



MARGARET RIVER

ULTRA MARATHON

*A magnificent trail running journey along the beautiful Cape to Cape coastline.*

MARGARET RIVER REGION, WA

6<sup>TH</sup> MAY 2023



[MRultramarathon.com.au](http://MRultramarathon.com.au)

# EVENT PROGRAM

We're only missing one thing - YOU!



WESTERN AUSTRALIA



Cheeky Monkey Brewing Co.

Knobby





## WELCOME TO THE 2023 MARGARET RIVER ULTRA MARATHON.

It's here – race day is finally here and by-crickey we're excited! The levels of expectation and enthusiasm for this race are at an all-time high and just like you we literally cannot wait for the big day to arrive.

Why... what makes race day so hotly anticipated...? For sure it's the journey along the beautiful Cape to Cape coastline, below towering trees, along curving beaches and down twisting single track... There is the camaraderie (and competition) between teams and solos as you share the experience together. It's also the sense of accomplishment that comes with completing a goal and definitely the post-race celebrations as you relax and compare war stories with friends and family at beautiful Howard Park afterwards.

Race day also provides the chance to push your boundaries, to endure a little hardship (and sand) and to re-define yourself and what you're capable of... to write a new you. There are so many reasons why we do these things and we hope your race day delivers on every aspect.

So thank you for signing up for something great – make the most of every step!

### ***The Rapid Ascent team***



### WELCOME MESSAGE FROM

## HON ROGER COOK MLA, DEPUTY PREMIER; MINISTER FOR TOURISM AND HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT

The State Government is a proud sponsor of the Margaret River Ultra Marathon through its Regional Events Scheme.

RES was established to support smaller and emerging events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The scheme plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting the host region's unique and diverse attractions.

Sixty-eight regional events across WA have been funded through the 2022-23 Regional Events Scheme, which also includes the Regional Aboriginal Events Scheme, which contains a funding pool of \$150,000 exclusively allocated to events delivering Aboriginal activities and experiences.

We are pleased to sponsor all RES events, which help to revitalise regional economies and communities as we reconnect and welcome back visitors from around the world.

Tourism is a key part of the State Government's plan to energise the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events also play an important role in this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across Western Australia, through Tourism Western Australia, to attract visitors and encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the South West region.



A handwritten signature in blue ink.

**HON ROGER COOK MLA  
DEPUTY PREMIER  
MINISTER FOR TOURISM**



A handwritten signature in blue ink.

**HON DON PUNCH MLA  
MINISTER FOR REGIONAL DEVELOPMENT**

# EVENT SCHEDULE

## Friday 5th May

3:00pm – 8:00pm	Competitor registration in the event centre at Howard Park
6:00pm	Elite Athlete Q&A - Live at Howard Park
6:30pm	Competitor briefing - Live at Howard Park and online

## Saturday 6th May

5:00am	Shuttle bus pick up from Howard Park to the start line at Hamelin Bay
6:00am - 7:30am	Late registration at Hamelin Bay (by prior appointment only)
6:15am	RACE START – for INDIVIDUAL runners only – Hamelin Bay
8:00am	RACE START – for RELAY TEAMS leg 1 runners only – Hamelin Bay
12:00pm - 8:00pm	Event expo active with food vendors, live music and sponsors stands
1:15pm	Winning 80km solo expected to finish
2:15pm	Winning 80km relay team expected to finish
4:15pm	10hr large wine glass cut off time
8:15pm	14hr medium wine glass cut off time
11:45pm	Course closes

## Sunday 7th May

9:00am – 9:30am	Competitor registration for the 2km kids' run in the event centre at Howard Park
9:30am	Kids' run START - around the winery grounds at Howard Park
10:00am	Event presentations in the event centre - Live at Howard Park and online

# EVENT CENTRE LOCATION

The event expo, race registration, finish line and kids' run are all located at:

**Howard Park Wines** - all access to Howard Park must be via Fifty-One Rd (from the south) and all exits must be via Miamup Rd to the North - creating a one way loop.

**Parking:** There is considerable parking on the grass on either side of the driveway from Fifty One Rd and on the grass areas surrounding the winery buildings. Please FOLLOW THE SIGNS and the DIRECTIONS OF PARKING MARSHALS.

# EVENT CENTRE SERVICES

The event centre at Howard Park will include the following services, facilities and activities:

- Race HQ including competitor registration, event notice board and more
- Finish Line for solo and relay teams
- Pop-up retail store by Tribe&Trails and other sponsors
- Hyperice Recovery Centre
- A huge range of food options from a number of food vans in the expo area
- Wine tastings and sales from the Howard Park Cellar Door
- Beer and wine sales from the Cheeky Monkey and Howard Park event bars
- Event merchandise stand - selling hoodies, hats and buffs
- Bag storage area for runners' clothing during the race
- Medical assistance station
- Live music and commentary on the race finish (on Saturday afternoon and Sunday presentations)

## Howard Park

The Howard Park Winery are incredibly supportive of the event and welcome all runners to their extensive grounds and facilities with open arms. Please check out the variety of wines they retail from their Cellar Door and consider them when next purchasing.

Please DO NOT WALK AMONGST THE VINES OR BRING DOGS onto the grounds due to the serious risks of contamination and the spread of vine diseases.



**HOWARD PARK**  
MARGARET RIVER &  
GREAT SOUTHERN



WESTERN  
AUSTRALIA



**Cheeky  
Monkey  
Brewing  
Co.**

**Knobby**



# Welcome to **Wadandi Boodja**

**Please look after our delicate environment while adventuring under the tree canopy and racing along our trails. Thanks for your help and enjoy the race!**



Refill your bottles with our clean local water instead of using single-use plastic.



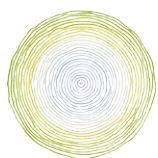
Stick to the trails to protect fragile vegetation.



Make sure your rubbish is secure so it can't blow away into the environment.



Proud to be the first certified  
ECO Destination in WA



**ECO**  
CERTIFIED ✓  
DESTINATION  
ecotourism



# ELITE ATHLETE Q&A AND COMPETITOR BRIEFING

## ELITE ATHLETE Q&A. 6:00pm Friday 5th May – at Howard Park.

Come and hear some of our top athletes talk through their training, race strategy, nutrition plans and other aspects of their race day. Held immediately prior to the Competitor Briefing

## COMPETITOR BRIEFING. 6:30pm Friday 5th May - at Howard Park and live online

We encourage all competitors to attend the competitor briefing where we will explain any event changes, the weather forecast and other components that may impact the event. The competitor briefing will also be broadcast live on the [Rapid Ascent Ultra Running Events Facebook](#)

# COMPETITOR REGISTRATION

## 3:00pm - 7:30pm on Friday 6th May at Howard Park

- **Solo runners:** Solo runners (or their support crew or friends) can collect their registration items.
- **Relay team runners:** One team member (or their support crew or friends) can collect the registration items for all team members.

Changes to teams and names can be made online via your entry profile up until 9:00am Tuesday 2nd May. Any changes made after this date or at race registration will be charged at \$10 each.

If you cannot attend registration on Friday evening then please contact [events@rapidascent.com.au](mailto:events@rapidascent.com.au) to arrange collection of your items during late registration at the start line at Hamelin Bay between 6:00am and 7:30am on Saturday morning.

# COMPETITOR IDENTIFICATION

## Number plates

- All competitors must wear their race number plate(s) whilst running in the event.
- On the back of your number plates are the phone numbers of the race directors in case you need to call us in the event of an emergency (or SMS if reception is poor).

