



26 SEPTEMBER 2021

YURREBILLA ULTRA MARATHON

56K - 28K - KIDS

EVENT HANDBOOK

Updated 14/09/2021



Contents

| | |
|--|----|
| Background | 3 |
| 1. Before the Race..... | 4 |
| Course Maps & Cut-off times | 4 |
| Bib collection..... | 5 |
| What to bring on the run..... | 5 |
| Emergency Contact People..... | 5 |
| Event Cancellation | 5 |
| Yurrebilla Merchandise | 5 |
| 2. Race Day – Sunday, 26 September 2021 | 6 |
| The Starting Point – 56K..... | 6 |
| The Starting Point – 28K..... | 7 |
| Getting to the Starting Point for race participants | 7 |
| Wave Starts | 8 |
| Friends and Family at the Starting Point..... | 9 |
| Bib Pickup..... | 9 |
| Drop Bags..... | 9 |
| Pre-Race Briefing..... | 9 |
| 3. During the Race..... | 9 |
| Aid Stations..... | 9 |
| Timing Points | 10 |
| Route Notes..... | 10 |
| Toilets on the Trail..... | 11 |
| Road Safety | 11 |
| Track Conditions, Trail Safety and Trail Running Protocol..... | 11 |
| A few things that are asked of all runners:..... | 11 |
| Safety Measures | 12 |
| First Aid..... | 12 |
| Looking out for fellow runners | 12 |
| Withdrawing mid-race | 12 |
| 4. After the Race | 13 |
| Finish Line and Amenities | 13 |
| Food and Drinks available at Foxfield Oval | 13 |
| Cheer on your fellow runners! | 13 |



Background

2021 sees the 14th staging of the Yurrebilla Trail 56km Ultra (**YUM**). What began as a casual, once-off group run, involving 23 runners in November 2007, is now a premier event on the National Trail Running/Ultra Calendar.

Yurrebilla is a Kurna name which identifies Mount Lofty and Mount Bonython as the "two ears" of Nganno ('Nar-na). Nganno is a Kurna ancestral being who journeyed across Kurna land, lying down to die following a battle. His body formed the Mount Lofty Ranges. The Kurna are the first people of the Adelaide Plains and the surrounding ranges, and we acknowledge them as the traditional owners of this land, their living culture and unique role in the life of this region.

YUM is an AURA certified trail running course, attracting interstate and overseas runners and continuing to grow each year. The Yurrebilla Trail is a beautiful bush trail close to the city of Adelaide.

The Yurrebilla Trail 56Km Ultra is a challenging course, providing hydration and nutrition (aid) stations every 6 to 8km. This makes YUM an ideal "first time" trail running ultramarathon, as well as a challenging run for experienced athletes.

This will be the 4th year that the 28km "Half Yurrebilla" will be part of the festival. The 28km is for anyone who would like to be involved in the days' festivities but aren't quite up to the full 56km.

We recognise the two remaining Yurrebilla runners who has competed in every single event thus far: **Kym Williams** and **Brett Worley**. We would like to welcome back two SARRC runners, **Dej Jamison** and **Sue Tyson** both doing their 12th Yurrebilla. This event is always both a celebration of its origins and of its place in the trail running community. Runners such as these have been instrumental in starting and maintaining the true spirit of Yurrebilla. Spirit that we trust will live on through every other participant in this event, past present and future.

So please read on for all relevant event information. If you still have any questions by the end of this document, then please do not hesitate to contact us at the SARRC office on 0403 039 307

Otherwise see you on Sunday 26 September 2021

The Yurrebilla Race Committee



1. Before the Race

Course Maps and Cut-off times

Course maps can be found [here](#)

*28km runners please note your Start line is Drink Station 5 Coach Road (corner of Ridge Road)

The 28kms Yurrebilla cut off time is 5.30pm - 6 hours 30 minutes

The 56kms Yurrebilla cut off time is 5.30pm -11 hours 30 minutes.

For the safety and to show a duty of care for all entrants the Yurrebilla committee has a responsibility to implement this rule for cut off to prevent tired runners, running on difficult terrain in fading light at the end of the day.

We strongly recommend this time guide for runners to depart the following drink station, to prevent withdrawal from the event:

To depart Cleland (20km): **by 11.40 am**

To depart Norton Summit (35km) **by 2.00 pm**

Your cut off time will be at Montacute road (48km) You MUST depart by 04.00pm!!!

