



# YURREBILLA

56KM ULTRA MARATHON

23 SEPTEMBER 2018

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## Background

2018 sees the 12<sup>th</sup> 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. 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 5 to 8km, making YUM an ideal "first time" trail running ultramarathon, as well as a challenging run for experienced athletes.

And this year we are excited to introduce the 28km "Half Yurrebilla". Supported by Orange Mud and in the events' spirit of inclusiveness, 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 would also like to recognise the four remaining Yurrebilla runners who have competed in every single event thus far: Doug Smart, Kym Williams, Brett Worley, and Paul Rugless. This event is always both a celebration of its origins and of its place in the trail running community. Gentleman such as these four 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.

Otherwise see you on the 23<sup>rd</sup>!

Ben Hockings  
Race Director

## 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 6 Coach Road (corner of Ridge Road)

Runners must depart the final drink station on Montecute Road (48km) by 4.35pm.

This year, we have two additional drink station cutoff points along the course:

Cleland (20km): runners MUST depart by 11.00am

Morialta Cottages (37km) MUST depart by 2.10pm

#### **ADDITIONALLY:**

Runners MUST NOT arrive at the below drink stations BEFORE they open.

We allow a generous buffer for the first runner to arrive according to predicted average pace for each wave. However in the past some runners have arrived before aid stations, traffic management, and timing mats have been set up because they have placed themselves in the incorrect wave.

This year any runner arriving prior to a drink station listed below 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.

Cleland (21km): runners MUST NOT arrive before 8.30am

Woods Hill Road (33km): runners MUST NOT arrive before 10.45am

## **Bib collection**

You can collect your bib on Saturday September 22 at the Adelaide Uni Clubrooms, corner of Frome Road and Mackinnon Parade, North Adelaide. You can also collect your bib on race morning. 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.

## **What to bring on the run – Remember this event is CUP FREE**

You must bring a cup or means of carrying water. We strongly recommend that you carry a mobile phone with the Race Director's number entered (0447 550 010) as well as our timing supplier Malcolm Robertson's (0411 495 635). You will find all other important numbers on the back of your race bib.

Also, a light waterproof jacket in case of cool wet weather, a hat, tissues, plasters, and sunscreen might be advisable. There will be sunscreen available at 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 Page](#), 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).

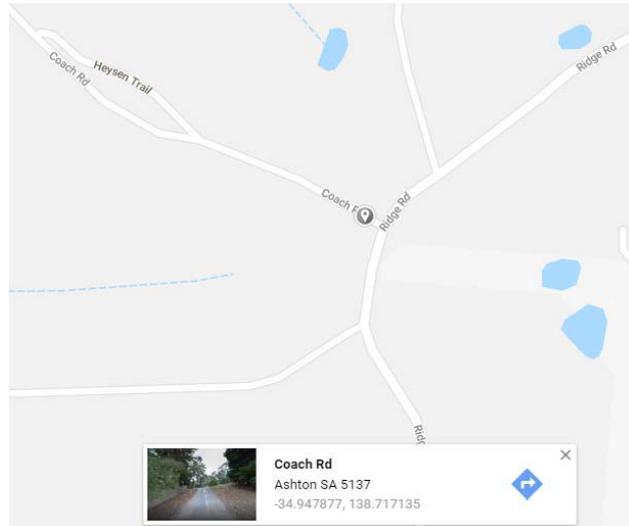
In the event that the race must be cancelled, the Race Director will notify competitors by posts on the [Yurrebilla Facebook Page](#), [Yurrebilla Website](#), and other means where practical. There will be no refunds of the entry fees, due to the high costs of running the event. Where expenses can be recouped (eg. bus bookings) these fees may be refunded.

## **Yurrebilla Merchandise**

2018 Yurrebilla T-shirts, singlets, and buffs are available for purchase. If you have pre-ordered then your items will be available for collection either at the Start line of both the 56 and 28km events, or at the Finish line. We do have extras of most sizes so if you would like to buy on the day you can do so only at bib collection or the 56km Start and the Finish line.



## The Starting Point – 28km



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 starts at Belair Railway Station. On race day morning, we encourage you to drive/carpool to Foxfield Oval.

A bus has also been arranged for the 28km runners, departing Foxfield Oval at **9.45am**.

