



**Alcoa WA 100 MTB Classic and Dwellingup Trail Run Schedule 2018**

| Time of Day | Bike      |   | Run       | Time of Day |
|-------------|-----------|---|-----------|-------------|
| Thursday 16 | 3pm - 7pm | Number Plate Collection WEMBLEY CYCLES - 206 Cambridge St Wembley.                            | 3pm - 7pm | MTB and RUN |
| Friday 17   | 5pm - 7pm | Number Plate Collection "The Blue Wren Café" Dwellingup                                       | 5pm - 7pm | MTB and RUN |
| Saturday 18 | 6am - 8am | Number Plate Collection "Dwellingup Football Oval" MTB ONLY                                   | 6am - 8am | MTB ONLY    |
| 8:15        |           | RIDERS BRIEFING and Self seeding all 100, 70, 40 km riders who can average >18 km/h           |           |             |
| 8:30        | Start     | 100 km, 70 km, 40 km all start together   |           | 8:30        |
| 8:40        |           | 14 km JOEY starts at the back of final 42 km riders   |           |             |
| 9:00        |           |   |           | 9:00        |
| 9:30        | 1 hr      | Winning 14 km JOEY Rider due to finish at oval (winner @45 min)                               |           | 9:30        |
| 10:00       |           | RUNNERS Number Plate Collection opens "Dwellingup Football Oval" RUNNERS                      |           | 10:00       |
| 10:20       |           | Winning 42 km Wallaby rider due to finish at oval (winner @ 1 hr 48 min @24 km/h)             |           |             |
| 10:20       |           | First 70 and 104 km riders through oval end of loop 1, starting loop 2.                       |           |             |
| 10:30       | 2 hr      | Last 14 km JOEY Rider @ 2 hrs   |           | 10:30       |
| 11:00       |           | First 100 or so (104 km) riders have been through oval end lap 1 = 2.5 hrs at @17.3 km/h      |           | 11:00       |
| 11:23       |           | Winning 68 km Boxer rider due to finish at oval (2 Hrs 53 Min @24 km/h)                       |           |             |
| 11:23       |           | 104 km riders due through oval end of lap 2, starting lap 3.                                  |           |             |
| 11:30       | 3 hr      |   |           | 11:30       |
| 12:00       |           | 1. PRESENTATIONS 42 km Wallaby and 14 km Joey MTB   |           | 12:00       |
| 12:30       | 4 hr      | Last 70 and 100 km riders leaving oval end of lap 1 = Averaging @ 11 km/h                     |           | 12:30       |
| 12:50       |           | Winning 104 km Boomer rider due to finish at oval (4 Hrs 20 Min @24 km/hr)                    |           |             |
|             |           | Race Briefing for ALL Runners   |           | 12:45       |
| 13:00       |           | Dwellingup 21 km Trail Run Starts at 1.00 pm  | Start     | 13:00       |
|             |           | 10 km Trail Run Starts at 1.10 pm   |           | 13:10       |
|             |           | 6 km Trail Run Starts at 1.20 pm  |           | 13:20       |
| 13:30       | 5 hr      |   |           | 13:30       |
|             |           | Winning 6 km JOEY runner due to finish 26 minutes   |           | 13:45       |
|             |           | Winning 10 km Wallaby runner due to finish 40 minutes   |           | 13:50       |
| 14:00       |           |   | 1 hr      | 14:00       |
| 14:30       | 6 hr      | Winning 21 km Boxer runner due to finish in about 90 min                                      |           | 14:30       |
| 14:30       |           | Cut off enforced at end of 68 kms (lap 2) .. NO one starts third lap after 2:30pm = 11.5 km/h |           | 14:30       |
| 15:00       |           |   | 2 hr      | 15:00       |
| 15:30       | 7 hr      | Potential last 68 km MTB rider through finish @ 10 km/h                                       | 2.5 hr    | 15:30       |
| 16:00       |           | 2. PRESENTATIONS 104 km Boomer and 68 km Boxer MTB  | 3 hr      | 16:00       |
|             |           | 3. PRESENTATIONS 6 km, 10 km, 21 km TRAIL RUN   |           |             |
|             |           | 4. PRESENTATIONS MTBA National Series wrap up - Shane Coppin                                  |           |             |
| 16:30       |           | Last 21 km runner expected through the finish about 3 hours 30 minutes (NO Cut Off)           |           | 16:30       |
| 16:30       | 8 hr      | Short cut enforced at Marrinup cutting off 5 kms of trail (@99 kms @ 11.75 km/h)              |           | 16:30       |
| 17:00       |           |   |           | 17:00       |
| 17:30       | 9 hr      | Last WA100 rider expected 9 hrs @ 11.6 km/h completing the full 104 kms.                      |           | 17:30       |
| 18:00       |           | Last WA100 rider expected 9.5 hrs @ 11 km/h completing the full 104 kms.                      |           | 18:00       |