



ΔioMerino™

YURREBILLA

Ultra Marathon

SUNDAY 22ND SEPTEMBER

56k 28k 13k

1

6AM WAVE START

Expected race duration 9.5 – 12 hours

2

7AM WAVE START

Expected race duration 7.5 – 9.5 hours

3

8AM WAVE START

Expected race duration 6.5 – 7.5 hours

4

8:30 OUTRIGHT RACE GROUP

Expected race duration Less than 6.5 hours

5

28KM EVENT

11:15am

6

13KM EVENT

12:00am

BEFORE RACE DAY

COURSE MAPS AND CUT-OFF TIMES

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

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

13km Course map can be found [here](#).

The 13km Yurrebilla cut off time is 6.00pm - 6 hours 30 minutes.

The 28km Yurrebilla cut off time is 6.00pm - 6 hours 45 minutes.

The 56km Yurrebilla cut off time is 6.00pm -12 hours. (6am Wave)

This rule is implemented for the safety of all participants.

We strongly recommend runners to use the following guide to prevent withdrawal from the event:

- Depart Cleland (20km): by 11.00 am
- Depart Norton Summit (35km) by 1.15 pm
- Depart Montacute road (48km) by 4.00pm

Cut off time will be at Montacute Road (48km) You MUST depart by 4.00pm!!!

Runners are not allowed to enter Blackhill after 4.00pm. Please follow the rules to avoid disqualification.

Additionally, for safety reasons, please do not arrive at a drink station before it opens. To avoid this, seed yourself in the correct starting group. 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.

The open times are as follows:

Check Point	Distance	Open time
DS1 McElligott's Quarry	10Km	7:30am
DS2 Old Mt Barker Road	16Km	8:15am
DS3 Cleland	21Km	8:50am
DS4 Coach Road	28Km	10:00am
DS5 Norton Summit	35Km	11:10am
DS6 Rocky Hill Track - Top	43Km	11:45am
DS7 Montacute Road	48Km	12:10pm

RACE DAY

BIB COLLECTION

You can collect your bib from RunDNA (formally Sportitude) (20 Manton St, Hindmarsh) on:

- Friday 20th (12:00pm – 5:30pm)
- Saturday 21st Sept (9.00am to 12.00pm)

You can 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

For the 28km entrants, this will be at the Start line on Coach Road.

For the 13km entrants, this will be at Foxfield Oval.



LATE ENTRIES

Late entries will be taken at the start of the 13km event at Foxfield Oval or the 28km event at Coach Road.

Registration will close 15min prior to race start.

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

EMERGENCY CONTACT PEOPLE

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



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RACE DAY

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.

RACE DAY

GETTING TO THE STARTING POINT FOR RACE PARTICIPANTS

Buses have been arranged 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, an alternative transport option is the train service which leaves the city at 6:20am and arrives 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. Book your spot on the bus for \$10 by Wednesday 18th September by clicking [here](#).

Parking at Foxfield is limited. Runners and supporters must park alongside the oval on Maryvale Rd or in surrounding streets. Please do not park in front of the oval gate which is reserved for emergency and first aid access.

The bus departure times from Foxfield Oval for each group 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-11:15	9:45am	10:00am

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RACE DAY

WAVE STARTS

If you expect to finish in....	Average Pace	Your start time is:
9.5 – 11.5 hours	10:10 min/km - 12:20 min/km	6am
7.5 – 9.5 hours	8 min/km – 10:10 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 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.**

- **Please ensure you choose your wave start carefully. 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.**

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.

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RACE DAY

DROP BAGS

Drop bags are available if you would like to access personalised food/ drinks or clothing during the race. Place your items in a bag, label it with the Bag Drop Tag available on the bottom of your Race Bib, and 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.

Drop locations are either:

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

RACE BIBS

Please attach your bib at waist height and make sure it is not covered so that the timing sensor detects your time. This includes clothing. If you are wearing an outer layer at the start, please expose your race number when crossing the start and any subsequent timing mats.

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

RACE DAY

AID STATIONS

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	8.15am - 10.25am	Water, Coke, Bananas & Lollies
3	Cleland Wildlife Reserve	21	8.50am - 11.00am	Water, Infnit, 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, Infnit, 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, Infnit, 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, Infnit, Fruit, Food, Lollies & FOOD VENDORS

Food consists of Choc Brownies, Salted Baked Potatoes & Vegemite Sandwiches

Fruit consists of Bananas and Watermelon

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.

TOILETS ON COURSE

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

RACE DAY

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.

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.

RACE DAY

LOOKING OUT FOR OTHERS

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 Race Control (0403 039 307). 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, Race Control should be called and they 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. Please also notify Race Control as well.

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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.

AFTER THE RACE

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 sausage sizzle by Adelaide Lions and a Wood Fired Pizza supplied by Two Fat Blokes Pizza. The Coffee Run Van will also be in attendance.

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.

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