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-authorized 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 Tuesday 18 September 2018 (subject to availability) by phoning the SARRC office on 08 7006 3203 between the hours of 9am and 3pm, weekdays.

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
<b>28km Start 11:00</b>	9:30am	9:45am

## 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.

## Sign in and COFFEE

It is suggested that you get to Belair Railway Station at least 20 minutes before your start time.

We welcome Stir Express as our coffee van at the Belair start as well as the finish line.

## Pre-Race Briefing

The Race Director, 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.

## Drop Bags

Most runners have found that they do not need to carry any extra food, as there is more than enough provided at the many drink stations.

If you wish to access personal food/clothing during the race, please place your gear in a bag labelled with your name, bib number and the location where you want the bag to be taken, either:

- A. 'Cleland Conservation Park' (21kms);
- B. 'Morialta Cottage' (37kms); or
- C. 'Foxfield Oval' (finish).

Once you have labelled your bag correctly, please leave it in the corresponding pile at your Start line.

## 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 a podium finish. This enables contenders to be aware of their competition and is in accordance with IAAF rule 165(24)(e) relating to gun time.
- To qualify for AURA awards you need to start in the Outright Race Group
- 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.
- Each wave start has different colour bibs for ease of identification.

### 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:

	Location	KM	Open	Supplies
1	Sheoak Rd	5	0620-0905	Water, fruit
2	McElligotts' Quarry	10	0650-0940	Water, fruit
3	Old Mt Barker Rd	16	0720-1025	Water, fruit Infnit
4	Cleland	21	0830-1100	Water, fruit, Infnit, lollies, potatoes, Coke
5	Coach Rd/Ridge Rd	27	1030-1155	Water, fruit, Infnit, lollies, chips, Coke
6	Woods Hill Rd	33	1045-1315	Water, fruit, Infnit, lollies, chips, Coke
7	Morialta Cottages	37	1100-1410	Water, fruit, Infnit, lollies, potatoes, Coke
8	Deep View Lookout	42	1115-1515	Water, Coke, lollies
9	Moore's Track	44	1130-1540	Water, fruit, lollies, Coke
10	Montacute Rd	48	1140-1635	Water, fruit, Infnit, lollies, potatoes, Coke
11	KOM/QOM Finish	50	1145-1700	-
Finish	Foxfield Oval	56	1230-1820	Water, fruit, Infnit, lollies, potatoes, Coke & Food Vendors

One of the primary reasons for having staggered starting times is so participants can greet each other on the track, regardless of wave start. It also minimizes the time volunteers need to be out on the trail.

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;

#### 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 2017.

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 \$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 and 28km courses. 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**

- At race 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
- Cleland Conservation Park by the Aid Station
- Community Centre at Norton Summit
- Norton Summit (behind the CFS building)
- 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

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 12 kms 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.

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, Morialta Cottage and Montecute Road check points you will cross timing mats which then upload your elapsed time to the website.

We also have a King and Queen of the Mountain competition. This particular section takes in Orchard Track, starting at the final checkpoint on Montecute Road, and finishing at the top of Orchard Track. This is a distance of 1.65km and an average gain of around 14%.

Only starters in the 8.30am wave will be eligible to take out the KOM and QOM trophies.

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

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. Otherwise they will station themselves at the major support stops, to be confirmed.

We would encourage all runners to run with a mobile phone with the YUM emergency phone number entered into their phone (0412 466 972).

## 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. **See below for important information about Withdrawing Mid Race**

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.

Event Phone: 0447 550 010  
Event Safety Supervisor: 0412 466 972

## 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 Malcolm Robertson 0411 495 635 of your withdrawal.** This is of vital importance because we have a record of every single person who starts, so by not informing Malcolm 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.

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

## Timing at Aid Stations

You can find a pacing chart [here](#)

## 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 will be:

[Diggety's Hot Dogs](#)

[Two Fat Blokes Pizza](#)

[Feisty Filomena \(Italian\)](#)

[Brooklyn Bites](#)

[Stir Express \(coffee\)](#)

We also have a pop-up bar thanks to the [SpeakEasy Hotel](#)

There will also be an 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 runners 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 runners home.

There are toilets at Foxfield Oval. However changeroom/showers at Foxfield Oval are to be confirmed in the final event email.

And remember...

“The race is not over until everyone is home!”