



# RAID100

northern rivers 2022



## The 2022 Raid 100 Race Document

The world's first expedition-length, rogaine format adventure race returns in 2022! 100 hours of guaranteed racing over a spectacular wilderness course through the NSW northern rivers area with all of the navigational and strategic challenge that the Rogue Raid events are known for. This document contains all the information you will need to prepare for the 2022 Raid 100. It will be updated periodically in the lead up to the event so be sure to check back from time to time.

### Dates

Sunday 1 May, 2022 – Saturday 7 May, 2022

### Schedule

#### Sunday 1 May, 2022

12:00	Registration opens at HQ. Team photos.
13:00	Race briefing and map handout.
14:00	(Optional) Accommodation check in at HQ.

#### Monday 2 May, 2022

04:00	Gear and bike box submission at HQ.
04:30	Buses depart HQ for the start line.
05:45	(Alternative) Gear and bike box submission at race start.
07:00	Race starts at Yamba, NSW.

#### Friday 6 May, 2022

TBA	Race finishes at Race HQ.
16:00	Post-race lunch and awards ceremony.

#### Saturday 7 May, 2022

10:00	(Optional) Accommodation checkout and departure
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### Duration

100 hours (4 days 4 hours) – 100 check points – Are you up for the ultimate navigational challenge?

### Disciplines

- Trekking – both on and off-trail.
- Mountain Biking – on sealed and unsealed roads, tracks and fire trails.
- Kayaking – on flat-water rivers and lakes.
- Packrafting – on white-water rivers.
- Abseiling – all equipment provided.
- Navigation – challenging (quality, pre-marked, event-specific maps provided).

### Team Sizes and Categories

Teams 4 (Mixed A1 only) or 2 (Mixed, Male and Female categories).

## Race Head Quarters

The Raid 100 is set for the Clarence Valley region in 2022. Boasting the longest stretch of uninterrupted coast line in NSW, the mighty Clarence River along with a plethora of white-water tributaries and a maze of rugged mountain trails set to be explored by foot, bike, kayak and packraft, the Clarence Valley is practically purpose built for adventure racing. Race HQ is located at the [Big River Holiday Park](#) on the edge of the Clarence River. Found on the outskirts of Grafton, race HQ has all the modern conveniences an adventure racer needs to prepare for a race. The address is [166 Ski Lodge Road, Seelands, NSW](#).



## Accommodation

There are two options to for your accommodation arrangements, with a range of choices to suit all budgets which can be found at <https://www.myclarencevalley.com/>. You will need to confirm which option you are taking prior to arrival so we can manage bus numbers.

1. Stay at Race HQ (Grafton). Big River Holiday Park has multiple two bedroom cabins available. You will need to book and pay for these directly, along with any additional nights for you and supporters before, during or after the race. The advantages of staying at the holiday park (or close by in one the adjacent accommodation options) are that you will be right where the action is, including all pre- and post-race activities. The race finishes at the Holiday Park, so you will be able to roll straight into a hot shower, meal and bed. The disadvantage is that it is an early start on race morning for teams catching the provided bus option.
2. Stay at Race Start (Yamba). The start location for the race is Yamba, NSW. A viable option would be to stay in Yamba and attend the pre-race activities at race HQ, then head back to your accommodation to prepare your equipment and maps on Sunday afternoon. You will need to leave a car at race HQ for the duration of the race or arrange a pick up from the finish line on the Friday. The advantage is that you can begin your morning a little later by making your own way to the start line on race day and submitting gear boxes there.

## Format

An expedition length, rogaine-format adventure race? The Raid 100 will adopt the familiar format of the Rogue Raid series of races. Teams will race across multiple of stages of the core adventure racing disciplines of trekking, mountain biking, packrafting, kayaking and abseiling. Each stage is effectively its own rogaine where teams collect as many or as few check points as they wish in a bid to accrue the highest score possible over 100 hours.

