must be finalised at latest at registration at Event HQ. Final mandatory gear checks WILL NOT BE AVAILABLE in 2022 at each start line. Therefore you will not have a wrist tag – and will not be allowed to start.

Alice Springs Desert Park

The Alice Springs Desert Park is an award winning arid zone park. It has an amazing array of flora and fauna on display. Walk through aviaries, the Nocturnal house, stroll the desert landscapes and make sure you see the flying bird show – it will amaze you. Our competitors and crew can get 20% off of entry to the Alice Springs Desert Park whilst they are here. Plan your visit on their [website here](#).

Wrist Tags

In the 2022 West Macs Monster, we will be issuing a yellow wrist band with some competitor information. This wrist tag is your ‘ticket to start’. It will only be issued once all of the entry criteria as met and ticked off. They are:

1. Mandatory Gear Check
2. Any required running pre-requisites for the 231km, 128km or 65km events are approved
3. Indemnity signed – which was part of the online entry process. If you are not sure, [click here](#) for it again.

The wrist tag must remain on your wrist at all times from when we issue it at registration until you cross the finish line. If for any reason you withdraw from the event prior to the finish line, as part of the withdrawal process, our officials will remove it and take possession of the wrist tag as part of our accounting for everyone process.

If, for any unfortunate reason you require a visit to the hospital, we will leave it on your wrist for ease of identification by hospital staff and they can access information from our medical teams if needed.

Course Changes, Contingencies and Conditions

Due to the extreme weather events earlier this year, the Tjoritja/West MacDonnell National Park experienced more than 200mm of rain on a number of occasions. It is important to note this is a dynamic and changing situation and the last updates will be shared at the Mandatory Briefing.

We normally don't think Gaiters are required for the Larapinta trail, however this year with the excessive growth, you may find them useful to stop skin reactions to the grass seeds, grass seeds falling into your shoes and irritating you through your socks, the occasional brush with spinifex and they may protect from potential snake bites.

The trail is hidden in places but has been marked with either pink or blue flagging tape. You will need to be familiar with your offline mapping tool, with the downloaded GPX file of your event on your phone and how to use it effectively. Practice now!

Affecting the 231km, 128km and 65km competitors, the Fish Hole Aid Station has moved approximately 2km further along the trail to the Jay Creek trail Head. Fish Hole is not accessible this year to be able to set up an aid station there. A mandatory 3 litre water carry will be in place from Standley Chasm for this change.

Junction 4/5 and Hugh Gorge both are inaccessible at the time of writing this. So details will be shared on any changes applicable to these locations. Parks and Wildlife are doing an amazing amount of work and we may be able to access these again by the time of the event.

If you have any further questions please refer to the web site in the first instance – and send us an email if you can't find the answer you are looking for.

Bes regards and see you in May!

Bring it on!

West Macs Monster Team