



## MOUNT BOGONG CONQUESTATHON

**Saturday 1st March 2025**

**Thank you for registering for the 45th Conquestathon**

### **Important Times for the event:**

**Friday 28<sup>th</sup> February**

5pm to 7pm Registration/Bib collection / Mandatory Gear Check @ Kangaroo Hoppet Office

[33 Bogong High Plains Road Mount Beauty, 3699 Hoppet Office](#)

### **Saturday 1<sup>st</sup> March**

6:10am Registration/ Bib collection / Mandatory Gear Check OPENS at [Mountain Creek Campground](#)

6:45am Mandatory Event Briefing at Start area [Mountain Creek Campground](#)

7:00am Event starts

10:30am Trophy presentation and photos

12:00pm Mount Bogong Summit cut off time

2:00pm Camp Creek Gap cut off time

**Detailed information on cut off times is below on page 3.**

### **Parking at Mountain Creek and Carpooling with others:**

Parking is extremely limited and we ask that you car pool, or arrange to be dropped off if living local.

There is only one road into Mountain Creek Campground and this road needs to be accessible by emergency services including fire trucks at all times. Parking will take place along the RHS (Southern side) of Mountain Creek Road. Parking Marshals will assist, but we ask you to car-pool from home or meeting others in Mount Beauty/Tawonga before driving to Mountain Creek.

If you can, park as close as reasonably possible and safe to do so to other cars.

There is an open private property paddock some 400m from the event hub –

- There is strictly NO parking allowed on that property -

(You can view a list of names of people who have registered on the [registration page](#) to help contacting those you know to carpool with) <https://www.alpinetiming.com.au/results/r549/>

## **Mandatory Equipment including Food and Water:**

**THIS IS FOR ALL PARTICIPANTS - You will not be permitted to participate in the event if you do not have the mandatory equipment. This is for your own safety and all the event volunteers.**

Whether in the Competitive or Non-Competitive category you must carry the items listed here with you at all times. The weather conditions can vary greatly between what is being experienced in Mount Beauty, Mountain Creek Campground or the summit. With wind chill, temperatures can be up to 30 degrees colder at the summit and weather can change within minutes at higher altitudes.

Checking of equipment at registration will occur.

- Waterproof Jacket with hood
- Thermal top
- Water (minimum 2L)
- Phone
- Whistle
- Space blanket
- Snake bite bandage
- Personal Medications (eg:EpiPen and Asthma)
- Food/lunch and snacks /energy bars
- Race number (with any medical conditions written on the back)

## **Toilets:**

There are just 2 drop toilets at Mountain Creek Campground. Other toilets on the course are located at Bivouac Hut (5.5km point) and Michell Hut (11km point).

BYO toilet paper should be carried with zip lock bags to carry out.

If you cannot make one of these three toilets the following MUST happen:

- Leave your bag at the side of the trail – so that the Sweep Marshal doesn't pass you, find a suitable place to do your business out of sight. This should occur into a paper bag that is then placed into a zip lock bag within another ziplock bag.
- - All bodily content and toilet paper need to be carried out. NO bags are to be placed into drop toilets.
- - Please be aware this is a pristine and fragile alpine environment. We all need to respect and care for it. Please do the right thing.

### **Mandatory Event Briefing at start area:**

6.45am SHARP. This will cover course overview, weather report taken from 6.30am, emergency procedure, marshals on course, cut off times and any last minute decisions on course changes.

### **Course Marshalling and First Aid & [EMEGENCY PLUS APP](#)**

Marshals will be stationed at set points around the course. Most intersections, the summit and both Bivouac and Michell Huts. Marshals will wear a high vis vest and have Radio communication with the Event Director and other Marshals throughout the day. Where there isn't a Marshal there will be large arrows on signs.

### **First Aid**

- There is no designated First Aid body or external provider for this event.
- Each participant must be prepared for any personal first aid needs or incidents which may occur themselves and bring their own personal medication and basic first aid kit.
- At strategic points on the course First Aid kits will be stationed with Marshals.

Please note – Marshals are not paramedics or doctors. In the event a medical incident occurs, Marshals have a 'duty of care' to care for the casualty and make as comfortable as possible until professional medical assistance arrives.

### **- Participants are encouraged to download and use the ['Emergency Plus' App](#) on their phones.**

Free to download and will give precise location to pass onto Triple Zero 000 operator using either Latitude and Longitude OR [What3Words](#). What3Words allocates 3 different English language words to 3m x 3m grid squares across the entire globe. This means you can be found quickly without needing to know with a map or GPS etc. where you are.

If you pass a participant in distress, confused or injured, please stop to assist and contact the event director using the phone number which will be printed on the back of your bib number.

### **Cut Off Times: There will be NO exceptions.**

- [Mount Bogong, the highest mountain in Victoria](#) is the ultimate challenge and the organising committee recommends that you have undertaken a similar grade hike of at least 20km distance and 1,300 meters elevation gain, as training.

This is so you know what to expect and how to manage your nutrition and hydration throughout the day.

- To support both our volunteer course marshals and for the safety of all participants, we need to have some firm course checkpoint cut off times to be sure that everyone is back down the mountain at a safe time of day.
- It is expected that all participants start at 7:00am

- Participants who fail to make the **summit check point by 12noon** will be a DNF and asked to return the shortest route directly to Mountain Creek Start/ Finish area VIA Staircase Spur, to be back at a safe time of day. These participants will have a sweep marshal follow them down for safety.
- All participants must have past the **check point at Camp Creek Gap by 2pm.**
- Failure to make this 2pm 'Cut Off' will mean you need to return back to Mountain Creek Camp Ground on the bus.

#### **Bus at Camp Creek:**

A 34 passenger bus will be stationed at Camp Creek Gap for the day. Participants deciding, they cannot finish the final 8km section back to Mountain Creek Campground finish area or those participants reaching Camp Creek Gap later than the 2:00pm checkpoint cut off time, will be asked to ride the bus back.

#### **Thunderstorms/Lightning:**

Event Base will be monitoring the weather closely before and during the event. In the situation participants are on course during a thunderstorm course marshals will advise if participants should make there way to lower elevations and or back to nearby huts.

Participants should drop walking poles and make themselves as small as possible by crouching down.

#### **Mount Bogong Conquestathon Event Facebook Page:**

Please "like" / "Follow" the event page for updates and more information in the lead up to the event.

<https://www.facebook.com/MtBogongConquestathon>

#### **Conquestathon Refund Policy:**

The planning and conducting of the Mount Bogong Conquestathon, involves spending a huge amount of money in advance on items such as race bibs, timing chips, food, prizes, communications and insurance. Please check the website for our refund policy.

<https://www.hoppet.com.au/refund-policy/>

#### **Ambulance Membership:**

It is highly recommended you have [Ambulance Membership](#) / Cover

**For any further questions before the event, please contact us and we can help you.**

**[www.hoppet.com.au](http://www.hoppet.com.au) OR <https://www.facebook.com/MtBogongConquestathon>**