

MILES FOR MENTAL HEALTH - KALGOORLIE TO PERTH ULTRAMARATHON FUNDRAISER - 600KM



Date	Stage	Planned						Town	Coordinates Latitude	Coordinates Longitude	Actual						Time	
		Distance	Time Start	Run Time	Time Finish	Break	Commence				Distance	Time Start	Run Time	Time Finish	Break	Commence	Ahead +	Behind -
DAY 1 - Tuesday, 10 September 2019																		
10-Sep-19	1	10km	3:00AM	1hr 20min	4:20AM	30min	4:50AM	Kalgoorlie	-30.80688	121.39487								
Notes		Pull over park bay		Amenities - None		Landmark - Eastern Goldfields Clay Target Club		Photo No. 1		Road Side - Left		Comments - Pink Ribbon on tree						
10-Sep-19	2	8.5km	4:50AM	1hr 20min	6:10AM	30min	6:40AM	Road	-30.85374	121.32951								
Notes		Pull over park bay		Amenities - None		Landmark - Nil		Photo No. 2		Road Side - Left		Comments - Pink Ribbon on tree						
10-Sep-19	3	11km	6:40AM	1hr 20min	8:00AM	30min	8:30AM	Road	-30.89721	121.22691								
Notes		Pull over park bay		Amenities - None		Landmark - Nil		Photo No. 3		Road Side - Left		Comments - Pink Ribbon on tree						
10-Sep-19	4	10km	8:30AM	1hr 20min	9:50AM	30min	10:20AM	Coolgardie	-30.95456	121.16219								
Notes		Memorial Park with gazebo		Amenities - All		Landmark - Memorial Park		Photo No. 4		Road Side - Right		Comments - Park on street, extremely wide						
10-Sep-19	5	12.3km	10:20AM	1hr 20min	11:40AM	30min	12:10PM	Road	-30.97242	121.03576								
Notes		Pull over park bay		Amenities - None		Landmark - Concrete water tank		Photo No. 5		Road Side - Left		Comments - Run pipe track for next 8.1km						
10-Sep-19	6	8.1km	12:10PM	1hr 20min	1:30PM	30min	2:00PM	Road	-30.9836	120.95386								
Notes		Pipe line cross over road		Amenities - None		Landmark - Nil		Photo No. 6		Road Side - Left		Comments - First pipeline cross over road						
10-Sep-19	7	8.8km	2:00PM	1hr 20min	3:20PM	30min	3:50PM	Road	-31.0116	120.86945								
Notes		Pull over redundant shops		Amenities - None		Landmark - Redundant buildings		Photo No. 7		Road Side - Left		Comments - Bullabulling town closed down						
10-Sep-19	8	11km	3:50PM	1hr 20min	5:10PM	30min	5:40PM	Road	-31.07371	120.78077								
Notes		Pull over park bay		Amenities - None		Landmark - Nil		Photo No. 8		Road Side - Left		Comments - Pink Ribbon on tree						