## Solo Runners:

- Will receive one A5 sized number plate and one smaller number plate:
- **The big number plate (A5 size):** must be visible from the FRONT when you are running.
- **The small number plate:** all solo runners must pin the smaller number plate on your backpack facing BACKWARDS so runners behind you know your name and can give you some encouragement along the way!

## Team runners:

- Will receive an A5 sized number plate for each runner. The number plates for all team members are the same - so it does not matter which plate each runner uses.

## Timing tags

- Timing tags must be around your ankle whilst racing (having it on your wrist or in your backpack often means it is not detected by the timing mats at the CPs – which means you will not receive a result)
- **Solo runners** will carry their timing tag from the start to the finish
- **Team runners** will receive one timing tag for the whole team – this is your relay baton and must be transferred from one runner to the next at each checkpoint.

## Kids Run

The kids participating in the (non-competitive) kids run on Sunday morning will also receive a number plate when they register.

## Support crew car stickers

Only one car per team and one car per solo runner is permitted to visit each checkpoint due to parking limitations. The designated vehicle must have a SUPPORT VEHICLE STICKER fixed to the top left (passenger side) windscreen. Support vehicle stickers will be provided in your race pack at registration, please write your team number in the box provided.



Solo runner no. plates



Relay team of 2 or 3 no. plate



Relay team of 4 or 5 no. plate



## RACE PRESENTATIONS

### 10:00am Sunday 7th May at the event centre at Howard Park.

Presentations for the Margaret River Ultra Marathon will be held soon after the 2km kids run (at 9:30am).

## RACE STARTS

### 6.15am SOLO runner race start - on the beach at Hamelin Bay

This will be a mass start with all SOLO runners starting together.

### 8:00am RELAY TEAMS race start - on the beach at Hamelin Bay

In order to manage congestion at the start, checkpoints and along the course, leg 1 team runners will commence with a mass start at 8:00am, 1hr45 after the solo runners.

RELAY TEAMS: please do not arrive at Hamelin Bay for the race start before 7:00am to leave space for solo runners.

## CHARITY PARTNER - LINE IN THE SAND

Rapid Ascent is committed to creating sustainable events and are proud to partner with local charity: 'Line in the Sand' to which we will be making a monetary donation on behalf the 2023 Margaret River Ultra Marathon.

Line in the Sand is a not-for-profit charity helping to protect and restore the Cape to Cape Coast and educate our community to take direct action against climate change.



They design and implement environmental programs with local action groups but require financial and strategic partnerships to support their invaluable work. This includes the design and execution of coastal rehabilitation field programs and encouraging local school participation via the "adopt-a-spot" program.

Through the rehabilitation and conservation of our coastlines they aim to inspire both the local community and visitors to value, respect and care for our coast. Please visit their stand in the event expo for more details or to make a donation.

## COMPETITOR SERVICES

### HyperICE Recovery Centre (NEW)

A new feature of the Event Expo will be the HyperICE Recovery marquee – manned by the crew from the Reflex Physiotherapy in Margaret River. The marquee will be stocked with a range of HyperICE recovery gear that is free for anyone to use, including: massage guns, compression boots, anti gravity chairs, vibrating massage rollers and yoga mats. Check out and try the great range of Hyperice recovery equipment.



**Reflex Physiotherapy** will also be providing massage, taping and injury assessment / treatment during the following times: 1:30pm - 6:30pm on Friday, 1:00pm - 7:00pm on Saturday and 9:00am - 11:00am on Sunday. Sessions are charged at \$50 for 20min assessment, treatment or massage or \$10 for taping. You can [BOOK ONLINE HERE](#) or come down to the marquee and they'll try and fit you in.



### Bus transportation

A bus from the finish at Howard Park to the start at Hamelin Bay is available and is primarily designed for solo runners who do not have a support crew to drive them on race morning. The bus will leave Howard Park at 5:00am (sharp) and arrive at Hamelin Bay by 5:50am ahead of the 6:15am solo start. No other stops will be made along the way.

**The bus is \$25 pp and must be PRE-BOOKED via the website before 8:00am AEST Tuesday 2 May.**

## LIVE RESULTS AND SOCIAL MEDIA COVERAGE

### Live Event Splits

Live splits from each check point will be sent directly to the web (and a mobile friendly website) during the race so you can track specific runners and see the overall and category results during the event. The live result links will be posted to the event homepage [www.MRultramarathon.com.au](http://www.MRultramarathon.com.au) and results pages.

### Social Media event updates #MargaretRiverUltra

Event updates and extensive coverage will be posted as an Instagram story on [@RapidAscent Instagram](#) with additional summaries and photos posted to the [Rapid Ascent Ultra Running Events Facebook page](#)

Please also share your own stories and during the day using: **#MargaretRiverUltra**





**TARKINE**



# TRAIL DEVIL

**FIT TEST AND ORDER AT THE MARGARET  
RIVER ULTRA TRIBE&TRAIL TENT**



# DROP BAG ARRANGEMENTS

We will transport drop bags (that may have spare clothing, personal nutrition, supplies...) for competitors from The Event Centre at Howard Park to each of the check points (CP) and return. Note – we will not transfer bags between CPs (e.g. CP1 to CP3), we will only transport from Howard Park to a CP and back again, so pack one bag per CP.

Please follow these steps to get your bags transferred:

- Attend registration at Howard Park on Friday, collect a tag for your gear transfer bag for the CPs you need.
- Write your name and race number on the appropriate bag tag(s) and attach it to your bag(s) to be transferred:
  - Green tag: CP1 – the 11.5km point at Boranup Campsite
  - Orange tag: CP2 – the 27.5km point at Conto Campsite
  - Red tag: CP3 – the 46.5km point at the Riflebuts Reserve
  - Blue tag: CP4 - the 65.5km pt at Gracetown
  - Yellow tag: Finish line at Howard Park
- Put bags in the appropriate cordoned off area in the event expo on Friday before 7:30pm.
- Bags must be no bigger than 50cm high x 50cm wide x 50cm across and can weigh no more than 8kg max.
- The bag must be closed (i.e. have a zip or draw string) and have all items inside the bag. We recommend the blue, supermarket cooler bags that zip shut. Plastic boxes will not be accepted.
- Bags will be laid out in number order at the checkpoint ready for you to collect when you get there.
- Support crews / team mates can also take bags to CP1, CP2, CP3, CP4 and give them to runners directly.

## Bags will also be transported from the checkpoints back to the finish line at Howard Park.

- When you have finished with your bag at each CP, place it in the area signed as 'Bags for transport to the finish' and then we will bring it back to the finish. Bags will be brought back during the course of the event with the last delivery by 8:00am on Sunday morning. Support crews can collect bags from each CP on your behalf as well.
- We will also bring bags and spare clothing from the start back to the finish.

