



Image courtesy of Lynn Webb Photography

COMPETITOR'S INFORMATION PACK



SATURDAY 1 NOVEMBER 2025

**DUNDAS CRUNCHER
RUN & CYCLE EVENT**



EVENT SCHEDULE

FRIDAY 29 OCTOBER 2025

12:30PM

NORSEMAN HERITAGE TRAIL CLOSED

SATURDAY 1 NOVEMBER 2025

7:45AM - 8:35AM

REGISTRATION

8:45AM

RACE BRIEFING

9:15AM

DEPARTURE TO START LINES

9:55AM

COMPETITORS SET AT START

10:00AM

START

11AM

FAMILY FUN DAY @ MARKS PARK

12:30PM

COMMUNITY BBQ

1PM

AWARD PRESENTATION

3PM

EVENT CLOSES



Image courtesy of Lynn Webb Photography

NORSEMAN

WHERE ARE WE?



Norseman is located in the heart of the Great Western Woodlands 185km south of Kalgoorlie and 201km north of Esperance on the Coolgardie Esperance Highway.



TOWN CENTRE



Norseman's Town Centre is located on Roberts Street and contains the following shops:

- Digger's Ice Cream Shop & Cafe
- Full Moon Cafe
- Norseman Supermarket & Post Office
- Norseman Gold Pharmacy
- Norseman Hotel

HUNGRY?



Norseman has a range of food options:

- Diggers Ice Cream Shop & Cafe
- Fool Moon Cafe
- Norseman BP
- Ampol Foodary
- Norseman Hotel
- Great Western Restaurant

FUEL



Norseman is serviced by two fuel stations:

- BP Travelstop
- Ampol



NORSEMAN

STAY THE NIGHT



Norseman has a number of accommodation options:

- The Railway Woodlands Guest House
- Norseman Hotel
- Acclaim Gateway Tourist Park
- The Great Western Travel Lodge
- The Norseman Eyre Hotel
- RV Free Camp - Fully Self Contained Vehicles Only



MEDICAL



Norseman Hospital | Ph: 9039 9200 | Talbot St, Norseman
Norseman General Practice | Ph: 9039 9235 | Talbot St, Norseman
Norseman Gold Pharmacy | Ph: 9039 0205 | Roberts St, Norseman
St John Ambulance | In an emergency always call **000**

POLICE



Norseman Police Station | Ph: 9029 1100
In an emergency always call **000**
Prinsep St, Norseman (opposite Memorial Park)

Arriving early or staying the weekend? Why not explore more in the Heart of the Great Western Woodlands?

EXPLORE MORE



The Woodlands Cultural Community and Visitors Centre located on 78 Prinsep St, Norseman is the must go place for all tourist and visitor information.

Explore the interpretative features and get selfies by the colorful murals, and chat to our friendly staff who can tell you about the great places to visit in Norseman.



PRE-RACE

ENTRY FORM

- Print out and complete your event entry form prior to race day.
- Email your completed form to tourism@dundas.wa.gov.au with the subject title Dundas Cruncher - Race Registration.
- Bring it with you for a fast-track registration on race-day.
- Entry forms will be available on race day until 8:30am.

INFORMATION PACK

Review your information pack, if you have any questions please email tourism@dundas.wa.gov.au.

SPORTING SUPPLIES

Ensure you have everything you need for the race with you. There are no cycle repair or sporting goods stores in Norseman.

AGE REQUIREMENTS

The race events are for 16 years and over. Competitors aged 16 and 17 years must have a parent/guardian sign their entry form.

WITHDRAWAL

Please submit notification of withdrawal prior to event day to tourism@dundas.wa.gov.au. If you withdraw during the event, please ensure Event Marshalls are informed.

SPECTATORS

Due to the Heritage Trail being closed to all traffic spectators are encouraged to gather at the finish line located at Marks Park.

AWARD PRESENTATIONS

From 11am - 3pm, a Family Fun Day at Marks Park (Cnr Ramsay and Roberts Street) with free children's activities and community BBQ will also be held to celebrate the competitors efforts. Awards will be presented at Marks Park at 1pm.