It is important to work within these time guidelines to leave these drink stations, to be able to finish the event within cut off time. Runners are not allowed to enter Blackhill **after 04.00pm**, failing to adhere to these rules will lead to disqualification.

ADDITIONALLY:

Runners **MUST NOT** arrive at a drink station **BEFORE** it opens. We allow a generous buffer for the first runner to arrive. However, in the past some runners have arrived before aid stations, traffic management, and timing mats have been set up. Therefore, it's important that you seed yourself in the correct starting group, failing to do this will lead to immediate disqualification.

This year any runner arriving prior to a drink station being open will be held at that station until the official open time of that station.

Any runner that refuses to wait will immediately be disqualified.

These times are carefully planned for runner safety. By disregarding this directive, you are putting yourself and the entire event at risk.

The open times are as follows:

| Check Point | Distance * | Open Time |
|----------------------------|-------------------|------------------|
| DS1 McElligott's Quarry | 10Km | 7.30am |
| DS2 Old Mt Barker Road | 16Km | 8.30am |
| DS3 Cleland | 21Km | 9.20am |
| DS4 Coach Road | 28Km | 10.30am |
| DS5 Norton Summit | 35Km | 11.10am |
| DS6 Rocky Hill Track - Top | 43Km | 11.45am |
| DS7 Montacute Road | 48Km | 12:10am |
| DS8 Summit Link Trail | 52Km | 12:30pm |



Bib collection

You can collect your bib on Saturday September 25th at Sportitude, 20 Manton St, Hindmarsh from 9.00am to 1.00pm. You can also collect your bib on race morning, please allow enough time for collection. For the 56km entrants this will be at the Start line at Belair, and for the 28km entrants, this will be at the Start line on Coach Road.

Please note that SARRC do not post event bibs out.

Late Entry

Late entries will be taken at the start of the 28Km event (only) at Coach Road. It is advisable to do all late entries at Bib Collection on Saturday however if you do wake up on Sunday morning and suddenly get the urge to run 28Km, please arrive with enough time to register. Registration will close 15min prior to race start (10:45am)

You will also be able to make last minute changes to your entry. If you signed up for the 56K but decide on the morning you are not up to it, you can change to the 28Km. Again, be there early as changes also close at 10:45am.

There will be No Late Entries for 56Km on Race Day.

What to bring on the run

Carrying a mobile phone is compulsory with the Race Control number **0403 039 307** as well as the First Aid number **0412 466 972** entered.

The following is highly recommended:

- you download the Emergency Plus app onto your phone. This gives you a direct access to emergency numbers and your exact location (Lat & Long) which will enable first responders to know your exact location on course. You will find all important numbers on the back of your race bib.
- A hydration option with a capacity of at least 750mL and capable of being refilled at each drink station. As this is a no cups event, to drink any of the hydration at the drink stations you will need your own vessel (drink bottle, or you can buy a collapsible cup from any good outdoors shop. (e.g. Sportitude)
- you carry a compression bandage, a space blanket and a light waterproof breathable jacket in case of cool and wet weather. A hat, tissues, plasters and sunscreen is also advisable. There will be sunscreen available at the aid stations.

Emergency Contact People

Your emergency contact person cannot also be a race participant. International numbers will not be accepted as your emergency contact.

Event Cancellation

Please monitor the news, weather forecasts, and Yurrebilla Facebook and Yurrebilla Website before the event.

The event may be cancelled due to COVID or extreme conditions (i.e. when extreme weather conditions are predicted e.g. very high winds, very high rainfall or very high temperatures, park closures due to extreme fire ban days).

In the event that the race must be cancelled, the Race Co-Ordinator will notify competitors by

posts on the Yurrebilla Facebook Page and other means where practical. There will be no refunds of the entry fees, due to the high costs of running the event. Where expenses can be recouped (e.g. bus bookings) these fees may be refunded.

Yurrebilla Merchandise

2021 Yurrebilla T-shirts and Singlets are now available for purchase. Go to the [Yurrebilla Website](#) to order. They will be available for collection at Sat Bib Pickup and at the Finish.