10-Sep-19	8.5	5.4km	5:40PM	40min	6:20PM	20min	6:40PM	Road	-31.1059	120.73906								
Notes		Pull over park bay		Amenities - Bin		Landmark - Bins		Photo No. 9		Road Side - Right		Comments - Pink Ribbon on tree						
10-Sep-19	9	9.3km	6:40PM	1hr 20min	8:00PM	30min	8:30PM	Road	-31.13744	120.65371								
Notes		Pull over park bay		Amenities - Bins		Landmark - Nil		Photo No. 10		Road Side - Right		Comments - Large parking area						
10-Sep-19	10	5.4km	8:30PM	40min	9:10PM	30min	09:40PM	Road	-31.14787	120.59938								
Notes		Pull over park bay		Amenities - None		Landmark - Nil		Photo No. 11		Road Side - Left		Comments - 2 x Pink Ribbons on tree						
DINNER BREAK																		
10-Sep-19	11	11.1km	09:40PM	1hr 20min	11:00PM	30min	11:30PM	Road	-31.18236	120.50127								
Notes		Pull over park bay		Amenities - None		Landmark - Nil		Photo No. 12		Road Side - Left		Comments - Pink Ribbon on tree						
10-Sep-19	12	7km	11:30PM	1hr 00min	12:30AM	3 hours	3:30AM	Road	-31.18873	120.42953								
117,9km	117.9km	Large camping area		Amenities - Bins / Tables		Landmark - Camp area not sign posted		Photo No. 13		Road Side - Right		Comments - If raining entry will be muddy						
DAY 2 Wednesday, 11 September 2019																		
11-Sep-19	13	10km	3:30AM	1hr 20min	4:50AM	30min	5:20AM	Road	-31.20249	120.32759								
Notes		Pull over park bay		Amenities - None		Landmark - Ribbon on Sign side of road		Photo No. 14		Road Side - Left		Comments - Pink Ribbon on sign						
11-Sep-19	14	11km	5:20AM	1hr 20min	6:40AM	30min	7:10AM	Road	-31.22039	120.21447								
Notes		Pull over park bay		Amenities - None		Landmark - Tyre leant up against power line pole		Photo No. 15		Road Side - Left		Comments - Pink ribbon on sign						
11-Sep-19	15	10.4km	7:10AM	1hr 20min	8:30AM	30min	9:00AM	Road	-31.24359	120.10918								
Notes		Shoulder on Road		Amenities - None		Landmark - Pink Ribbon on Tree		Photo No. 16 -No Photo		Road Side - Left		Comments - Pink Ribbon on Big Tree Trunk						
11-Sep-19	16	9km	9:00AM	1hr 20min	10:20AM	30min	10:50AM	Road	-31.26797	120.01741								
Notes		Large camping area		Amenities - Toilets		Landmark - Boorabbin, Camp area sign posted		Photo No. 17		Road Side - Right		Comments - Last toilet until Southern Cross						