The 2022 Raid 100 course has been designed to be more achievable by mid- to back-of-the-pack teams. Competitors will go on a linear journey through the best terrain the area has to offer. Transition areas are set in locations that provide racers the chance to stop and recover as required. It would be possible to sleep up to 6 hours every night and still make it through the complete course, with a number of stage opening and closing times along the route. Competitive teams should not be lulled into a false sense of security: there is more than enough course to keep you racing non-stop for the full 100 hours! This format of racing also makes for a social atmosphere as all level of teams are crossing paths on the course.

## Entries

Entries have now closed for the Raid 100. We ultimately find spots become available in the lead up to the race, so if you are interested in competing, please contact [liam@raidadventures.com](mailto:liam@raidadventures.com). Refer to the [Raid 100 Entry and Cancellation Policy](#) for full details on entry procedures including the application process. Entry fees are as follows:

- Early bird: AUD\$1320/person – Payment in full between 13/09/2021 and 31/12/2021.
- Standard: AUD\$1430/person – Payment in full between 01/01/2022 and 04/03/2022.
- Late: AUD\$1540/person – Payment in full between 05/03/2022 and 01/05/2022.

A non-refundable deposit of \$250 per competitor is required to secure an entry into the race.

## Kayaks

Teams will be provided with Spirit Double CTR kayaks for the kayak legs of the race. Competitors are encouraged to use their own paddles and PFDs during the race, or alternatively these can be hired for \$5 each. Back rests can be hired for a charge of \$10. To pre-book, complete the form linked [here](#).

Teams are also recommended to bring their own seating such as a piece of foam to make paddling more comfortable, and should be prepared for one or more long, expedition-length paddle legs. The use of portage trolleys are not permitted in the race.



## Packrafts

The Raid 100 will introduce packrafting to a Raid event for the first time. Packrafting has become an increasing mainstay of adventure racing over the last half decade. I've always been of the firm belief that packrafting has its place in adventure racing: paddling down bumpy whitewater where there are strategic trekking options in play. No one wants to slog it out in any raft across a flat water paddle.

With some fantastic whitewater rivers in the Clarence Valley region including the Nymoida River, Goolang Creek, Boyd River, Guy Fawkes River and upper stretches of the mighty Clarence itself, the opportunity to combine packrafting with the unique strategic Raid rogaine format was just too good to pass up. We are course setting so that there are options to maximise the time spent paddling packrafts and minimize the time carrying them – it is possible to get through all the packraft stages without carrying them, however whether this is the best strategic option to maximise your score will be left up to you to determine when you see the maps.

Teams should note that at times they will need to pack their empty paddle bags (along with any unused kayak or packraft equipment) into their bike boxes for transport. The style of bag shown in the equipment list make a great light-weight, cheap option. Packraft stages are set up such that teams could collect every packraft CP without having to hike with their rafts at any stage.

For those new to packrafting, the options include to borrow, hire, build or purchase.

### Hire Options

- [Packraft.com.au](http://Packraft.com.au)
- [Thought Sports](#) ([Rob](#) from Gippsland, VIC)
- [Watermarked Expedition Services](#) ([Alex](#) from Hobart, TAS)
- [Wildabout Packrafting](#) (Shane from Devonport, TAS)
- [Pack Raft Australia](#) (Ryan from Melbourne, VIC)
- [Packraftrentals.co.nz](http://Packraftrentals.co.nz) (New Zealand)

### Purchase Options

- [Frontier Packrafts](#)
- [Blue Duck Packrafts](#)
- [Alpacka Packrafts](#)
- [Kokopelli Packrafts](#)

### Build Your Own

- [DIY Packrafts](#)

Additional information from [this Rogue Adventure article](#) back in 2016 might also be helpful, although some of it is now outdated.



## Shoes and Helmets

Competitors are encouraged to bring at least two pairs of trekking shoes to the race. Note there are multiple stages where you may need to carry your trekking shoes with you while cycling.

Bike helmets are sufficient for the whitewater paddle sections of the packrafting stages.