# ON COURSE NUTRITION AND HYDRATION

The following nutrition and hydration will be available to all runners at each checkpoint (CPs) as outlined below. (If supplies are getting limited then we will prioritise solo runners first):

## CP1 at Boranup Campsite AND CP2 at Conto Campsite

- Tailwind - premixed at their recommended strength of 200cals per 500ml.
- Sandwiches - sweet (eg. jam) and savoury (eg. vegemite and cheese)
- Bananas, oranges and watermelon
- Banana cake and/or honey and oat slice
- Snakes and lollies
- ANZAC biscuits / wheatbix slice
- Small packets of potato crisps or Shapes (salty)
- Cold boiled chat potatoes with salt

## CP3 at The Riflebuts Reserve AND CP4 at Gracetown

- All the items listed for CP1 and 2 above PLUS:...
- Warm foods in paper cups such as: chicken noodle soup (CP3) and minestrone soup (CP4), two minute noodles...
- Cold quinoa salad
- Hot water and cups so you can make your own tea and instant coffee
- Some Coke will be available in cups at CP4

## Additional notes about checkpoint nutrition and hydration:

- It is greatly appreciated if team runners can start their leg with their water bottles / bladders pre-filled rather than filling up at the CPs (where supplies are often more limited). Thanks.
- Support crews and team mates can take hydration / nutrition and other items to the checkpoints for their runner and can provide outside assistance within the fenced off area of the checkpoint only
- No cups will be provided at the CPs - just large containers for you to refill your own drinking vessels from
- The range of food vans selling food at Howard Park will close at approx 9:00pm Saturday night. If you are finishing after this time we suggest your support crew / team mates bring some food for you.



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# THE COURSE

## Course marking

Trail running events are quite different to road running. We will not have marshals at every junction and it is up to the runner to KEEP AN EYE OUT FOR AND FOLLOW THE COURSE MARKINGS to make your way along the course.

### The course will be marked with:

- red and/or orange arrows pegged into the ground and fixed to trees or bushes
- red 'Rapid Ascent' branded tags and/or fluoro pink coloured plastic surveyor's tape tied to trees or bushes
- red and white barrier tape across a track / road at ground level indicates that this is the wrong way, do not cross red and white tape
- In the DARK: sections of the course that are likely to be completed in darkness will also be marked with reflective red Rapid Ascent tag and / or silver and yellow reflective tape tied to trees, as well as (infrequent) reflective arrows and glow sticks. We recommend you use a bright light to make things a bit easier in the dark! (Black Diamond preferred).

**Track intersections:** All track intersections will be clearly marked and care should be taken to follow the arrows. Course markings will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.

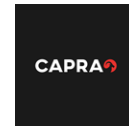
## Designated support areas

Competitors may only receive external assistance from support crew and/or team mates within the fenced off area at each check point. Runners seen receiving support or collecting pre-planted items outside of these areas will receive a 30min penalty.

## Maps on your phone with the CAPRA app

We recommend all competitors and supporters have the course on your phone with the new CAPRA maps app – allowing you to double check the route if you have any concerns.

To set up your phone, simply scan this QR code to download CAPRA (or click if viewing on mobile / laptop) then follow the prompts to create an account and you'll find the maps in the app's 'Library'. Open the full course map, press the 3 dots menu icon and select 'save for offline' and 'send me alerts' for full usability.



*RESTORING AND PROTECTING  
OUR COASTLINES*

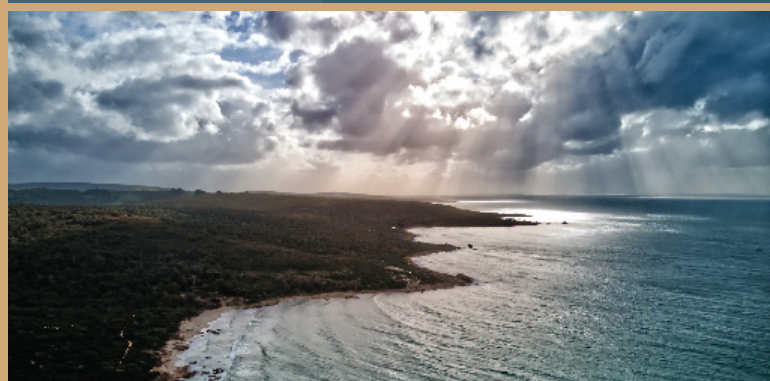
*FUNDING AND SUPPORT FOR LOCAL  
ENVIRONMENTAL ACTION GROUPS*

*CLIMATE MITIGATION AND ADAPTION*

*COMMUNITY EDUCATION AND AWARENESS  
AROUND LOCAL ENVIRONMENTAL ISSUES*

 [www.lineinthesandgroup.org](http://www.lineinthesandgroup.org)

 [lineinthesandgroup](https://www.instagram.com/lineinthesandgroup)



# COURSE DESCRIPTION AND DETAILS (FOR RUNNERS)

## LEG 1: HAMELIN BAY TO BORANUP CAMPSITE

**Distance:** 11.5km

**Elevation gain / loss:** 370m / 190m

**Terrain type:** Good running on a firm base. Minimal sand or technical aspects. Quite a bit of uphill.

**Leg start point:** Race start on the Hamelin Bay beach.

**Leg finish point:** CP1 at Boranup Campsite on Boranup Drive.

**Cut off:** you must depart CP1 by Start time + 3h30min for solos OR Start time + 2h15min for Teams

The event gets under way on the crisp white sands of Hamelin Bay with a terrific journey laid out in front of you. Starting at the southern end of this beautiful beach, runners soon leave the coast and head inland (and uphill!) on a scenic run through a little visited part of the region. Running through the heathland you will swap the sound of crashing waves on the off-shore reefs for the sound of bird song and rustling leaves in the Karri forest of the South West.

Leg 1 follows a range of 4wd tracks and single tracks with some low level technical running in spots. The last part of the course goes across some private land so please respect the landowner and keep to the obvious track before dropping down a narrow single track into the checkpoint at Boranup Campsite.

**See the separate notes below for support crew access to checkpoint 1 and all other checkpoints.**

## KNOBBY LEG 2: BORANUP CAMPSITE TO CONTO CAMPGROUND

**Distance:** 16km

**Elevation gain / loss:** 350m / 440m

**Terrain type:** Nice running through non-technical, undulating terrain and Karri forest.

**Leg start point:** CP1 at Boranup Campsite

**Leg finish point:** CP2 At Conto Campground - 'Hamelin' camping area

**Cut off:** you must depart CP2 by Start time + 6h30min for solos OR start time + 5h15min for Teams

Setting off from the CP1 runners cross Boranup Drive and then 1.5km later cross Boranup Drive a second time – TAKE CARE and watch for traffic on the road. From here on the course follows a mix of double and single tracks as it weaves through the spectacular forest - the sandy beaches and turquoise water seemingly a million miles away and unseen at all on leg 2. Despite the fires sweeping through the forest in December 2021, the undergrowth is starting to look really lush and the tree canopy remains green overhead - showing the reliance of the Australian bush to fire.

Leg 2 finishes with a 1km climb up a sandy 4WD track (that is two way with outgoing runners), you will soon enter the Checkpoint 2 at Contos Campground at the 27.5km mark.

## TRIBE & TRAILS LEG 3: CONTOS CAMPGROUND TO RIFLEBUTTS RESERVE

**Distance:** 19.5km

**Elevation gain / loss:** 350m / 440m

**Terrain Type:** Varied running with all trail types. A lot of running on sand – on beaches and trails, as well as some technical aspects with rock hopping and some trail obstacles.

**Leg start point:** CP2 at Conto Campground

**Leg finish point:** CP3 at the Riflebutts Reserve in Prevelly

**Cut off:** you must depart CP3 by Start time + 10hrs for solos OR start time + 9hrs for teams

Leg 3 commences with a long, flowing downhill (that is shared with the incoming runners coming up the hill, making it busy with 2-way traffic). Runners turn right at the bottom of the first hill and cut across to the coast at the spectacular Cape Freycinet for some incredible rock hopping on the ancient granite domes.

