

Lithgow Ridgy-Didge 2023 Trail Run Festival - Running distances from start line to event facilities

7k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
4.7	✓	✓		CP13

13k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.9	✓			CP2
2.4		✓		CP6
3.0		✓		CP7
5.9		✓		CP7
6.5		✓		CP6
7.1	✓			CP2
10.5	✓	✓		CP13

22k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.9	✓			CP2
2.4		✓		CP6
3.1		✓		CP7
7.7		✓		CP10
10.1		✓		CP7
10.8		✓		CP6
11.3	✓			CP2
14.7	✓	✓		CP13
20.5	✓	✓		CP13

30k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.9	✓			CP2
2.4		✓		CP6
3.0		✓		CP7
5.9		✓		CP7
10.5		✓		CP10
13.0		✓		CP7
13.6		✓		CP6
14.2	✓			CP2
18.5			✓	CP12
20.4	✓	✓		CP13
27.8	✓	✓		CP13

42k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.9	✓			CP2
6.3	✓			CP2
11.7		✓		CP6
12.3		✓		CP7
15.1		✓		CP7
17.6			✓	GV gate
23.4		✓		CP10
25.8		✓		CP7
26.4		✓		CP6
27.0	✓			CP2
31.3			✓	CP12
33.3	✓	✓		CP13
39.0	✓	✓		CP13

50k race				
Distance (Km)	Toilets	Aid Station	Water (Only)	Location
3.6	✓			CP2
8.1	✓			CP2
13.4		✓		CP6
17.5		✓		CP6
18.1		✓		CP7
21.0		✓		CP7
23.5			✓	GV gate
29.2		✓		CP10
31.7		✓		CP7
32.3		✓		CP6
32.8	✓			CP2
37.2			✓	CP12
39.1	✓	✓		CP13
46.5	✓	✓		CP13