RACE DAY

REGISTRATION

Registration is at the Woodlands Cultural Community and Visitors Centre. Located 78 Prinsep Street, the building is pictured above. There is plenty of parking on Prinsep Street and around the corner of Ramsay Street. Both streets have direct access to the Centre. All competitors must register and receive their race number by 8:35am.

RACE BRIEFING

Competitors must attend the pre-race briefing. This is to ensure competitors are alerted to any changes in the trail conditions.

TIMING

The Shire will endeavor to use electronic timing, however we strongly recommend that competitors time their own event incase of malfunction of race timer.

TRAFFIC MANAGEMENT

Competitors must follow the instructions of Event Marshalls and Traffic Management personnel. Failure to do so may result in disqualification from the event.

FIRST AID

Two first aid personnel will be on the course, as well as support from the local St John WA Ambulance Service.

PUBLIC TOILETS

Full bathroom facilities are available at the Registration Point (Norseman Woodlands Centre) and at the finish line (Marks Park).



A Porta Loo will be available at Site 10 along the Heritage Trail.

No running water is available at the Start and Finish Line.



ROYAL MAIL COACH ROAD CRUNCHER

START LINE

Marks Park

RACE START

The race commences at 10am. Competitors must be at the start line 5 minutes prior to start time, follow the instructions of Event Marshalls.

DISTANCE

46.7km (approximate)

RULES

- Competitors must ride single file on the left-hand-side of the road at all times unless making a pass or for safety reasons.
- Competitors may walk their bikes if necessary but may not make progression on the race course unaccompanied by their bicycle.
- Helmets and shoes must be worn by all cycling competitors.
- Headphones or similar devices (unless medically prescribed) are not permitted.
- Bikes must be fitted with a bell to alert of approach/passing.

FELLOW COMPETITORS

Runners will also travel on the left-hand-side of the trail.

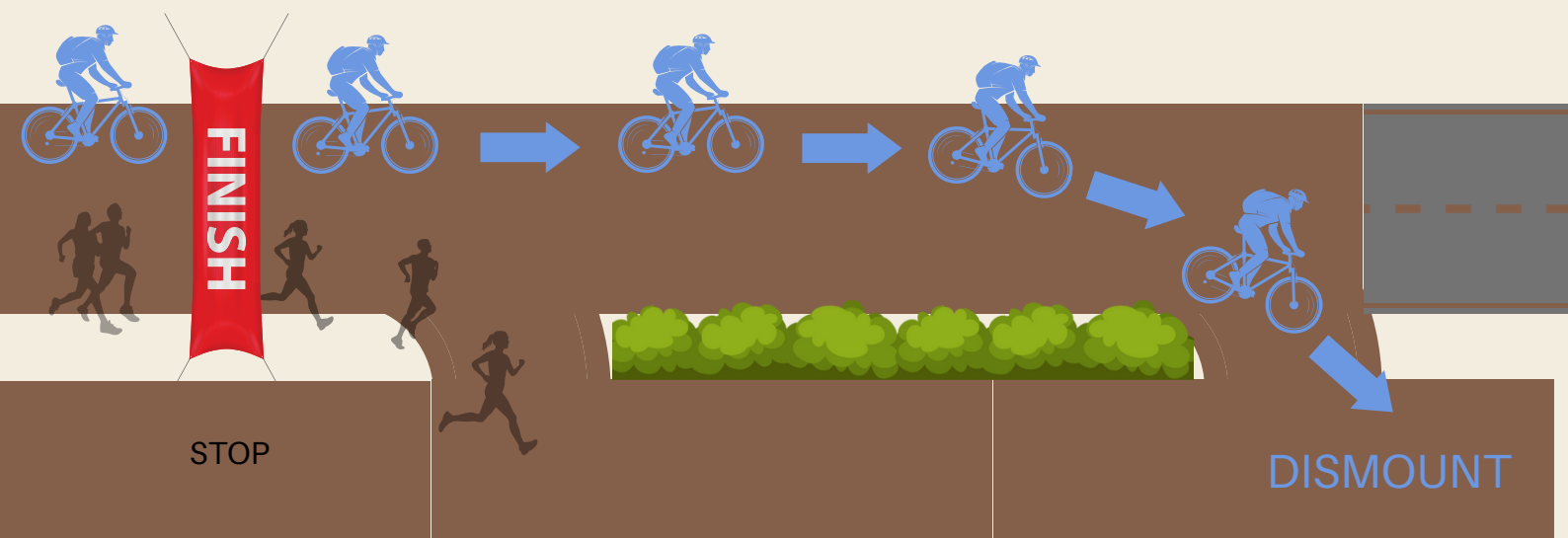
Cyclist must signal with their bell an alert on their approach.