Heading north (and uphill) on the Conto Road we rejoin the official Cape to Cape Track for one of the most popular (and most spectacular) sections above the Conto Cliffs and along winding single track to the Redgate Beach car park (where there will be an unmanned waterpoint at the far side of the car park). This section was badly burnt during the December fires but is already starting to regrow and provides a unique experience for many runners.

North of Redgate the course goes along the beach for ~4km of very soft sand running / walking that is probably the most difficult section of the entire race. After Gas Bay carpark the course winds through a few streets and sandy beach sections before descending steps to go past the White Elephant Cafe and continuing along the coastal path to Riflebutts Reserve in Prevelly.



**MARGARET RIVER**  
**ULTRA MARATHON**  
**COURSE MAP**  
**FOR RUNNERS**  
**SOUTH - LEG 1, 2 & 3**



Put the maps on your phone by scanning this QR code to download the CAPRA app.

**LEG 3 - 19.5km**

**LEG 4 STARTS OVER SURFERS POINT**

**CP3 - 46.5KM AT RIFFLEBUTTS RESERVE**

**ALONG SOME STREETS, URBAN FOOTPATHS AND SHORT BEACH SECTIONS**

**LONG STRETCH ON THE SOFT SANDY BEACH TO GAS BAY - SLOW GOING!**

**THROUGH THE REDGATE BEACH CAR PARK - WATER AVAILABLE HERE**

**TECHNICAL RUNNING ON THE CAPE TO CAPE SINGLE TRACK ABOVE THE CLIFFS.**

**SPECTACULAR ROCK-HOP SECTION ON THE GRANITE DOMES AT CAPE FREYCYNET**

**CP2 - 27.5KM AT CONTO CAMPSITE**

**UPHILL TO CP2 ON A 2-WAY SECTION OF 4WD TRACK**

**LEG 2 - 16km**

**NEW ROUTE THROUGH BORANUP IN 2023, RUNNING THROUGH THE FOREST ON A MIX OF SINGLE AND DOUBLE TRACKS**

**CP1 - 10.5KM AT BORANUP CAMPSITE**

**NICE RUNNING ALONG A SANDY SINGLE TRACK**

**START WITH A STEADY UPHILL ON 4WD TRACKS**

**LEG 1 - 11.5km**

**START AT HAMELIN BAY ON THE BEACH**

## CHEEKY MONKEY LEG 4: RIFLEBUTTS RESERVE TO GRACETOWN

**Distance:** 18.5km

**Elevation gain / loss:** 280m / 290m

**Terrain Type:** Good running with all trail types. Quite a bit of running on sand - mainly on trails which mostly have a firm base with some sand on top. Some lesser technical aspects and trail obstacles.

**Leg start point:** CP3 at the Riflebutts Reserve, Prevelly

**Leg finish point:** CP4 at the Gracetown

**Cut off:** you must depart CP4 by Start time + 14h15min for solos OR start time + 12h30min for Teams



Continuing north from checkpoint 3 runners go past the famous Surfers Point and location of the Margaret River surf break and then descend to the Margaret River mouth on the beach. Leaving civilization behind once again runners traverse a more remote section of coast, past little visited beaches and coves and landmarks such as Cape Mentelle, Joeys Nose and Kilcarnup.

The course sticks to the Cape to Cape Track with some short sections of beach running and long sections of single track through the heathland before descending into the historic Ellensbrook Homestead where. The course then returns to the coastline for the final 6km stretch along a weaving, twisting line of single track, along escarpments and dunes that provide extensive views up and down the coast - so keep an eye out for whales and watch the waves at the popular surf breaks. Round South Point and continue along a few footpaths and into the checkpoint in the coastal village of Gracetown.

## HOWARD PARK LEG 5: GRACETOWN TO HOWARD PARK

**Distance:** 13km

**Elevation gain / loss:** 250m / 150m

**Terrain type:** Good running with all trail types. Some running on sand but also some fast 4WD track and dirt roads near the end to help you finish strong.

**Leg start point:** CP4 at Gracetown

**Leg finish point:** the Finish line at Howard Park

**Cut off:** The Course closes at the finish line at 2345 Saturday for ALL competitors.



HOWARD PARK  
MARGARET RIVER &  
GREAT SOUTHERN

After leaving the checkpoint at Gracetown the trail cuts across North Point, providing some technical running over some rocky terrain for a ~2 kilometers before reverting back to softer going on some sandy single and 4WD tracks paralleling the coast.

Runners turn away from the Cape to Cape Track 3.7km into leg 5, following Juniper Road for 1.3km then through Private Property that provides some scenic (and sometimes sandy) running through WA bushland. Cross over Caves Road at the 8.5km pt and continue along some fast and flat 2WD dirt roads through lovely farming land that provide plenty of joy. Then its a final sprint through the vines to the celebratory finish line at Howard Park. Well done!



WESTERN  
AUSTRALIA



**Cheeky  
Monkey  
Brewing  
Co.**

**Knobby**



Photo: Myke Hermsmeyer

LEG 5 - 13.5km

LEG 4 - 19km

CROSS CAVES RD WITH CARE AND CONTINUE ALONG 2WD TRACKS AND ROADS

TURN AWAY FROM THE CAPE TO CAPE TRACK 3.8KM AFTER CP4

SOME ROCKY, TECHNICAL SECTIONS PAST NORTH POINT

CP4 - 65.5KM AT GRACETOWN

NON-TECHNICAL RUNNING ON SINGLE TRACK WITH SOME SANDY SECTIONS

PAST THE ELENBROOK HOMESTEAD - UNMANNED WATER PT

LONG SANDY DESCENT INTO CP4

GREAT RUNNING ON THE CAPE TO CAPE TRACK THROUGH THE HEATHLAND

SOME SOFT SANDY BEACH SECTIONS PAST KILCARNUP

LEG 4 STARTS OVER SURFERS POINT

CP3 - 46.5KM AT RIFLEBUTTS RESERVE

THE CHEEKY MONKEY BREWERY

The Margaret River Chocolate Company

FINISH! AT HOWARD PARK

Fifty One Rd

Juniper Rd

Gracetown

Cowaramup Bay Rd

Salter St

Ellen Brook Rd

Caves Road

Wallcliffe Rd

Surfers Point

Peverly

Gnarabup

Put the maps on your phone by scanning this QR code to download the CAPRA app.

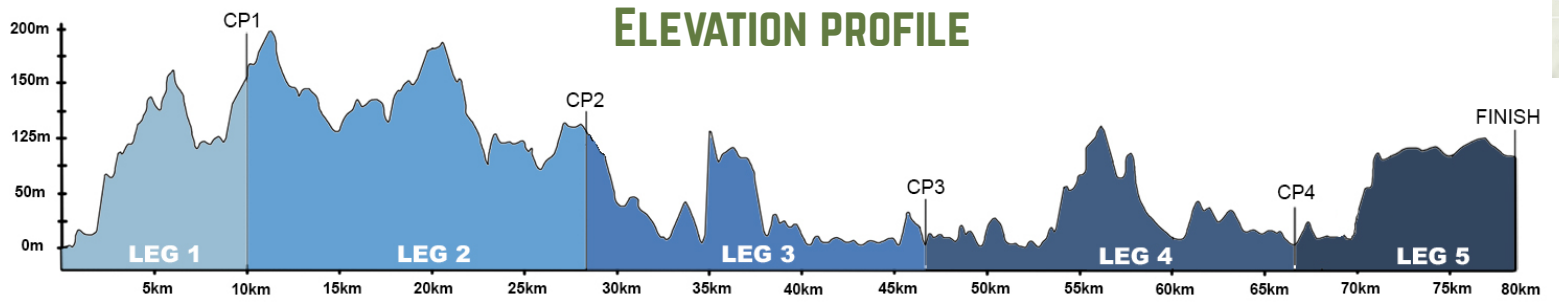


MARGARET RIVER ULTRA MARATHON

COURSE MAP FOR RUNNERS

NORTH - LEG 4 & 5

### ELEVATION PROFILE





# GREAT SOUTHERN STAGE RUN

*'That was a dream run. The atmosphere and the trails were just phenomenal.'*

## RUN THROUGH THE WILD AND RUGGED GREAT SOUTHERN



- › 3 day stage race
- › 200km journey
- › Relay teams and solo runners
- › Unifying event camaraderie