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		Distance	Time Start	Run Time	Time Finish	Break	Commence				Distance	Time Start	Run Time	Time Finish	Break	Commence	Ahead +	Behind -
11-Sep-19	17	11.5km	10:50AM	1hr 20min	12:10PM	30min	12:40PM	Road	-31.27295	119.90002								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 18	Road Side - Left	Comments - Pink Ribbon on tree								
11-Sep-19	18	6.7km	12:40PM	1hr 20min	2:00PM	30min	2:30PM	Road	-31.28157	119.83019								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 19	Road Side - Left	Comments - Pink Ribbon on tree								
11-Sep-19	19	11.7km	2:30PM	1hr 20min	3:50PM	30min	4:20PM	Road	-31.29014	119.70818								
Notes		Large parking area for RV and Van Amenities - None Landmark - Yellowdine, House with fence						Photo No. 20	Road Side - Left	Comments - Limited Mobile Phone Signal								
11-Sep-19	20	11km	4:20PM	1hr 20min	5:40PM	30min	6:10PM	Road	-31.28564	119.59607								
Notes		Side of road Amenities - None Landmark - Merging lane sign						Photo No. 21	Road Side - Left	Comments - Pink Ribbon on sign								
11-Sep-19	21	6.1km	6:10PM	1hr 20min	7:30PM	30min	8:00PM	Road	-31.27428	119.53341								
Notes		Pull over park bay Amenities - Big Bin Landmark - Nil						Photo No. 22	Road Side - Left	Comments - Pink Ribbon on tree								
11-Sep-19	22	10.5km	8:00PM	1hr 20min	9:20PM	30min	9:50PM	Road	-31.24833	119.43114								
Notes		Pull over park bay Amenities - None Landmark - Blair Road						Photo No. 23	Road Side - Left	Comments - Pink Ribbon on tree								
DINNER BREAK																		
11-Sep-19	23	9km	9:50PM	1hr 20min	11:10PM	30min	11:40PM	Southern Cross	-31.22949	119.33742								
Notes		Pull over park bay outside Hospital Amenities - All Landmark - Hospital sign						Photo No. 24	Road Side - Left	Comments - Caltex open 24hrs								
11-Sep-19	24	12km	11:40PM	1hr 20min	1:00AM	4 hours	5:00AM	Road	-31.2732	119.22238								
236.8km	118.9km	Pull over park bay Amenities - None Landmark - Ribbons of Green sign on left						Photo No. 25	Road Side - Left	Comments - Drive back stay in Southern Cross								
DAY 3 Thursday, 12 September 2019																		
12-Sep-19	25	10km	5:00AM	1hr 20min	6:20AM	30min	6:50AM	Moorine Rock	-31.31251	119.12684								
Notes		General Store car park Amenities - Bins Landmark - General Store						Photo No. 26	Road Side - Left	Comments - Store opens at 11am closes 5pm								
12-Sep-19	26	9km	6:50AM	1hr 20min	8:10AM	30min	8:40AM	Road	-31.32258	119.03552								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 27	Road Side - Left	Comments - Pink Ribbon on tree								
12-Sep-19	27	10km	8:40AM	1hr 20min	10:00AM	30min	10:30AM	Road	-31.34934	118.93578								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 28	Road Side - Left	Comments - Pink Ribbon on tree								
12-Sep-19	28	8km	10:30AM	1hr 20min	11:50AM	30min	12:20PM	Bodallin	-31.37034	118.85629								
Notes		Service Station Carpark Amenities - Shop Toilet Landmark - Service Station and General Store						Photo No. 29	Road Side - Left	Comments - Fuel & Shop opens 6am - 6pm								
12-Sep-19	29	10.8km	12:20PM	1hr 20min	1:40PM	30min	2:10PM	Road	-31.38743	118.74534								
Notes		Pull over park bay Amenities - None Landmark - Smyth Road						Photo No. 30	Road Side - Left	Comments - Pink Ribbon on tree								
12-Sep-19	30	6.8km	2:10PM	1hr 20min	3:30PM	30min	4:00PM	Carabin	-31.37857	118.6784								
Notes		Service Station Carpark Amenities - Shop Toilet Landmark - Service Station and General Store						Photo No. 31	Road Side - Left	Comments - Fuel & Shop opens 7am - 5pm								
12-Sep-19	31	11km	4:00PM	1hr 20min	5:20PM	30min	5:50PM	Road	-31.37959	118.56528								
Notes		Pull over park bay Amenities - Bin Landmark - Nil						Photo No. 32	Road Side - Left	Comments - Pink Ribbon on tree								
12-Sep-19	32	10.5km	5:50PM	1hr 20min	7:10PM	30min	7:40PM	Road	-31.40575	118.4575								
Notes		Pull over park bay Amenities - None Landmark - Run through Burracoppin closed down						Photo No. 33 No Photo	Road Side - Left	Comments - Pink Ribbon on tree								
12-Sep-19	33	9.2km	7:40PM	1hr 20min	9:00PM	30min	9:30PM	Road	-31.45105	118.3818								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 34 No Photo	Road Side - Left	Comments - Pink Ribbon on tree								
DINNER BREAK																		
12-Sep-19	34	12km	9:30PM	1hr 20min	10:50PM	30min	11:20PM	Merridan	-31.48271	118.269								
Notes		Carpark BP 24hrs / Olympic Hotel Amenities - All Landmark - 24hr Service Station & Accom for the night						Photo No. 35	Road Side - Left	Comments - Stay at Olympic Hotel								