Always be aware of other competitors and your surrounds.

FINISH LINE

Marks Park

- This is a shared finish line. Riders will be directed to ride straight through the finish line keeping to the left hand side at all times.





- Leave via competitors bus (Shire Provided) to Start Line
- Runners will travel to Site 10 via Shire provided bus.
- Porta Toilets will be available at the Start Line.
- No running water is available..

The race commences at 10am. Competitors must be at the start line 5 minutes prior to start time, follow the instructions of Event Marshalls

24km (approximate)

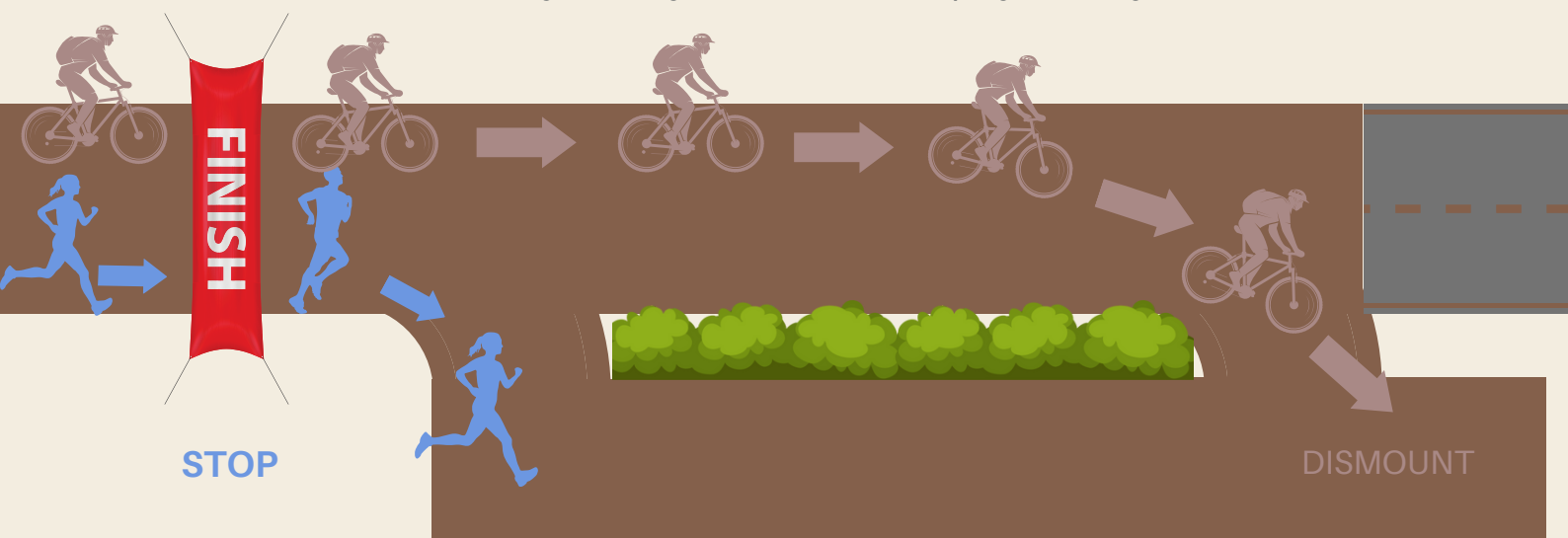
1 water & aid station at the Start Line, 2 water & aid stations along trail

Cyclists on the Trail:

- Riders move faster than runners, and find it difficult to pull up quickly. Be alert for cycle competitors.

Runners will also travel on the left-hand-side of the trail. Cyclist must signal with their bell an alert on their approach. Always be aware of other competitors and your surrounds. . Listen for cyclists issuing a verbal or a bell warning prior passing.

Marks Park. This is a shared finish line. Runners will be directed to run straight through the finish line keeping to the right hand side at all times.