### NOV 16-18, 2023

Albany, Western Australia

[GREATSOUTHERNSTAGERUN.COM.AU](http://GREATSOUTHERNSTAGERUN.COM.AU)

Organised by the same team who run The Margaret River Ultra and Run Larapinta



# SPECTATORS AND SUPPORT CREWS

Spectators and support crews are welcome to join the activity and enthusiasm of the Margaret River Ultra Marathon and the following information is provided so you know how, when and where you can get involved.

CAPRA

**Course maps for supporters.** We strongly recommend that supporters have the CAPRA mapping app on your phone (as described on page 9) as it also provides details on spectator points, CP locations, cafes and more (or click here if viewing on [mobile](#) / [laptop](#)).

**Support crew car stickers:** Due to very limited car parking we are restricting access to one car per team and one car per solo runner being permitted to visit each checkpoint. The designated vehicle must have a SUPPORT VEHICLE STICKER fixed to the top left (passenger side) windscreen. Stickers are provided as part of your rego pack, write your team number in the box.



## RACE START - HAMELIN BAY

**Where:** Hamelin Bay beach.

**What:** Race start, solo runners: 6:15am / teams start 8:00am.

**Are there toilets here?:** Yes - in the caravan park and in the car park.

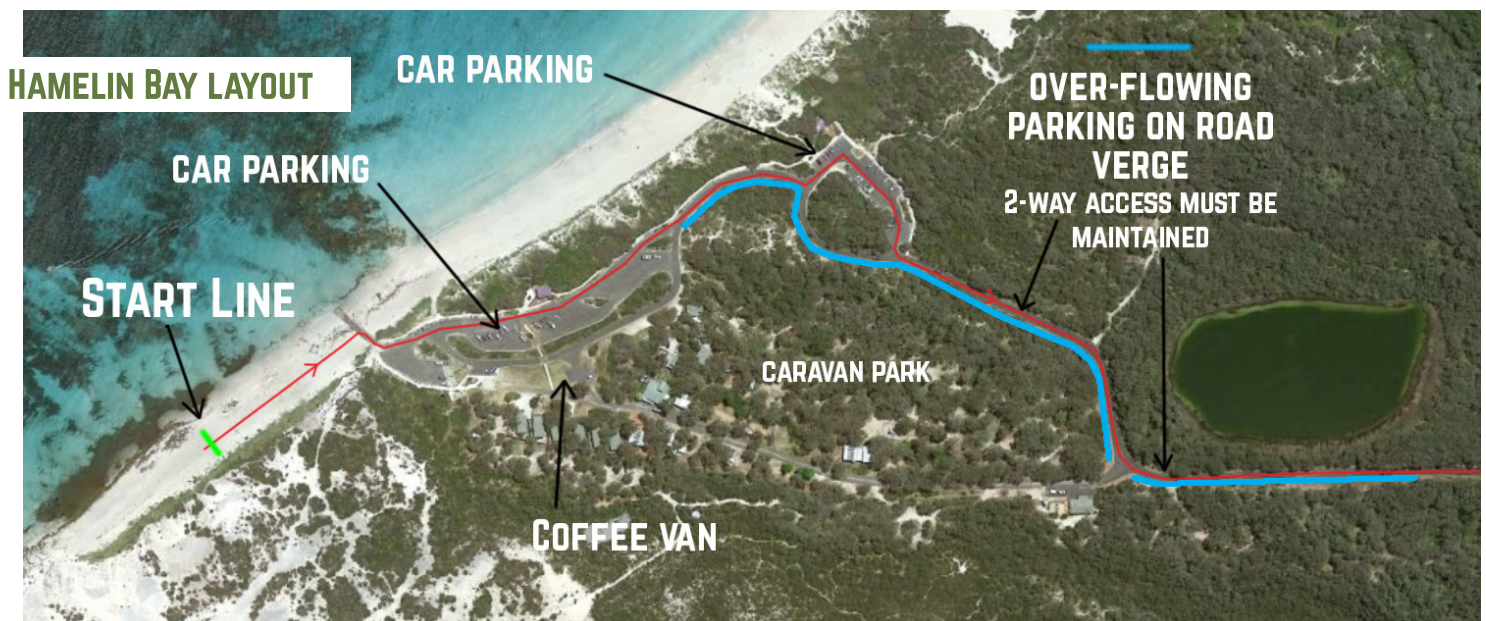
**Driving directions:** Drive to the end of Hamelin Bay Road. Start line is 100m away on the beach.

**Parking instructions:** Teams are not permitted to arrive at Hamelin Bay until after 7:00am (once the solos have started). Park in the sealed car park near the boat ramp and on the road side - ensure 2 way access is maintained at all times.

**Coffee?:** Yes - we've arranged a coffee van to be in the car park - near the caravan park.

### General notes:

- The Margaret River Ultra Marathon starts on the sand, then runners go up the boat ramp, through the car park and out the main road for 1k before turning on to the trails. Please ensure you allow them through!



## CP1 - BORANUP CAMPSITE (SEE MAP ON FOLLOWING PAGE)

**Where:** Boranup Campsite. 11.5km point.

**Expected first solo runner / team runner:** 7:10am / 8:45am

**Cut off:** runners must depart CP1 by Start time + 3h30min for solos OR Start time + 2h15min for Teams

**Are there toilets here?:** Yes, long drop and porta loos.

**Driving directions:** From Hamelin Bay: Drive out Hamelin Bay Road and then continue north on Caves Road for 7km then turn left onto Boranup Drive. The CP is 1.4km up this road. From Margaret River township: Drive south on Caves Road and turn right into the southern end of Boranup Drive.

**Parking instructions:** There is **VERY LIMITED** car parking at CP1. All cars must park on the left hand side of Boranup Drive and must ensure that 2 way access to other cars is maintained at all times. Please park as directed and be willing to walk up to 2-3km to get to the CP itself.

