



26 SEPTEMBER 2021

## **EVENT HANDBOOK**

24<sup>th</sup> September 2023

Updated 08/2023



## 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, 25 September 2022 .....	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

2023 sees the 16<sup>th</sup> running 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 6<sup>th</sup> 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.

In 2022, the Warriors and Legends achievements were renamed to Bunji and Irabinna respectively. When you run your 10th Yurrebilla, you become a Bunji and you get a permanent number (B 01) When you run your 15th Yurrebilla, you become a Irabinna (Warrior) and you get a permanent number (I 01)

We recognise the two remaining Yurrebilla runners who have competed in every single event thus far: **Stan TRZEPACZ** and **Paul Rugless**, both of whom, if running, will be running their 15<sup>th</sup> and will earn Irabinna numbers in perpetuity. **Dej Jamieson** and SARRC runner **Sue Tyson** both doing their 14<sup>th</sup> Yurrebilla. For a full list of YUM Warriors, checkout the [full list](#). 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 24 September 2023

The Yurrebilla Race Committee



## 1. Before the Race

### Course Maps and Cut-off times

56km Course map can be found [here](#)

28km Course map can be found [here](#)

**The 28kms Yurrebilla cut off time is 6.00pm - 6 hours 45 minutes**

**The 56kms Yurrebilla cut off time is 6.00pm - 12 hours (6am Start).**

For 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 stations, to prevent withdrawal from the event:

To depart Cleland (21km): **by 11.00 am**

To depart Norton Summit (35km) **by 1.15 pm**

**Your cut off time will be at Montacute Road. (48km) You MUST depart by 4.00pm!!!**

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 4.00pm**, 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 based on the various pace ranges for each wave start. 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 start wave, failing to do this will lead to wasted time being held at drink stations before being able to continue.

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 when told to do so, 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	7.20am
DS2 Old Mt Barker Road	16Km	8.00am
DS3 Cleland	21Km	8.30am
DS4 Coach Road	28Km	9.30am
DS5 Norton Summit	35Km	11.00am
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 Friday 22<sup>nd</sup> (12:00pm – 5:30pm) or Saturday 23<sup>rd</sup> September (9.00am to 12.00pm) from Sportitude, 20 Manton St, Hindmarsh. 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 Friday or 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 (11:15am)

You will also be able to make last minute changes to your entry. If you signed up for the 56km but decide on the morning you are not up to it, you can change to the 28km. Again, be there early as changes close at 11:10am.

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 **0402 562 412** 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 at Bib Collection \$19.99)
- 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 and Vaseline 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 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

ioMerino Yurrebilla T-Shirts, Singlets and Neck Warmers (Buffs) are still available for purchase on the [ioMerino website](#). If you order before the 18<sup>th</sup> September, your order will be mailed out to you and you should get it prior to race day. Orders placed between 18<sup>th</sup> and the 21<sup>st</sup> September can be collected at the SARRC marquee at Foxfield on Race Day. [ORDER NOW](#)