- Leave via competitors bus (Shire Provided) to Start Line
- Runners will travel to Site 6 via Shire provided bus.
- No running water is available.

The race commences at 10am. Competitors must be at the start line 5 minutes prior to start time, follow the instructions of Event Marshalls

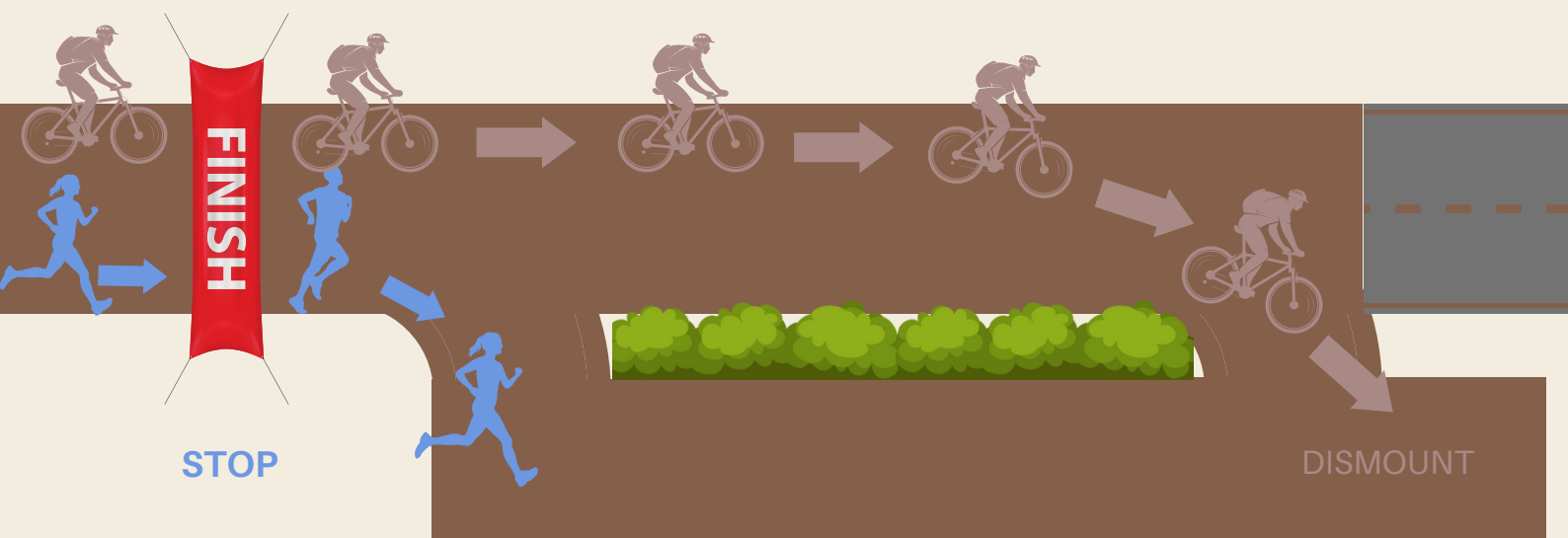
11.5 km (approximate)

1 water & aid station at the Start Line, 1 water & aid station along trail

- Riders move faster than runners, and find it difficult to pull up quickly. Be alert for cycle competitors.

Runners are required to **keep to the right** of the trail. Listen for cyclists issuing a verbal or a bell warning prior passing. As you are on the righthand side of the trail, bikes will pass you on your lefthand side.

Marks Park. This is a shared finish line. Runners will be directed to run straight through the finish line keeping to the right hand side at all times.



WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS *support.*

Pantoro
Gold


WESTGOLD

**Resource
Accommodation**

Ali Kent MLA
MEMBER FOR KALGOORLIE

 **HORIZON
POWER**

 **Norseman
Community Resource Centre**
Your local connection



Department of
Primary Industries and
Regional Development

The Shire of Dundas is working toward building a new exciting race event in the Goldfields.

Thank you to all competitors for participating in the event.

Competitors will receive a feedback survey following the event to help us improve.

For more information contact us on:

-  tourism@dundas.wa.gov.au
-  www.dundas.wa.gov.au
-  78 Prinsep Street, Norseman WA 6443
-  (08) 9039 0040
-  Shire of Dundas