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		Distance	Time Start	Run Time	Time Finish	Break	Commence				Distance	Time Start	Run Time	Time Finish	Break	Commence	Ahead +	Behind -
12-Sep-19	35	10km	11:20PM	1hr 20min	12:40AM	30min	1:10AM	Road	-31.51591	118.17128								
Notes		Pull over park bay Amenities - None Landmark - Silo bins & Access Road						Photo No. 36	Road Side - Left	Comments - Pink Ribbon on tree								
13-Sep-19	36	9.8km	1:10AM	1hr 20min	2:30AM	4 hours	6:30AM	Road	-31.5381	118.0735								
353.9km	117.1km	Pull over park bay / Access Road Amenities - None Landmark - Hines Hill Road						Photo No. 37	Road Side - Left	Comments - Travel back to Merridan								
DAY 4 Friday, 13 September 2019																		
13-Sep-19	37	10km	6:30AM	1hr 20min	7:50AM	30min	8:20AM	Road	-31.58179	117.98757								
Notes		Pull over park bay Amenities - None Landmark - Doodlakine South Road						Photo No. 38	Road Side - Left	Comments - Pull over to side of road								
13-Sep-19	38	11.6km	8:20AM	1hr 20min	9:40AM	30min	10:10AM	Road	-31.61178	117.87392								
Notes		Pull over park bay Amenities - None Landmark - Bakers Road						Photo No. 39	Road Side - Left	Comments - Pink Ribbon on tree								
13-Sep-19	39	10.2km	10:10AM	1hr 20min	11:30AM	30min	12:00PM	Road	-31.6284	117.76878								
Notes		Pull over park bay Amenities - None Landmark - Nil						Photo No. 40	No Photo	Road Side - Left	Comments - Pink Ribbon on tree							
13-Sep-19	40	10km	12:00PM	1hr 20min	1:20PM	30min	1:50PM	Kellerberrin	-31.63293	117.72731								
Notes		Pull over park bay at United Fuel Amenities - All Landmark - 24hr United Fuel Service Station						Photo No. 41	Road Side - Left	Comments - United Fuel open 24hrs								
13-Sep-19	41	10.4km	1:50PM	1hr 20min	3:10PM	30min	3:40PM	Road	-31.6286	117.55854								
Notes		Pull over - small area Amenities - None Landmark - Nil						Photo No. 42	Road Side - Right	Comments - Pink Ribbon on reflector post								
13-Sep-19	42	6.6km	3:40PM	1hr 20min	5:00PM	30min	5:30PM	Tammin	-31.64049	117.49133								
Notes		Pull over park bay at Puma Fuel Amenities - All Landmark - 24hr Puma Fuel Service Station						Photo No. 43	Road Side - Left	Comments - Puma Fuel open 24hrs								
13-Sep-19	43	11.5km	5:30PM	1hr 20min	6:50PM	30min	7:20PM	Road	-31.64156	117.37244								
Notes		Pull over on access road Amenities - None Landmark - Wyola Road						Photo No. 44	Road Side - Left	Comments - Pink Ribbon on tree								
13-Sep-19	44	12.5km	7:20PM	1hr 20min	8:40PM	30min	9:10PM	Cunderdin	-31.65113	117.24157								
Notes		BP Carpark - limited hours with BP Amenities - All Landmark - BP Service Station & Ettamogah Pub						Photo No. 45	Road Side - Left	Comments - BP Fuel open 6am - 9pm								
DINNER BREAK																		
13-Sep-19	45	10km	9:10PM	1hr 20min	10:30PM	30min	11:00PM	Road	-31.63103	117.13999								
Notes		Pull over park bay Amenities - Bin Landmark - Nil						Photo No. 46	Road Side - Left	Comments - Pink Ribbon on tree								
13-Sep-19	46	13km	11:00PM	1hr 20min	12:20AM	30min	12:50AM	Meckering	-31.62632	117.01018								
Notes		Johnston St - Recreational Park Amenities - All Landmark - Park on left side						Photo No. 47	Road Side - Left	Comments: Shell Service Station 24hr								
14-Sep-19	47	9.5km	12:50AM	1hr 20min	2:10AM	30min	2:40AM	Road	-31.64186	116.92999								
Notes		Pull over - small area Amenities - None Landmark - Fence Gate at end of short road						Photo No. 48	Road Side - Left	Comments - Pink Ribbon on tree								
14-Sep-19	48	6.7km	2:40AM	1hr 20min	4:00AM	4 hours	8:00AM	Road	-31.63721	116.86207								
475.9km	122km	Large Pullover area Amenities - Bin Landmark - Nil						Photo No. 49	Road Side - Right	Comments - Camp area for the night								
DAY 5 Saturday, 14 September 2019																		
14-Sep-19	49	9.8km	8:00AM	1hr 30min	9:30AM	30min	10:00AM	Road	-31.63632	116.76428								
Notes		Side of the road Amenities - None Landmark - Nil						Photo No. 50	Road Side - Left	Comments - Pink Ribbon on tree								
14-Sep-19	50	8.1km	10:00AM	1hr 30min	11:30AM	30min	12:00PM	Northam	-31.65116	116.68684								
Notes		Northam Shire Ops Centre Amenities - All Landmark - Shire Operations Centre						Photo No. 51	Road Side - Left	Northam/York rd to Northam - Mitchell Ave								
14-Sep-19	51	7.4km	12:00PM	1hr 30min	1:30PM	30min	2:00PM	Road	-31.66691	116.62318								
Notes		Pullover on Access road to Barrack Amenities - None Landmark - Northam Army Barracks						Photo No. 52	Road Side - Left	Run on KEP track to Mundaring 60km								