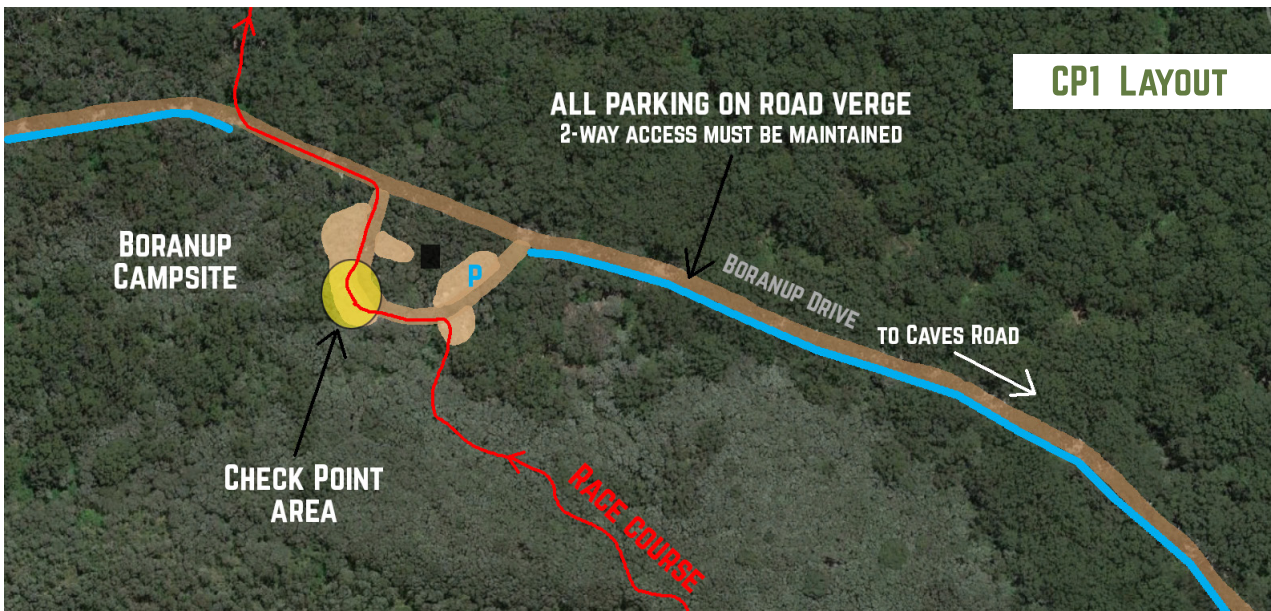
### General notes:

- This CP is restricted to one car per solo runner and one car per team. But unless you really need to come to this CP we'd encourage you to keep clear as it is very small and tight for space
- We recommend cars drive along Boranup Drive to exit the CP (rather than doing a U-turn) - but be aware that runners cross Boranup Drive 1.3km after exiting the CP - so **WATCH FOR RUNNERS**
- BYO coffee / food. Sadly we are unable to have a coffee cart here as it is National Parks land.

**Cheeky  
Monkey  
Brewing  
Co.**







## CP2 - CONTO CAMPSITE

**Where:** Conto Campsite - 'Hamelin' camping area.

**Expected first solo runner / team runner:** 8:20am / 9:55am

**Cut off:** runners must depart CP2 by Start time + 6h30min for solos OR start time + 5h15min for Teams

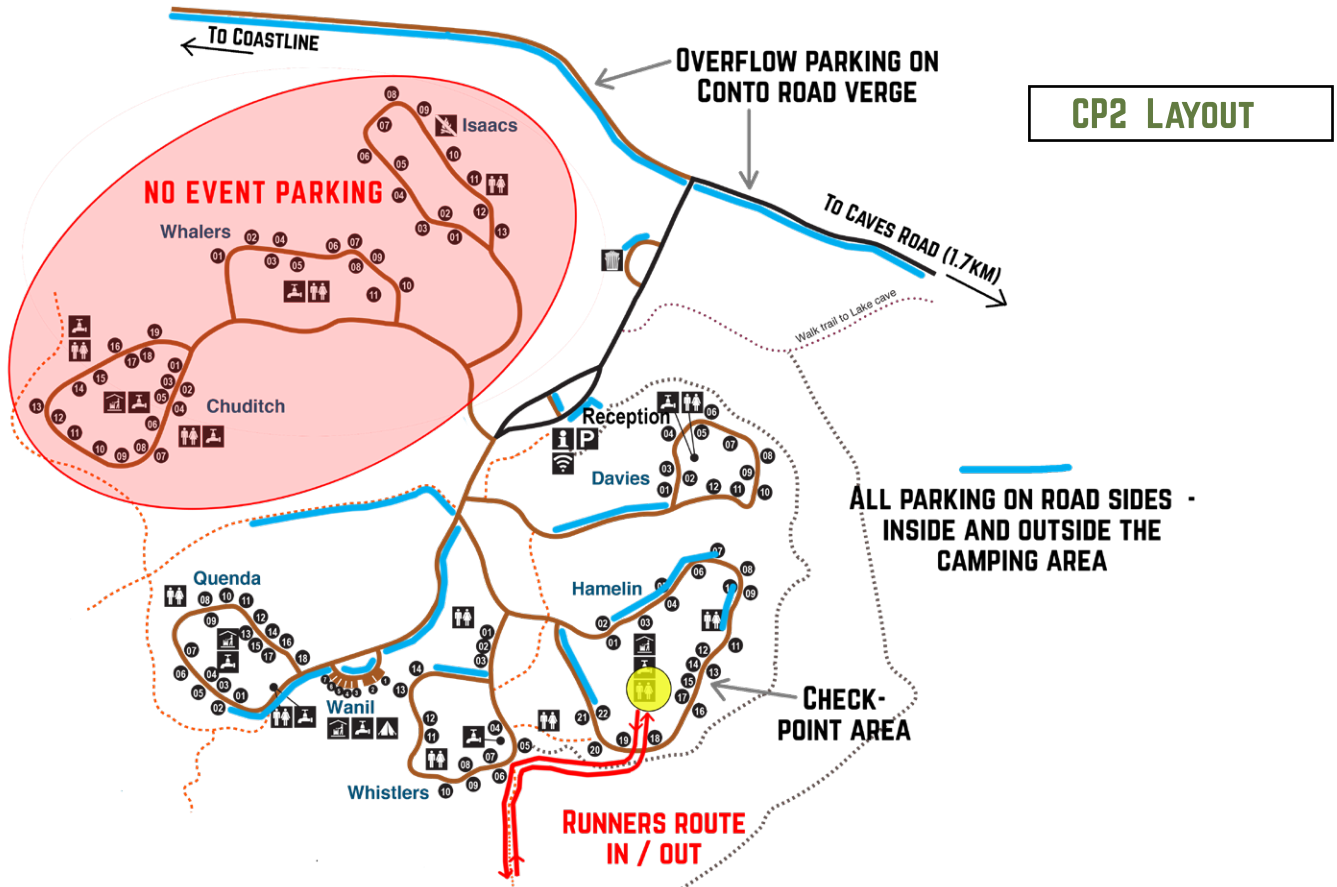
**Are there toilets here?:** Yes, long drop and porta loos.

**Driving directions:** From CP1 on Boranup Drive: do a U-turn and drive back to Caves Road and turn left (north). Drive 13.5km north on Caves Road then turn left into Conto Road, signposted 'Lake Cave'. Turn left a short distance later and follow signs to Conto Campsite 1.3km further on. From Margaret River: drive south on Caves Road and turn right into Conto Road when you see the 'Lake Cave' sign.

**Parking instructions:** This CP is restricted to one car per solo runner and one car per team as car parking VERY TIGHT. Conto Campsite is a rabbit warren of roads, campsites and tracks, we will be parking in spare campsites, on road edges and back out on Conto Road. Please park as directed, if parking on side of road ensure you park well off the side to maintain access. Be willing to walk up to 1-2km to get to the CP itself.

### General notes:

- Once parked, follow the signs to the 'Hamelin' camping area which is where the runners will enter / exit the CP.
- Runners will enter / exit the Conto Campsite via a short 2-way track and the layout will allow you to see them for a short time before they reach the fenced off transition area itself.
- BYO coffee / food. Sadly we are unable to have a coffee cart here as it is National Parks land.
- NO DOGS. National Parks declare this a no dogs area and will enforce it on the day .