2. Race Day – Sunday, 26 September 2021

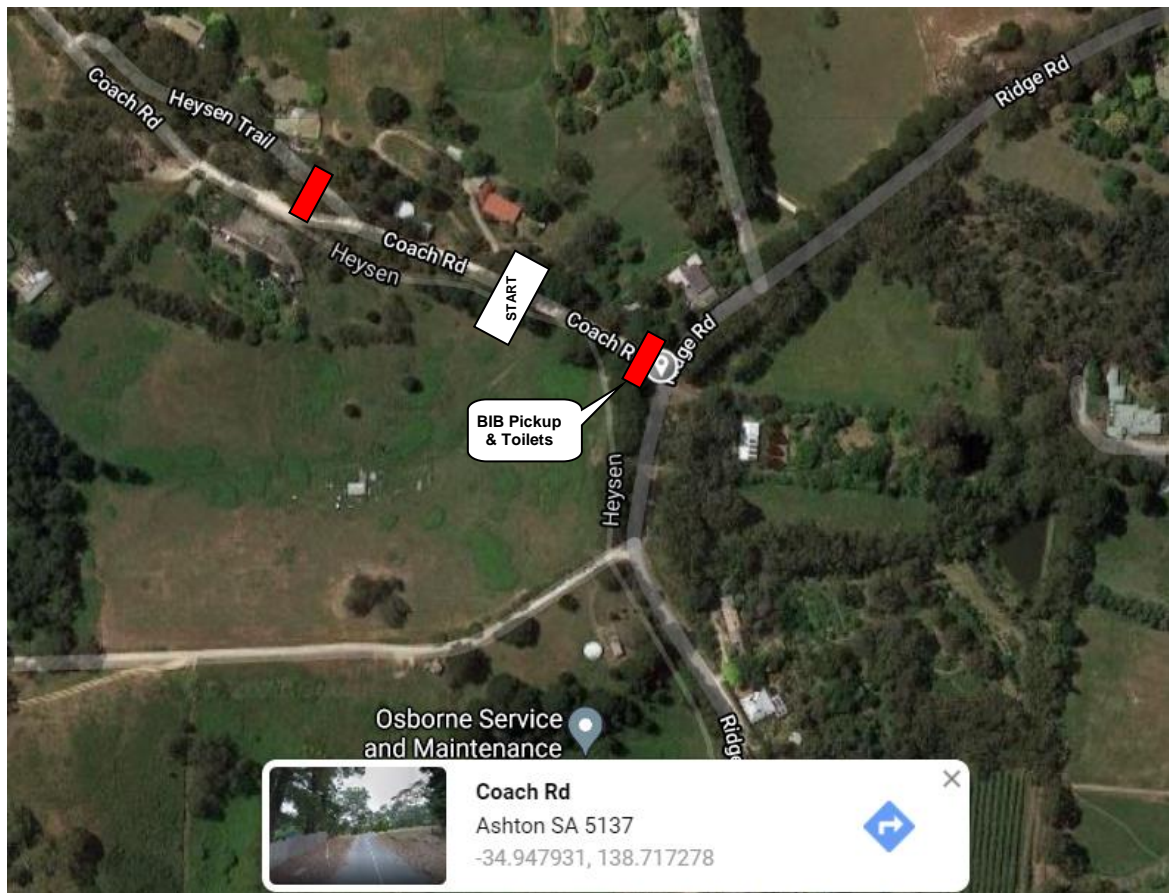
The Starting Point – 56km

The 56km Race starting line is at the Conservation Park entrance at the Belair Train Station, Sheoak Road, Belair.



The Starting Point – 28km

The 28km Race starting line is on Coach Road 100m from the intersection with Ridge Rd.



Please park on Ridge Road. There will be no through traffic on Coach Road.

You can get to Coach Road via Woods Hill Road from the north, or Greenhill Road from the south.

Getting to the Starting Point for race participants

Buses have been arranged to transport runners from Foxfield Oval, 88 Maryvale Road, Athelstone to the start at Belair Railway Station

For those in the 8:00am or 8:30am start waves, another option is to catch the train leaving the city at 6:20am arriving at Belair Station at 7:00am.

A bus has also been arranged for the 28km runners, departing Foxfield Oval at 9.45am to the start at Coach Rd.