## Box and Bag Logistics

Teams will have all necessary equipment moved around the course via bike boxes, gear boxes and paddle bags. Note that there are some long, expeditionary stages in the 2022 Raid 100: only 8 stages in total although some of these are multi-discipline stages. Transition areas have been setup as excellent “base camps” and make great targets to reach for at the end of each day of racing.

### Bike Boxes

Every competitor must pack their bike and associated equipment into a standard airline bike box (dimensions of 140cm x 80cm x 30cm). These can be purchased from an airline as cardboard boxes, however corflute boxes are significantly more durable and therefore highly recommended. Instructions on how to build your own bike box can be found on the [Rogue Adventure blog](#). Alternatively, corflute bike boxes are available for sale from [EnviroBox](#). Weight allowed is 30kg.



### Gear Boxes

Every team must provide 2 gear boxes labelled with their team name and the letters A and B. These must be the 100L boxes pictured and available to purchase from places like [Supercheap Auto](#) (the same style boxes used at XPD and GODZone) and must have secured lids. These will be moved around the course for teams to access food and a change of clothes at all transition areas. Maximum weight is 25kg (teams of 2) and 30kg (teams of 4).



### Paddle Bags

Every team must provide a paddle bag labelled with their team name. This must contain all the mandatory items required for the kayak and packrafting legs as per the gear list and will be seen at the start and end of every kayaking and packrafting leg. Note that teams are permitted to use a second bag that exclusively carries their paddles (no other items permitted in this bag). Paddle bags will be moved in bike boxes between transition areas during some stages.

## Volunteers

Volunteers play an integral role in an event of this scale going forward. The Rogue Raid has always been fortunate to receive massive support from volunteers, which can be just as rewarding as racing itself. There are multiple jobs we require volunteer assistance with over the week including race registrations, logistics with moving equipment, manning transition areas, search and rescue safety, course sweeping, photography and social media. Volunteering is also a great way to get access to teams out on the course. All volunteers will have their accommodation and fuel for the period of the race covered, meal stipend, and will receive volunteer rewards to a future Raid Adventures event. To find out more, contact Liam at [liam@raidadventures.com](mailto:liam@raidadventures.com)

## Maps

Teams will be provided with duplicate sets of pre-marked, water-proof maps. These are event specific, quality rogaine maps. Teams are not permitted to use any other map. The approximate number and sizes of maps is as follows:

- 14 x 1:40,000 A3 maps
- 2 x 1:40,000 A4 maps
- 1 x 1:20,000 A4 map

## Example Course

To get a feel for what you are in for, check out the [Live Site](#) from the 2019 Raid 100. There is a raft of information including race maps, photos, team reports and GPS replays.

## Course Distances





How hard will it be? One of the fantastic things about a rogaine format adventure race is that it is achievable by any level of athlete as each team decides how many check points to get and even which stages to tackle. However, it should be stressed that the Raid 100 is our definitive challenge. Relative the 2019 Raid 100, the 2022 course is held in a more condensed area. This means that ultimately, a team could race between the major “base camp” transition areas each day and log some solid rest between stages (well, solid rest compared to a traditional linear adventure race). Obviously, these teams will see less of the course, but they will still be treated to a spectacular and rewarding journey. And as alluded to elsewhere, there is enough wilderness out there to keep the top teams pushing for 100 hours on a relatively linear journey. In saying this, there are a few key stages that require a linear journey to get through the full course, so teams should plan accordingly both in their training and their route planning when they have maps in hand.

The 2022 race has a total of 7 stages, a number of which are multi-disciplinary. Hence, there are 6 transition areas on the course. You will see your bike box at every TA. Total approximate distances are 21-177km of trekking, 175-304km of mountain biking and 95-159km of paddling. This includes one paddle stage which is approximately 50km long, and a bike stage that is at least 120km long! The distances seem big on paper, however if you break down the minimum over 4 days, you see that they are very achievable.