## 2. Race Day – Sunday, 24<sup>th</sup> September 2023

### The Starting Point – 56km

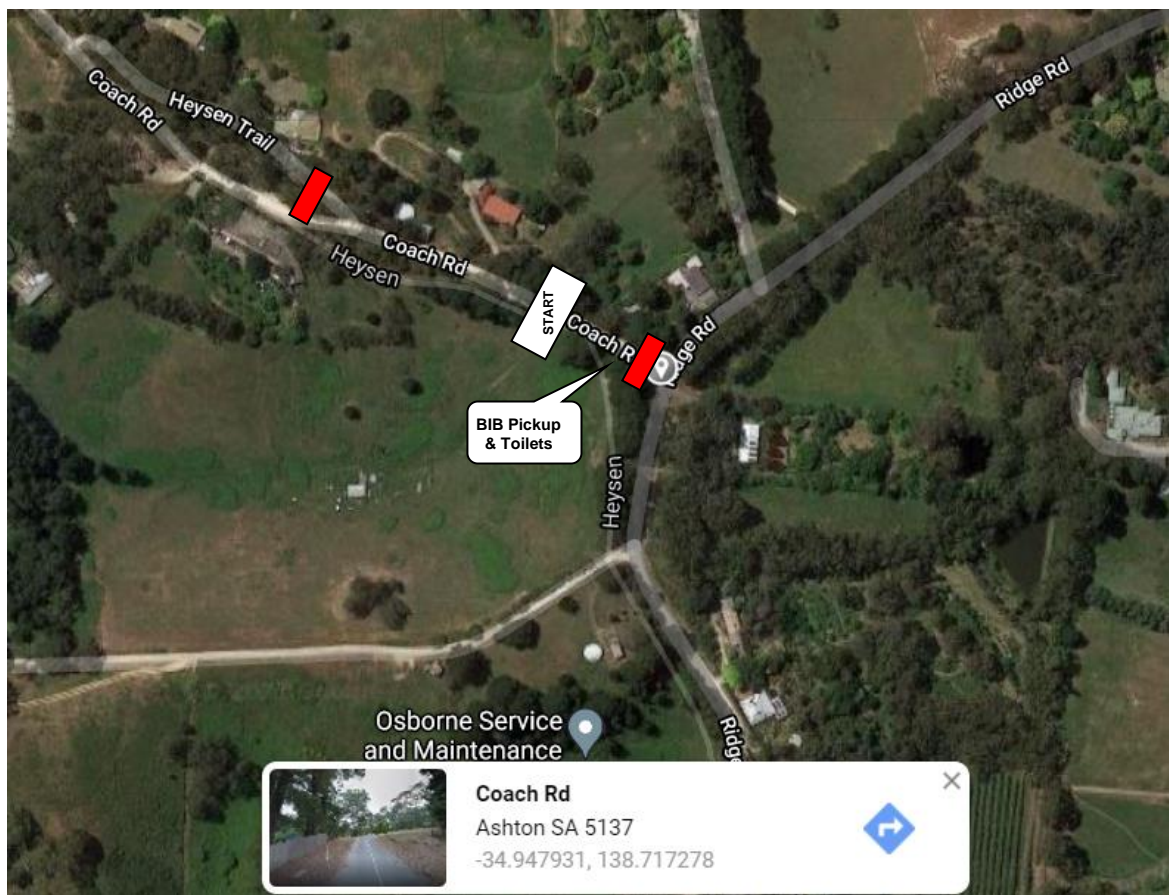
The 56km Race starting line is at the Conservation Park entrance at the Belair Train Station, Sheoak Road, Belair.





### 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 10.00am 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. Please do not park in front of the oval gate which is reserved for emergency and first aid access. Additional parking can be found in surrounding street.

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 20<sup>th</sup> September 2023 (subject to availability) by ordering a bus ticket [HERE](#)

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

<b>Wave start time</b>	<b>Be at Foxfield Oval</b>	<b>Depart Foxfield Oval</b>
6am	4.45am	5am
7am	5.45am	6am
8am	6.45am	7am
8.30am	6.45am	7am
28Km – 11.15am	9:45am	10:00am

## Wave Starts

<b>If you expect to finish in....</b>	<b>Average Pace</b>	<b>Your start time is:</b>
9.5 – 12 hours	10:00 min/km - 12:80 min/km	6am
7.5 – 9.5 hours	8 min/km – 10:00 min/km	7am
6.5 – 7.5 hours	7 min/km - 8 min/km	8am
Less than 6.5 hours (‘Outright Race Group’)	< 7 min/km	8.30am

Notes:

- You must register in the ‘Outright Race Group’ to be considered for a 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 road crossings are safe, 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 Collection tables 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). Bag Drop Tags are available on the bottom of your Race Bib. Rubber bands will be available at Bib Collection to attach these to your Bag. Additional Tags will also be available on race morning. Drop & pickup locations are either:

'Cleland Conservation Park' (21kms) (56km Only);  
'Norton Summit' (35kms) (56km Only); or  
'Foxfield Oval' (finish).

