



SA ULTRA TRAIL CHAMPIONSHIP

50km - CLELAND - 2017

June 11 2017 7.30am

Welcome to the inaugural South Australian Ultra Trail Championship!

This new event is to be held in what is arguably Adelaide's most versatile trail running playground: Cleland Conservation Park.

The course is tough, but the time cutoff of 12 hours is inviting. This is because we want to share this event and its location with as many runners and walkers as we can. Many of us have spent hours and hours running around the hills of Cleland, and more than once we have discussed the possibility of an ultra marathon within the Park. So here we finally are.

We have also set the June date to keep the event away from the heat of summer (many of you can attest to the difference between Cleland in winter and Cleland in summer!). Yes we lose a bit of daylight but the fact that you could spend a whole day running around Cleland is testament to the variety of trails within the Park.

And it wouldn't be a Championship without the backing of Athletics SA. We are pleased to welcome this partnership with ASA, with the CEO of Athletics SA Adam Bishop also a staunch believer (as is Yumigo) in combining forces with each other to promote the running cause in South Australia, whatever surface you choose to run on.

To this effect, the top three males and females will be crowned SA Ultra Trail State Champions/2nd/3rd

Mindful that our event has attracted a lot of interest from first-timers, we have really set out to make the event "user-friendly". Amongst other features, we trust you find this handbook informative, and both the aid station frequency and course markings adequate.

So please read on, and if you have any further questions please do not hesitate to contact Ben on ben@yumigo.com.au

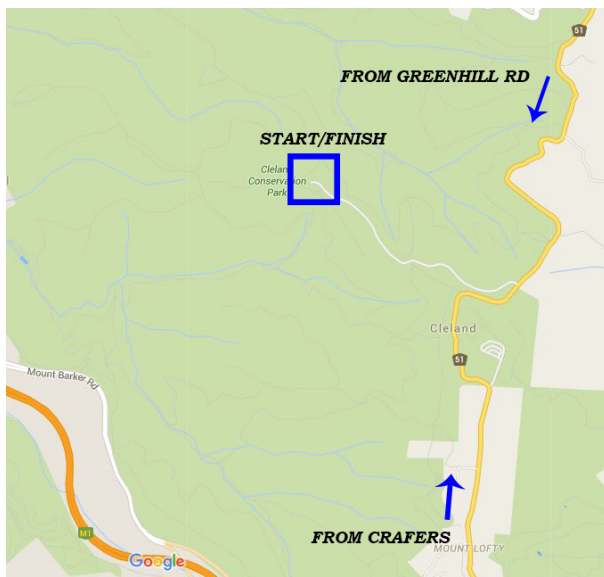
1. Course Map and Toilets

Please click [here](#) for the course maps (available through the Yumigo website).

You can also find gps links [here](#) if you wish to upload the course to your watch.

Please note: some of you may have seen an older course map, which shows runners running in a clockwise direction from Checkpoint 4 and back around to the same Checkpoint (which then becomes Checkpoint 7). The loop is now run anti-clockwise, so from CP4 you run up Bartril Spur, through the Start/Finish, and onto Wine Shanty, and complete the loop via Gunbower, Kילו, and Chambers Hike.

The Start/Finish point is on Long Ridge Track, just on the Adelaide city side of the carpark:



The dashed red line shows the path to the toilets, and where you will rejoin the course if you utilise them.

The public toilets in the carpark are the only ones on the course. Therefore you will have access to a toilet at the Start, at the 22km mark, and at the Finish. The path to the toilets will be marked, and if you use them during the event, the diversion will only add an extra 150m to your run.

1. Parking

Parking is therefore in the main carpark of the Cleland Wildlife Centre. For best access to the Start/Finish, drive around the outer edge of the carpark when you first arrive, and park when you start seeing the markings for the public toilets.

2. Registration

Number collection is from 6.30am. Please arrive as early as possible to allow time for this process as the event will be commencing at 7.30am sharp. There are no entries on race day unless by prior arrangement.

NB Please keep your number visible when passing through aid stations and the Finish Line.

As part of the continuing process to prevent *Phytophthora Cinnamoni* (root-rot) from spreading in our parks, you must complete the following:

Once you collect your number you will then be then required to scrub your running shoes with one of the provided brushes and lightly spray them with a bottle of methylated spirits, also provided.