## Satellite Tracking

Every team will carry an emergency SPOT GPS satellite tracker. This not only acts as another chain in the race's safety net, but also allows friends and family at home to follow your journey. Coupled with the live site, updated scoreboard, news blog, course flyover and live photos, this allows for spectators at home to get involved in all the race action.



SECTION 3: FUNCTIONS	
	<b>HELP/SPOT ASSIST</b> Request help from your friends & family at your GPS location. Or ask for help from professional assistance organizations. (Example: Flat tire, need a lift.)
	<b>CUSTOM MESSAGE</b> Let contacts know where you are by sending a pre-programmed message with your GPS location.
	<b>S.O.S.</b> In an emergency, send an S.O.S. with your GPS location to GEOS, who facilitates search and rescue. (Example: Snake bite, broken leg)
	<b>CHECK IN</b> Let contacts know where you are and that you're okay with a pre-programmed message.
	<b>TRACK</b> Automatically send and save your location and allow contacts to track your progress using Google Maps™.
	<b>POWER</b> Press the power button to turn SPOT on; LEDs will illuminate. Press and hold the power button until it blinks rapidly to turn SPOT off.
	<b>GPS LIGHT</b> Notifies you whether or not SPOT is able to see the GPS satellites & obtain your GPS location.
	<b>MESSAGE SENDING LIGHT</b> Notifies you whether or not your most recent message was transmitted.

**Non-emergency request for assistance from race organisers. Likely to be pulled from the course and result in DNF or unranked**

**Notifying that your team is experiencing delays or difficulties, but don't require assistance and will self manage.**

**Emergency request for help. NSW Ambulance service and SES will be immediately notified for extraction.**

## Live Website

Spectators will be able to follow all the action at home via the live website link: <https://raidadventures.com/2022live/>. With GPS tracking, updated scoreboards, photos galleries and more, be sure to share this link before hitting the start line.

## Adventure1

The Raid 100 is the second race in the 2022 Adventure 1 national series. Teams will be fighting it out for those all important points towards their national adventure racing ranking.