Bag labels are available attached to your Bib (Race) Number. Remove these and attach to your bag using rubber bands which are available at Bib Collection or at bag drop before the start of your event. 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 or at the Bag Collection tent at the finish.

## 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.

## Bib Placement.

Please correctly attach your bib. Your bib must be positioned at waist height and not covered. The timing sensor is in the mat under the Arch, and if your bib is too high or covered, it won't be detected, and you won't get a correct time.

### Why is bib placement important? (And other race bib matters)

- 1) Electronic Transponder Timing will be used to record your race times.
- 2) You have been allocated a race number bib and it has an electronic timing tag on the back linked to you and the race you have entered.
- 3) Before you start you must notify Timing Officials if any of your entry information needs changing e.g. you are changing races. You can find your entry information by checking the online results page on the SARRC website a few days before your event and also on the Entry Details boards when you collect your bib
- 4) Do not use someone else's number bib as this will produce false results for everyone.
- 5) Attach the bib at WAIST HEIGHT (NOT chest!) to the OUTSIDE FRONT of whatever you will be wearing. Do not bend or fold the tag or tamper with it.
- 6) You must start at the correct time for your race or you may be disqualified.
- 7) Your time and number will be recorded when you pass timing points provided your race number bib is visible. Covering it with your hands as you operate a watch, a nutrition belt, clothing or anything else will prevent it recording, so all of these must be HIGHER than the bib.
- 8) Race number bibs are disposable & do not need to be returned.
- 9) Please notify Timing Officials at the finish line if you think your online results are not correct or if anything happened that will affect your results, e.g.:
  - a) if you cut the course short (for example by skipping a lap or taking a shortcut).
  - b) if you pulled out of your race before finishing.
  - c) if you lost your race number bib during the race
- 10) Both gun and net times and positions will be shown in the results.
- 11) After finish line video has been uploaded, re-visit the online results page to get a link to your finish moment.

## 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, Infinit, Bananas & Lollies
2	Old Mt Barker Road	15.7	8.15am - 10.25am	Water, Coke, Bananas & Lollies
3	Cleland Wildlife Reserve	21	8.50am - 11.00am	Water, Infinit, Fruit, Food & Lollies
4	Coach Rd/Ridge Rd	28	10.00am - 12.00pm	Water, Coke, Bananas & Lollies
5	Norton Summit	35	11.10am - 1.30pm	Water, Infinit, Bananas, Food & Lollies
6	Rocky Hill Track - Top	43	11.45am - 3.15pm	Water, Coke, Bananas & Lollies
7	Montacute Road	48	12.10pm - 4.00pm	Water, Bananas, Infinit, Food & Lollies
8	Summit Link Trail	51.5	12:30pm – 5:10pm	Water, Coke, Bananas & Lollies
Finish	Foxfield Oval	56	12.30pm - 6.00pm	Water, Coke, Infinit, Fruit, Food, Lollies & FOOD VENDORS

- Food consists of Brownies, 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, Coach Road, 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. Awards will be handed out to the fastest male and female in each event 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 since 2019.

The Yurrebilla Trail is just too long for us to marshal the whole course. For this reason, you 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 12 hours) and 28km courses (within 6 hours 45). 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](http://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

- Cleland Conservation Park (21Km) by the Aid Station
- Coach Road start (28Km) portaloo
- Norton Summit (35Km) (behind the CFS building)
- Montacute Road Drink Station (48Km) portaloo
- 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 personnel.

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. There will be times when you might have to wait while cars are cleared. Please be patient and wait till it is safe to cross. This is especially pertinent at Norton Summit which is an extremely busy intersection.

## 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 phytosphthora (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 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 at the finish line on Foxfield Oval.

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 food vendor this year is a wood fired pizza truck and a BBQ / Sausage Sizzle.

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 and showers at Foxfield Oval. Have a shower and stay to welcome or warrior's home.

#### And finally....

Please make sure you support the following companies that have supported you as you run in the 2023 Yurrebilla Trail 56km Ultra:



Good Luck

And remember...

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