Parking at Foxfield is limited, so we encourage you to drive/carpool to Foxfield Oval.

Runners and supporters must park along the oval and the overflow car park next to the oval. Please do not park in front of the oval gate which is reserved for emergency and first aid access; or near Foxfield Oval Hall which is reserved for pre-authorised vehicles.



Please make sure that you have booked a seat on the appropriate bus at the time of registering. If you have not booked transport at the time of registering but now need a bus ticket (\$10) by c.o.b. on Wednesday 22nd September 2021 (subject to availability) by ordering a bus ticket [HERE](#)

P.S. 28Km bus to Coach Road is now SOLD OUT

The departure times from Foxfield Oval for each group starting time are listed below:

| Wave start time | Be at Foxfield Oval | Depart Foxfield Oval |
|-----------------|---------------------|----------------------|
| 6am | 4.45am | 5am |
| 7am | 5.45am | 6am |
| 8am | 6.45am | 7am |
| 8.30am | 6.45am | 7am |
| 28Km – 11am | 9:30am | 9:45am |

Wave Starts

| If you expect to finish in.... | Your start time is: |
|--|---------------------|
| 9.5 – 11.5 hours | 6am |
| 7.5 – 9.5 hours | 7am |
| Less than 7.5 hours | 8am |
| Less than 6.5 hours (‘Outright Race Group’) | 8.30am |

Notes:

- You must register in the ‘Outright Race Group’ to be considered for podium finish (irrespective of your overall time). This enables contenders to be aware of their competition and is in accordance with IAAF rule 165(24)(e) relating to gun time.
- You must register and run in the appropriate group for your speed. Doing so ensures we are able to correctly record your time, ensure aid stations are open / ready for you, and ensure access to bag drops.
- **Please ensure you choose your wave start carefully.** Drink Stations are only opened in accordance with pace groups specified for each wave start. If faster runners start in an earlier wave group, you will arrive at drink station before aid stations, traffic management, and timing mats have been set up. We allow a generous buffer for the first runner to arrive. Therefore, it’s important that you seed yourself in the correct starting group, failing to do so may lead to disqualification. This year any runner arriving prior to a drink station being open will be held at that station until the official open time of that station.

Any runner that refuses to wait will immediately be disqualified.

Friends and Family at the Starting Point

Get your family and friends out of bed to cheer you off! There is plenty of room at the start for supporters and they really add to the fun and atmosphere of the event.

Please park on the north side of the railway line and cross over the railway line to the Railway Station.

Bib Pickup

It is suggested that you get to Belair Railway Station at least 20 minutes before your start time. If you haven't already picked up your Bib, proceed to the Bib Pickup tent to do so.

Drop Bags

If you wish to access personal food/special drinks/clothing during the race, please place your gear in a bag (soft Woolworths or Coles bag) clearly labelled with your name, bib number and where you want the bag to be taken with a permanent marker. Drop locations are either:

- B. 'Cleland Conservation Park' (21kms);
- C. 'Norton Summit' (35kms); or
- D. 'Foxfield Oval' (finish).

Once you have labelled your bag correctly, please leave it in the corresponding pile at your Start line. These will be delivered to your requested location and will be available at the Drink Station.

Pre-Race Briefing

The Race Starter will give a short pre-race briefing 5 minutes before each group's start. Please be attentive and ready to start the event on time.

3. During the Race

Aid Stations

Please refer to the table below for what food and beverages will be supplied at what aid stations on the course:

| Aid Station | Location | Km | Time | Specific supplies |
|-------------|-----------------------------|------|-------------------|--|
| 0 | Belair Railway station | 0 | 5.30am - 8.40am | Water, Bananas & Lollies |
| 1 | McElligott's Quarry Reserve | 10 | 7.30am - 9.40am | Water, Infnit, Bananas & Lollies |
| 2 | Old Mt Barker Road | 15.7 | 8.30am - 10.25am | Water, Coke, Bananas & Lollies |
| 3 | Cleland Wildlife Reserve | 21 | 9.20am - 11.00am | Water, Infnit, Fruit, Food & Lollies |
| 4 | Coach Rd/Ridge Rd | 28 | 10.30am - 12.00pm | Water, Coke, Bananas & Lollies |
| 5 | Norton Summit | 35 | 11.10am - 1.10pm | Water, Infnit, Bananas, Food & Lollies |
| 6 | Rocky Hill Track - Top | 43 | 11.45am -2.50pm | Water, Coke, Bananas & Lollies |
| 7 | Montacute Road | 48 | 12.10pm - 4.00pm | Water, Bananas, Infnit, Food & Lollies |
| 8 | Summit Link Trail | 51.5 | 12:30pm – 4:40pm | Water, Coke, Bananas & Lollies |
| Finish | Foxfield Oval | 56 | 12.30pm - 5.30pm | Water, Coke, Infnit, Fruit, Food, Lollies & FOOD VENDORS |