## Team List

#	Team Name	Names	Event	Category
1	Thought Sports	Myall Quint, Tim Boote, Robbie Hunt, Kathryn Preston	4 Person	XO
2	Tri Adventure Mountain Designs	Kim Beckinsale, Elizabeth Dornom, Dave Schloss, Glenn Wilkinson	4 Person	XO
3	Chipesti	Luke Smythe, Sarah White, Mark Costin, Chris White	4 Person	XO
4	3 Points of Contact	Clint Falla, Nicole Walker, Russ Stringer, Gary Sutherland	4 Person	XO
5	Astrolabe	Mark Wilson, Christine Perry, Anthony Pohlner, Bevan Koopman	4 Person	XV
6	The Brork Life	Mitch Nissen, Nathan Munson, Stu Brown, Kelsey Harvey	4 Person	XO
7	SandgropARs	Grant Pepper, Dave Symons, Joel Tate, Helen Murphy	4 Person	XV
8	The Finishers	Gordon Willocks, Mitchell Sinclair, Peter Sinclair, Kathryn Sinclair	4 Person	XO
9	Tiger Adventure	Trevor Mullens, Kylie Alderson, Shaun Jackson, Brock Hawke	4 Person	XO
10	Tiger Adventure A1	Sara Barrett, Narelle Crozier, David Jennings, Etienne Gautier	4 Person	XO
11	Off Trail Adventures - Tigers	Nic Droste, Tamyka Bell, Sophie Thomas, Stefanie Awiszus	4 Person	XO
12	Fully Rad Tiger	Ellie Marks, Richard Old, Stew Adams, Silas Sutherland	4 Person	XV
13	EziDuzItTiger	Paul Sharwood, Graham Hazelwood, Jason Kirk, Julie Sager	4 Person	XV
14	Rewild Turbo Moxie Tigers	Aaron Cook, Scott Poad, Laura Newton, Glen Harris	4 Person	XO
15	HolyTigermoley	Jimmy Clare, Rob Murray, Sharon Blegg, Kevin Piercy	4 Person	XO
16	Tiger Surprise	Amanda Kyneur, Lee Taylor, Luke Finn, Wayne Zahra	4 Person	XO
17	Tiger Trudgers	Tom Williams, Leigh Mccarthy, Guy O'Neill, Jennifer Gale	4 Person	XO
18	Tiger Red Zone	Penny Spiers, Sebastian De Casanove, Dan De Casanove, David Carmod	4 Person	XO
19	Tiger Connection	Kim Piercy, Ron Mccartney, Liz Young, Jackie Amos	4 Person	XV
20	Because Uber was Busy Tiger AR	Michael Gardiner, Courtney McDonald	Pairs	XO
21	Bingo	Melody De Laat, Allan Bourke	Pairs	XV
22	BMX Bandits	Andrew Renwick, Shelley Bambrook	Pairs	XV
23	Can Do Coconuts	Martin Kusz, Jennifer Kusz	Pairs	XV
24	Dated Loaf and Pikelet	Rob Garden, Marquita Gelderman	Pairs	XV
25	Dynamite Adventure	Paul Gruber, Bruce Shaw	Pairs	MV
26	Farkrwe Tigers	Donna Vearing, Shane Vearing	Pairs	XV
27	GuReus	Sue Thomson, Jake Reus	Pairs	XV
28	H&E	Ed Steenbergen, Helen Steenbergen	Pairs	XV
29	Lost Wombats	Jason Sipple, Rachel Sipple	Pairs	XV
30	The Clydesdales	Craig Madsen, Alison Buchanan	Pairs	XV
31	Sunshine Unicycles	Andrew Flanagan, Wendy Flanagan	Pairs	XV
32	AWOL	Kevin Smith, Simon Brook	Pairs	MO
33	Coastal Nomads	Mark Moore, Garran Carnall	Pairs	MV
34	Comfortably Numb	Greg Vale, Matthew Logan	Pairs	MV
35	Desk Jockey Adventures	Troy Evans, Scott Sawyer	Pairs	MV
36	Isodopes Redemption	Ian Stewart, Andrew Paszkowski	Pairs	MV
37	KangRacing	Steve Amor, Andrew Scott	Pairs	MV
38	Marginal Gains	Gavin Cole, Dylan Magee	Pairs	MO
39	Out All Night-1	Jeremy Tibbits, Nick Clark	Pairs	MO
40	Out All Night-2	Stephen Porter, Damien Andrews	Pairs	MV
41	C&N	Cath Heppelthwaite, Debbie Chambers	Pairs	WV
42	Fuse Creative	Anne Lowerson, Leigh Cockerill	Pairs	WV
43	Tri Adventure Girls-1	Amie Munson, Gina Dunsden	Pairs	WV
44	Tri Adventure Girls-2	Ali Wright, Cass Kimlin	Pairs	WV

## Sponsors



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## Further Inquiries

For further information, contact Liam at [liam@raidadventures.com](mailto:liam@raidadventures.com) or 0405 728 128.

## Raid 100 Mandatory Equipment List





Below is the list of mandatory equipment items to be carried by competitors on the course. This is a bare minimum of required equipment. All competitors are expected to be self-sufficient out on the course and will be travelling through a number of remote and rugged areas. Temperatures at this time of year can reach both extremes of heat and cold. In the event of an emergency, your team mates will be the source of first response. Heavy penalties including deducted points right through to exclusion from the race will apply for teams found not carrying an item of mandatory equipment.