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Date	Stage	Planned						Town	Coordinates Latitude	Coordinates Longitude	Actual						Time	
		Distance	Time Start	Run Time	Time Finish	Break	Commence				Distance	Time Start	Run Time	Time Finish	Break	Commence	Ahead +	Behind -
14-Sep-19	52	10.2km	2:00PM	1hr 30min	3:30PM	30min	4:00PM	Clackline	-31.719633	116.523544								
Notes		Run KEP Trail Amenities - None Landmark - Cnr Grt Eastern Hwy / Spencers Brook Rd						Photo No. No Photo	Road Side - N/A	Comments - KEP Trail								
14-Sep-19	53	6.8km	4:00PM	1hr 30min	5:30PM	30min	6:00PM	Bakers Hill	-31.747693	116.459555								
Notes		Run KEP Trail Amenities - None Landmark - Cnr Grt Eastern Hwy / Keane St						Photo No. No Photo	Road Side - N/A	Comments - KEP Trail								
14-Sep-19	54	8.0km	6:00PM	1hr 30min	7:30PM	30min	8:00PM	Wundowie	-31.764492	116.388617								
Notes		Run KEP Trail Amenities - None Landmark - Cnr Coates Rd / Hawke Ave						Photo No. No Photo	Road Side - N/A	Comments - KEP Trail								
DINNER BREAK																		
14-Sep-19	55	9.0km	8:00PM	1hr 30min	9:30PM	30min	10:00PM	Wooroloo	-31.800309	116.317655								
Notes		Run KEP Trail Amenities - None Landmark - Cnr Linley Rd and Government Road						Photo No. No Photo	Road Side - N/A	Comments - KEP Trail								
14-Sep-19	63	11.8km	10:00PM	2hr 00min	12:00AM	6 hours	6:00AM	Chidlow	-31.862872	116.268936								
547KM	71.1KM	Run KEP Trail Amenities - None Landmark - Cnr Old Northam Rd / Thomas St						Photo No. No Photo	Road Side - N/A	Comments - Stay Overnight Mundaring								
DAY 6 Sunday, 15 September 2019																		
15-Sep-19	57	6.2km	6:00AM	1hr 30min	7:30AM	30min	8:00AM	Mt Helena	-31.885821	116.206946								
Notes		Run KEP Trail drive back to chidlow Amenities - All Landmark - Cnr Sawyers Rd / Goodwin Pl						Photo No. No Photo	Road Side - N/A	Comments - Drive back to end point Chidlow								
15-Sep-19	58	3.0km	8:00AM	1hr 00min	9:00AM	30min	9:30AM	Sawyers Valley	-31.903614	116.204364								
Notes		Run KEP Trail Amenities - All Landmark - Cnr Grt Eastern Hwy / Sawyers Rd						Photo No. No Photo	Road Side - N/A	Comments - KEP Trail								
15-Sep-19	59	4.0km	9:30AM	1hr 30min	11:00AM	30min	11:30AM	Mundaring	-31.904656	116.180981								
Notes		Run KEP Trail Amenities - All Landmark - Cnr Grt Eastern Hwy / Railway Tce						Photo No. No Photo	Road Side - N/A	Comments - Kep Trail Crosses the Hwy								
15-Sep-19	60	15.8KM	11:30AM	2hr 30min	1:30PM	30min	2:00PM	Midland										
Notes		Bunnings Carpack Amenities - All Landmark - Bunnings Carpark Grt Eastern Hwy						Photo No. No Photo	Road Side - Left	Comments -Grt Eastern Hwy								
15-Sep-19	61	4.9KM	2:00PM	1hr 00min	3:00PM	30min	3:30PM	Guildford										
Notes		Carpark Amenities - All Landmark - Guildford Hotel						Photo No. No Photo	Road Side - Right	Comments - Grt Eastern Hwy Bypass								
15-Sep-19	62	6.0km	3:30PM	1hr 00min	4:30PM	30min	5:00PM	Ascot Waters										
Notes		McDonalds Carpark Amenities - All Landmark - McDonalds Great Eastern Hwy						Photo No. No Photo	Road Side - Left	Comments - Grt Eastern Hwy / Belgravia St								
15-Sep-19	63	6.5KM	5:00PM	1hr 00min	6:00PM	FINISH -135hrs	Langley Park											
593.4KM	46.4KM	FINISHED																