## CP3 - RIFLEBUTTS RESERVE

**Where:** Riflebutts Reserve, Prevelly

**Expected first solo runner / team runner:** 10:00am / 11:25am

**Cut off:** runners must depart CP3 by Start time + 10hrs for solos OR start time + 9hrs for teams

**Are there toilets here?:** Yes, portable and permanent toilets and fresh water showers (cold)

**Driving directions:** From CP2: Drive back out to Caves Road and turn left (north). Continue 5km along Caves Road and then turn left onto Wallcliffe Rd (signposted Prevelly). Continue 1.8km then turn right into Surfers Points Rd and almost immediately turn left into Mitchell Drive and park and walk into the reserve.

**Parking instructions:** There is a small amount of event parking on the grass adjacent Mitchel Dr, otherwise park in the side streets, at Surfer's Point and other areas. Overflow parking is further south at the White Elephant (then you can have lunch while you wait!). Parking is NOT PERMITTED along Mitchell Dr itself.

### General notes:

- We will have coffee and food vans on site, or visit the Sea Garden Cafe on Mitchell Drive to refuel or for lunch.



## CP4 - GRACETOWN

**Where:** Gracetown Beach Car Park

**Expected first solo runner / team runner:** 11:45am / 1:00pm

**Cut off:** runners must depart CP4 by Start time + 14h 15min for solos OR start time + 12h 30min for Teams

**Are there toilets here?:** Yes

**Driving directions:** From CP3: Drive back out to Caves Road and turn left (north). Continue along Caves Road for 13km and turn left into Cowaramup Bay Rd. Drive 4km into Gracetown at the end of the road, the CP is in the gravel car park at the bottom of the hill next to the beach.

**Parking instructions:** There is a small gravel car park next to the CP. Overflow car parking in the other coastal car parks and selected side streets (refer to the map). Parking is NOT PERMITTED along Bayview Drive.

### General notes:

- The CP is located on the grassy area next to the toilet block.
- The Gracies General Store / Cafe is 200m away from the CP.





## FINISH LINE - HOWARD PARK WINERY

**Where:** Howard Park Winery

**Expected winning solo runner / team runner:** 1:00pm / 2:00pm

**Cut off:** The Course closes at the finish line at 11:45pm Saturday for ALL competitors

**Are there toilets here?:** Yes

**Driving directions:** From CP4: Drive back out to Caves Road and turn left (north) and then turn right onto Fifty-One Rd. Continue for 1.2km and turn left through the Howard Park front gates. Do not enter from Miamup Rd

**Parking instructions:** All cars must enter Howard Park via Fifty-One Rd and exit to the north via Miamup Rd - creating a one way system through the property. Do not enter from Miamup Rd.

There is considerable parking on either side of the main drive way into the winery, as well as in the large grassy areas surrounding the winery buildings.

### General notes:

- Be aware that Howard Park is a working winery, please so not walk amongst the vines or the winery works buildings.
- No Dogs permitted at Howard Park or at any of the CPs.



## ADDITIONAL LOCATIONS TO SEE YOUR RUNNERS

There are numerous additional locations to see runners outside of these listed CPs. Remember that you cannot provide outside assistance but you can provide plenty of words of support at other locations such as:

- 38.5km pt – at Redgate Beach car park
- 43km pt – at the southern end of Gas Bay Rd in Gnarabup
- 47km pt – at Surfers Point and the Margaret River mouth
- 58km pt – at the Ellensbrook Homestead
- 62km pt – at the southern end of the Left Handers car park past Gracetown

Refer to the spectator map on the following pages or use CAPRA map app for assistance to find the locations.

## COFFEE STOPS!

A happy support crews leads to a happy runner - so here are a few recommended coffee stops in the area!

- **Hamelin Bay (START LINE)** - A mobile coffee cart will be set up in the Hamelin Bay caravan park immediately adjacent the car park. There is also a handy little general store in the caravan park for any last minute supplies!
- **The White Elephant Cafe** - Located 1.5km south of CP3 this popular cafe provides 360 degree views of Gnarabup Bay and has a great breakfast / lunch menu and awesome coffee mixed with a chilled vibe.
- **The Sea Garden Cafe** in Prevelly - located just 400m from CP3 on Mitchel Dr. They have a great elevated outlook and serve excellent coffee and light meals - a local's favorite!
- **Gracies Cafe at Gracetown** - Located just 200m away from CP4 at the 67km point this will provide the perfect pick me up as you wait for your runners to complete leg 4. They serve great lunches + snacks + coffee with a friendly vibe.
- **The Cheeky Monkey Brewery** - they're a great sponsor of the event and an ever better place to celebrate your stories from the trail on race weekend and at any other time when you're down south with great food, coffee, beer, wine, cider and extensive grounds.

LEG 4  
LEG 3  
LEG 2  
LEG 1

**RIFLEBUTTS RESERVE**

**CP3 - 46.5KM PT**

- One car per solo and/or per team
- Park in car park and/or the grass off Michell Dr, or in the Surfers Point, or White Elephant car parks & walk to CP.
- NO PARKING along Michell Dr verge.
- Food and coffee vans, live music and more...
- Expected first solo runner / team runner: 10:00am / 11:25am

**Spectator spot** - southern end of Gas Bay Rd. Give them a high-5 as they finish the longest sandy stretch. NO SUPPORT can be provided. 44km pt.

**Spectator spot** - Redgate Beach. They come along the beach, through the car park and continue north on the sand. NO SUPPORT can be provided. 38.5km pt.

**CONTO CAMPGROUND**

**CP2 - 27.5KM PT**

- STRICTLY One car per solo and/or per team
- CP located in the 'Hamelin Camping Area' - follow signs
- Park on road verges, vacant campsites and other open areas within the Campground, or on Conto Rd but 2-way access must be maintained
- NO caravans or large vehicles along Conto Rd
- Be prepared to walk some distance to the CP
- First solo runner / team runner: 8:20am / 9:55am
- No dogs permitted

The course follows a new route through the Boranup Forest in 2023 as tracks get re-opened after the 2021 fires. Runners cannot be seen along this leg.

We would prefer support crews drive the length of Boranup Dr when exiting CP1 (rather than trying to do a U-turn at CP1. TAKE CARE as runners are also on this road for a 200m stretch early on.

**BORANUP CAMPSITE**

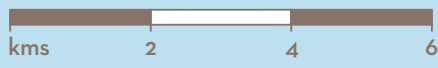
**CP1 - 11.5KM PT**

- STRICTLY One car per solo and/or per team
- Park on left hand side of Boranup Drive road verge - 2-way access must be maintained on all roads
- Be prepared to walk up to 2km to the CP
- Watch for runners crossing the road
- No dogs permitted
- First solo runner / team runner: 7:10am / 8:45am

**HAMELIN BAY BEACH**

**START LINE - 0KM**

- Park in sealed car parks and on the road verge
- Be prepared to walk some distance to the start
- RACE STARTS: solos at 6:15am, teams at 8:00am





**HOWARD PARK FINISH LINE**

- Event Centre and race finish line!
- Access via Fifty-One Rd to the south, then exit via Miamup Rd to the north
- Park on the grass beside the driveway or on surrounding grass areas as directed.
- Food vans, wine, beer, coffee, live music
- Expected winning solo / team: 12:55pm / 2:00pm

Runners cross over Caves Road.  
 Please **DO NOT** stop here to see runners as it's a busy road with **NO PARKING**

**CAUTION** driving in to Gracetown as runners are on the road for 200m.

**GRACETOWN CP4 - 65.5KM PT**

- Teams and solo runner CP
- Park in the small gravel car park beside the beach or in village side streets. **NO PARKING** on along Bayview Dr. Please respect locals' access
- Visit Gracies Cafe 200m past CP for a coffee or light bite
- Expected first solo runner / team runner: 11:45am / 1:00pm

**Spectator spot** - 'Lefthanders' car park. Runners come through the car park on the Cape to Cape track. **NO SUPPORT** can be provided. 62.5km pt.

