

Lithgow Ridgy-Didge 2025 Trail Run Festival - Running distances from start line to event facilities

5k race

Distance (Km)	Toilets	Aid Station	Water (Only)	Location
5.0	✓	✓		Finish

10k race

Distance (Km)	Toilets	Aid Station	Water (Only)	Location
5.8			✓	CP12
7.6	✓	✓		CP13
9.8	✓	✓		Finish

22k race

Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.8	✓			CP2
2.2		✓		CP6
2.8		✓		CP7
7.4		✓		CP10
9.8		✓		CP7
10.4		✓		CP6
10.9	✓			CP2
14.6	✓	✓		CP13
20.3	✓	✓		CP13
22.5	✓	✓		Finish

30k race

Distance (Km)	Toilets	Aid Station	Water (Only)	Location
1.8	✓			CP2
2.2		✓		CP6
2.8		✓		CP7
5.8		✓		CP7
10.4		✓		CP10
12.8		✓		CP7
13.4		✓		CP6
13.9	✓			CP2
18.0			✓	CP12
19.8	✓	✓		CP13
27.2	✓	✓		CP13
29.4	✓	✓		Finish

42k race

Distance (Km)	Toilets	Aid Station	Water (Only)	Location
3.6	✓			CP2
8.1	✓			CP2
13.4		✓		CP6
14.0		✓		CP7
17.0		✓		CP7
18.8			✓	GV gate
25.0		✓		CP10
27.4		✓		CP7
28.0		✓		CP6
28.5	✓			CP2
32.6			✓	CP12
34.4	✓	✓		CP13
40.1	✓	✓		CP13
42.3	✓	✓		Finish

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
21.1		✓		CP7
22.9			✓	GV gate
29.1		✓		CP10
31.5		✓		CP7
32.1		✓		CP6
32.6	✓			CP2
36.7			✓	CP12
38.5	✓	✓		CP13
45.9	✓	✓		CP13
48.1	✓	✓		Finish