- Food consists of Salted Baked Potatoes & Vegemite Sandwiches

The times next to each stop is the estimated time that we expect to have volunteers on the course.

Please note – There will be no gels or salt tablets at the aid stations.

There are no cups at the aid stations. Please carry your own.

Timing Points

Thanks to our timing contractor Event Strategies we are providing live timing updates for all runners. This will enable your crew and spectator followers to see where you are on the track throughout the day. At the Cleland, Norton Summit and Montacute Road check points you will cross timing mats which then upload your elapsed time to the website.

King & Queen of the Mountain– In addition to the timing mat at Montacute Rd, there is an additional mat at the top of Orchard Track. For the 56Km event only, awards will be handed out to the fastest male and female up this section of the trail.

NOTE: The link to live results will be emailed to entrants in the final event email prior to event day.

Route Notes

Generally, YUM keeps true to the actual Yurrebilla Trail and any diversions off the actual trail will be well marked and notice given on our website. Note that this is the same course as used in 2019.

The Yurrebilla Trail is just too long for us to marshal the whole course. For this reason, we will be relying on signage to show runners the way.

In most instances the Yurrebilla Trail is clearly marked with the Yurrebilla logo pointing out the way forward. Make sure that you become familiar with the green Yurrebilla Trail logo and its difference with the red Heysen Trail marker. Where we are not satisfied that the Parks and Wildlife signage is adequate, we will be supplementing additional signs.



The best map of the trail, however, is a detailed bush walking map which can be purchased from the SA Visitor and Travel Centre (King William Street, Adelaide) and other leading Adelaide walking and map outlets. It is free with the purchase of 'Yurrebilla Trail -A Hiker's Guide' which can be purchased for approximately \$9.95. This 84 page pocket-sized guidebook uses anecdotes, historic images and writings, along with current observations, to create a sense of the past, present and future of the Adelaide Hills.

All runners are reminded that to be eligible for a finisher's medal you need to complete the full 56km (within 11 hours 30) and 28km courses (within 6 hours 30). There are some situations where it will be up to individuals to make sure they follow the full trail.

You can upload the trail (via a gpx file) to your Garmin or your phone from the y56.com.au page, under the 56km Event Info.



Toilets on the Trail

- Belair Station – 56Km start
- At Belair National Park there is a toilet block by the lake, about 1km from the start line on the trail
- Brown Hill Creek Caravan Park (10Km)
- Cleland Conservation Park (21Km) by the Aid Station
- Coach Road start (28Km) portaloos
- Norton Summit (35Km) (behind the CFS building)
- Montacute Road Drink Station (48Km) portaloos
- Finish line at Foxfield Oval

Road Safety

There are several sections of the Yurrebilla Trail that require participants to cross or run on roads. Please ensure you:

- run along paths if there are any alongside the road
- run single file on the right-hand side of the road, facing towards the oncoming traffic
- obey road rules at all times
- take special care on the road sections of the trail
- obey all instructions given by volunteers and traffic marshal personal.

At several sections of the trail, we will have signs on the roads warning motorists that there are runners ahead. There will also be marshals at some of the busiest intersections and danger spots. Marshals will be instructing participants when it is safe to cross the road.

Track Conditions, Trail Safety and Trail Running Protocol

The Yurrebilla Trail provides just about every sort of trail condition possible! You will find yourself running along a trail that is less than a metre wide followed by sections of graded and well pounded bush walking trails. You will climb wide sandy fire tracks and descend through creek beds that can be quite wet underfoot if it has been raining. You will need a head for heights as you suddenly find yourself looking back at beautiful gorges. All this and never more than 12kms from the centre of Adelaide!