PC (or “root-rot”) is an organism that infects and kills native plants. As runners we can inadvertently be part of the problem by spreading the virus via our shoes and moving through the park. It is a condition of the Park Ranger that all runners treat their shoes prior to starting the event. The metho mixture (one part metho to nine parts water) will not cause any damage to your running shoes.

3. Course Marking, Checkpoint Cutoffs, and the Sweeper

The double-loop nature of this new course has necessitated us reviewing our trail marking.

For this event, we have introduced a coloured arrow system. Every ten km section has its own colour:



These arrows will be used in conjunction with our normal red-and-white flags, with the yellow reflective material hanging off the bottom.

This way we should be able to minimise any confusion, especially when encountering sections of trail that you travel along or across more than once.

Checkpoint cutoffs will be enforced at the following checkpoints:

Checkpoint 5 22km: 1.00pm

Checkpoint 10 43km: 5.50pm

You must complete the course within 12 hours of starting to be eligible for a Finisher's Medal.

The Course Sweeper will be setting off 30mins after the Start, and will cover the course at 14m23s/km (a little more than 4km/hr), which is the pace required to finish within 12 hours.

In addition, you may be directed to finish at a checkpoint by volunteer or medical staff for any valid reason eg you are medically unfit to continue

If you do not make a cutoff time or are asked to finish your race prematurely please obey any instruction from event staff. We are all here to watch out for one another and there are always very good reasons as to why we may ask something of you.

Any runner that disobeys a directive, or are abusive towards our staff and volunteers will be barred from all future Yumigo events.

4. Aid stations and Provisions

CHECKPOINT	PROVISIONS	DROP BAG?	CUTOFF
1 – 5km	Water	No	NA
2 – 10km	Water/electrolyte/sweets/bananas	No	NA
3 – 15km	Water/electrolyte	No	NA
4 – 19km	Same as 2, plus banana cake and chips	No	NA
5 – 22km	Same as 2, plus brownies and coke	Yes	1.00pm
6 – 27km	Same as 2	No	NA
7 – 30km	Same as 4	No	NA
8 – 36km	Same as 5	Yes	NA
9 – 40km	Same as 3, plus bananas	No	NA
10 – 43km	Same as 5	Yes	5.50pm

For those who are new to the drop bag concept, you would find these handy to keep any special food you like, plus somewhere to keep your warm gear and headtorch should you need it out on course. For example, you may like to put your warm gear and torch in the bag for Checkpoint 10, in case it is starting to get dark while you are still out on course (sunset is around 5.00pm).

And of course you can bring a drop bag for the Finish as well.

Bring all drop bags with you to the Start, where you will see designated bags for each drop bag checkpoint. These bags will be distributed to their checkpoints once the event is underway.

5. First Aid

First aid will once again be provided by the very experienced staff from First In Sports First Aid, who will be stationed at the Start/Finish.

If you are carrying your mobile phone with you during the event it may be prudent to save Ben's number (0447 550 010) in case of emergency.

If you do find yourself in trouble during the event, the important thing to remember is to stay calm. You can either call Ben direct, or ask another competitor to go ahead and ask for help. Remember that it may be closer to go back to the aid station behind you. We will have a 4wd in the Park so it won't take long to reach you, wherever you are.

As a competitor who sees another in trouble, it is your responsibility to render assistance. Anyone who renders assistance will have this "downtime" accounted for in their results, although – to be fair - as a minimum you must be stopped for at least one minute, and this stopped time may be subject to witness reports.

First Aid will be located at the Start/Finish, as well as Checkpoint 2 and Checkpoint 9.

6. Merchandise

This year we have some very cool shirts and singlets, and Buffs as part of our range. The stock will arrive in time for the event. You can check out the range, and order from our new online [merchandise store](#) We have lots of buffs that will be available on race day, but shirts and singlets may be limited depending on online orders. Also available will be our new Yumigo!-branded shirt and singlet range.

7. Photos

Karina Cook from K Photography will be the official photographer for the Ultra Championship. Karina is our regular event photographer, and her photos are of the highest quality. The link to the photos will be emailed to all competitors after each event, as well as being uploaded to the Yumigo! website. They will be free to download.

8. Timing and Results

Timing will be conducted through our Racesplitter app, and uploaded to the website Sunday afternoon.

The link to the online start list and results will be emailed on the Friday before the event, once entries have closed on the Thursday evening.

However we ask that you please check the preliminary Start List here on our [website](#).

I think that that about covers everything. If you have any further questions please do not hesitate to contact me 0447 550 010 or ben@yumigo.com.au

Otherwise I will see you all Sunday!

Ben