KEP TRAIL - NORTHAM TO MUNDARING



Website: <https://ridewithgps.com/routes/1199946>



First meeting spot



Third meeting spot



Start of KEP track

Run Eadine rd 8.3km to Clackline

Start of Kep Track:

The KEP track starts 2.1km Perth side of Northam.

Entering Northam from Great Eastern Hwy:

From Great Eastern Hwy take the Northam / York Rd bypass to Northam on Yilgarn Ave. At the Tee Section turn right on Northam / York Rd. Left on Fitzgerald St East Through the main street of Northam

Getting to the Kep Track:

Travel Fitzgerald St East, Turn right on Newcastle Street, go over the bridge, turn left onto Mitchell Ave travel 4km to Great Eastern Hwy - stop at the KEP Track sign - rest break
Note: between the KEP Track sign (on Mitchell Ave) and Great Eastern Hwy the KEP track is flooded 2.5km from the start of the KEP Track and is unable to be accessed by foot. At the intersection of Mitchell Ave and Great Eastern Hwy the KEP track is accessible, take the KEP track and follow to Northam Army Camp. The track goes around the West Northam Tanks. Follow the track for 3km until the start of Eadine Rd.

Getting to Clackline:

The KEP track from the Northam Army Camp terminates at Eadine Rd and travels Eadine road for 8.5km to Clackline. We will need to run on Eadine Road, there are some sizeable hill climbs for 3km

From Clackline the KEP track is navigatable all the way to Mundaring however a mobile phone will be required to maintain contact with support crew at all times as the KEP track diverts of the main road by a 400mtrs at periods.

Support Access Areas Northam to Clackline:

First meeting spot will be at the start of the KEP track sign there is a large turn around area.

Second meeting spot will be Trimmer Road which is a parking area from Great Eastern Hwy (past the Army Camp)

Third meeting spot will be at the start of Eadine Road - take first exit onto Eadine Rd from Great Eastern Hwy turn left travel 300mtr and wait.

Fourth meeting spot - Clackline. This is where the caravan can be parked up to reasses timing for Clackline to Mundaring