### At All Times







Item	Number	Notes
 <p>Mobile Phone</p>	1 per team	Fully charged, switched off and water proofed. Must have the Emergency+ App installed: <a href="#">Android</a> or <a href="#">iPhone</a> .
 <p>Headlamp</p>	1 per person	With sufficient batteries for 4 nights of racing.
 <p>Whistle</p>	1 per person	Accessible at all times. Attached to PFD during kayak legs.
 <p>Waterproof jacket</p>	1 per person	Seam sealed and with a hood.
 <p>Thermal top</p>	1 per person	Long sleeved. Made from thermal, wicking material. Can be worn or carried. Arm warmers plus short sleeve top sufficient.
 <p>Sleeping bag</p>	1 per person	Down or synthetic sleeping bag is strongly recommended. Sol Bivy sack or equivalent is sufficient. Thermal (space) blanket/bag is insufficient.
 <p>Compass</p>	2 per team	Southern hemisphere compass. Electronic (watch or phone) compass is insufficient.

	Lighter	1 per team	Waterproofed. Strictly for emergency use only.
	Folding knife	1 per team	Sufficient for cutting rope in an emergency. To be immediately accessible at all times while paddling.
	First aid kit	1 per team	Sufficient for dealing with injuries in the bush including cuts, stings, blisters, bites, hypothermia, breaks, burns, pain, diarrhea, infection, splinters, rash, chafing and envenomation.
	Spare headlamp	1 per team	Sufficient to read a map and see your feet at night.
	AAA Lithium Batteries	4 per team	To be carried at all times as a backup in case batteries in the SPOT trackers expire on course.




### Mountain Bike Stages

Item	Number	Notes	
	Mountain bike	1 per person	Sufficient for riding on rugged trails.
	Helmet	1 per person	Must meet Australian standards.
	White front light	1 per person	To be on at all times when riding at night. Headlamp is sufficient.
	Red rear light	2 per person	To be on at all times when riding, day or night.

### Kayak and Packraft Stages

Item	Number	Notes
 PFD	1 per person	Type 2 or better. To be worn at all times while paddling. Inflatable PFDs are insufficient. Can be provided if pre-booked (collect at registration).
 Paddle	1 per person	Full length paddles can be provided if pre-booked (collect at registration).
 Helmet	1 per person	To be worn at all times on whitewater legs. Bike helmet sufficient.
 Glow sticks	1 per person	Minimum length of 10cm. Cracked and worn high on the shoulder when kayaking at night.
 Throw bag	1 per boat	To be accessible at all times while paddling.
 Packraft	Qty	Carrying capacity as per design specifications (eg one person per single, two people per double). Includes inflation device and puncture repair kit. <b>Packraft stages only.</b>

### Boxes and Bags

 Bike Box	<ul style="list-style-type: none"> <li>1 per person.</li> <li>To meet airline standards, ie 140cm x 80cm x 30cm.</li> <li>Labelled with competitor name and team name + number.</li> <li>Maximum weight – 30kg.</li> </ul>
 Gear Box	<ul style="list-style-type: none"> <li>2 per team</li> <li>Black “XPD” style gear box mandatory.</li> <li>Maximum weight 25kg (team of 2) or 30kg (team of 4).</li> <li>Labelled with team name, number and the letters A or B.</li> </ul>
 Kayak Bag	<ul style="list-style-type: none"> <li>1 per team.</li> <li>Must be able to transport all the team’s mandatory kayak equipment and packraft equipment. Teams may also use and optional second bag to carry paddles only.</li> </ul>

### Prohibited Items

- Any form of GPS or distance measuring devices including foot pods, pedometers, step counters, etc
- Cycle computers
- Night vision goggles
- Altimeters
- Any maps other than those provided

### Recommended Items

The above list is the bare minimum of mandatory equipment teams are required to carry on the course. It is sufficient to manage an emergency situation until first responders can arrive to render assistance. To comfortably complete the course, teams are recommended to carry the following suggested items:

- Outdoor clothing including hats, sunglasses, gaiters, thermal pants, waterproof pants, beanie, gloves and fleece.
- Sunscreen, insect repellent, anti-inflammatory medication and other additional first aid.
- Trekking poles.
- Toilet paper and trowel.
- Means to purify water (tablets, filter, steripen, etc).
- Camp stove for boiling water.
- Tent and sleeping mat.
- Bike repair tools and spare parts.
- Wetsuit for kayaking at night.