The key to running safely on rough trails is 100% concentration on the trail in front of you. Remember that it's easy to get distracted when talking or looking at the views.

A few things that are asked of all runners:

Similarly, as much of the trail passes along tracks that can be accessed by the general public, runners are requested to act with courtesy at all times to other users, and to observe any park rules and regulations.

Special care will need to be taken on the sections of the main trail from Waterfall Gully to Cleland Wildlife Reserve which can get quite busy on a Sunday morning.

All runners are required to clean their footwear at each hygiene station along the course, to counter the spread of phytophthora (root-rot fungus) throughout the parks.

See also the Dept of Heritage and Environment Code of Conduct for Competitors and Support Crews below.

Safety Measures

First Aid

A team of first aid officers will be available throughout the day to assist runners. They will be available to respond to any emergencies, should they occur. They will station themselves at the major support stops, to be confirmed.

All runners to run with a mobile phone with the YUM Race Control number entered into their phone (0403 039 307). It is highly recommended that you download the Emergency Plus app onto your phone. This gives you a direct access to local emergency numbers and your exact location (Lat & Long) which will enable first responders to know your exact location on course.

Looking out for fellow runners

Every runner is obliged to ensure that assistance is provided to other runners in distress wherever possible. Report all injuries and illnesses to the nearest aid station, or to the Event Safety Supervisor. Time credits may be awarded to compensate for time delays incurred while supporting an injured athlete. Applications must be made with the Race Director.

Ensure that someone stays with the injured participant until assistance is provided. In the event that there is no mobile phone access, a runner should only go in search of help once another runner has come along the track, who can stay with the injured person.

For minor injuries or illness, the runner should proceed to the nearest aid station or road. The aid station volunteer will organize pick up if required. Alternatively, a runner can arrange for their support crew to collect them.

For injuries in which the runner is unable to safely continue, the Event Safety Supervisor should be called and will arrange for assistance to be provided as soon as possible. You will be asked to provide clear instructions of your location to determine the quickest route to get to the injured runner.

For serious injuries requiring urgent medical attention immediately dial 000 and ask for a 4WD ambulance and then follow the prompts given. Clearly state that the event is in the Adelaide Hills, South Australia. The on-duty emergency call-centre could be anywhere in Australia.

Withdrawing mid-race

Should at any stage of the race you find that you need to withdraw from the event, please ensure that you notify Race Control of your withdrawal. This is of vital importance because we have a record of every single person who starts, so by not informing Race Control we will be under the impression that you are still out there, even after the last runner finishes. At worst, this may cause unnecessary instigation of search and rescue procedures.

On occasion, some runners have insisted on continuing in an event when it is clear that they should have withdrawn for their own health. If such a situation arises, the Race Director will seek advice from the First Aid Team. The decision as to whether the runner should continue lies ultimately with the Race Director in consultation with the Race Safety Supervisor.

Please be aware that the decision of the Race Director is final and is to be adhered to without challenge.



4. After the Race

Finish Line and Amenities

Food and Drinks available at Foxfield Oval

Food and coffee vans will be at the finish line area at Foxfield Oval for runners and supporters to purchase food and drinks. Our vendors this year are 2 Fat Blokes Wood Fired Pizza and a sausage sizzle by the Athelstone Scout Group.

There will also be Aid Station snacks at the finish line free of charge for our hungry, tired runners. Supporters are kindly asked to please leave this food for the runners.

Cheer on your fellow runners!

The finish of Yurrebilla is always something special. The first YUM was a group run with the maxim that the run wasn't over until everyone got home. It was from that first run that the tradition began of all finishers staying around until they had finished cheering all other runner's home.

The later it is in the afternoon, the louder the cheering!! The longer people have spent out there on the trail, the louder is the cheer they receive when they finally get home.

There are always many tears at a YUM finish, all part of the exhaustion and exhilaration of finishing - all part of mere mortals becoming ultra-marathoners.

Encourage your friends and family to be at the finish line to cheer you and your fellow runner's home.

There are toilets at Foxfield Oval. However, changeroom/showers at Foxfield Oval will not be available due to construction.

And finally....

Please make sure you support the following companies that have supported you as you run in the 2021 Yurrebilla Trail 56km Ultra:

Sportitude

Good Luck

And remember...

"The race is not over until everyone is home!"