**Spectator spot** - Ellensbrook House. Drive down Ellensbrook Rd, keep left at the end and park car. Watch them run past the historic homestead, read the information signs and/or walk 400m to Meekadarabee Falls. **NO SUPPORT** can be provided. 58km pt.

**Spectator spot** - Surfers Point and the Margaret River Mouth as they head north across the sand. **NO SUPPORT** can be provided. 48km pt.

**RIFLEBUTTS RESERVE CP3 - 46.5KM PT**

- One car per solo and/or per team
- Park in car park and/or the grass off Michell Dr, or in the Surfers Point, or White Elephant car parks & walk to CP.
- **NO PARKING** along Michell Dr verge.
- Expected first solo runner / team runner: 10:00am / 11:25am



LEG 5

LEG 4

LEG 3

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# EQUIPMENT REQUIREMENTS

## Mandatory equipment list for all runners at all times, irrespective of category:

- **Race number plate.** This must be worn on your front, as the outermost garment at all times. Individual 80km runners will also have a smaller number plate that must be attached to your backpack so it can be seen from behind.
- **First Aid Kit** (minimum contents 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non stick wound dressing pads and a pair of surgical gloves)
- **Space blanket** - full size and un-altered
- **A whistle** - pea-less recommended
- **Mobile phone** (Telstra recommended)
- **Windproof jacket** - Goretex or similar waterproof / breathable fabric strongly recommended
- **Torch** if on the course after 5:40pm. See notes below.
- **Water container** minimum 750ml capacity (may be a water bottle or bladder in a backpack)
- **Long sleeve thermal top** – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any ‘compression’ garments. Weather permitting\*\*

\*\* This item will be confirmed as mandatory if the weather is going to be cold, wet and/or windy. Competitors will be advised if this is mandatory at the race briefing on Friday night and on the event website (although we strongly encourage you to carry it either way).

## Mandatory Gear list for all runners on the course after sunset 5:40pm irrespective of category:

- White light torch or headlamp sufficiently bright to light the track at least 50m ahead of you and sufficient battery power to get you to the finish line.

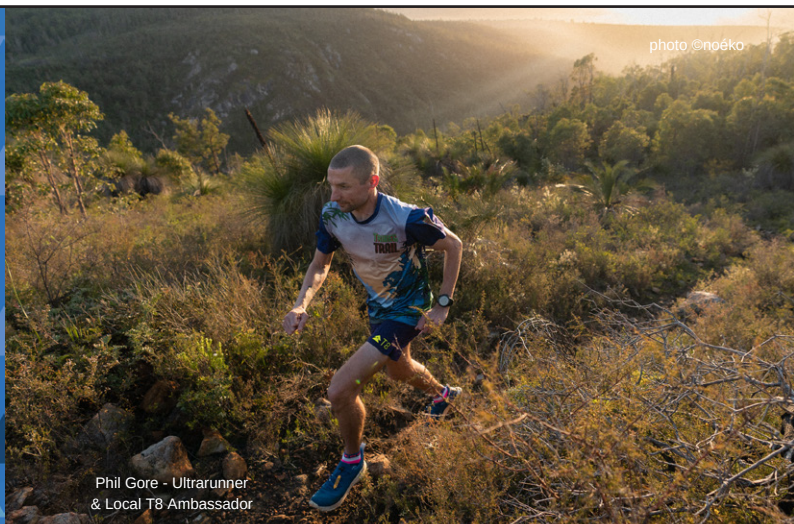
## Recommended Gear List:

- Strongly recommended: 1 long sleeve thermal top (polypropylene, wool or similar). Note: cotton, lycra or any ‘compression’ garments do not qualify.
- Additional clothing to match the conditions expected on the day – this may vary from water proof pants to a sun hat and sunscreen.
- The course map on your phone - recommended the CAPRA Mapping App.
- Beanie or balaclava
- Water proof bag or snaplock for your mobile phone
- Food and additional water / hydration
- Hat and sunglasses
- Vaseline, Body Glide or other body lubricant, and sports injury tape (like Elastoplast).

*Visit our retail partner for any last minute gear purchases.*



A blue graphic with a pattern of white triangles. In the center is the T8 logo, which consists of a stylized mountain peak above the letters 'T8'. Below the logo, it says 'TRAIL RUNNING APPAREL' and 'designed in Hong Kong'. At the bottom, it says 'AVAILABLE AT TRIBE&amp;TRAIL' and 'www.tribeandtrail.com.au'.



An advertisement for Hyperice. On the left, a person's hand is using a black Hyperice percussive massage gun on another person's shoulder. The Hyperice logo is in the top left. On the right, a woman's face is shown in profile, looking down. The text 'Do What You Love. More.' is written in large, white, bold letters on the right side.



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# RACE RULES

The following rules apply to all participants in all categories of the Margaret River Ultra Marathon:

- (all participants) must read and sign (electronically) the Terms and Conditions form.
- Juniors only - (under 18 on race day) must have their parent or guardian advise the Rapid Ascent race directors of their intention to enter, must comply with the Under 18 entry requirements as published on the event website and the parent or guardian must read and sign an authorisation and indemnity.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Races numbers are non-transferable. Times and prizes will not be recognised if racing under another entry/name.
- Competitors may only receive external assistance on the course from their support crews and/or team mates at the designated checkpoints as described in the event program. Competitors may receive support from race organisers and officials (but not their support crews) at any additional water points. External support may not be provided anywhere else on the course, this includes the supply of water bottles or food.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor in another category except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Runners must carry the Mandatory Gear as specified in the equipment list. A 30 minute penalty will apply for any (and every) item found missing during any random gear checks and you will not be allowed to continue until the item is replaced. You can expect random gear checks to be made during the race.
- Relay teams can only change over at the designated checkpoint locations – after their team mate has arrived.
- Competitors are responsible for the actions of their support crew and may be penalised for actions or breaches of the rules by their support crew, including parking in unauthorised locations.
- Support crews and team mates are not permitted to run with or pace runners for greater than 500m.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- All runners are permitted to lodge protests against results or decisions enforced during the event. A judging panel of three Rapid Ascent staff members will adjudicate on all protests and other contentious matters, and their decision will be final. Protests must be lodged within 30 minutes of the subject competitor crossing the finish line.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

## CUT OFF TIMES

The following cut off times apply to all competitors in all categories of the Margaret River Ultra Marathon and will be strictly enforced as follows:

- **Complete Leg 1** – you must depart CP1 by Start time + 3h30min for solos OR Start time + 2h15min for teams.
- **Complete Leg 2** – you must depart CP2 by Start time + 6h30min for solos OR start time + 5h15min for teams.
- **Complete Leg 3** – you must depart CP3 by Start time + 10hrs for solos OR start time + 9hrs for teams.
- **Complete Leg 4** – you must depart CP4 by Start time + 14h15min for solos OR start time + 12h30min for teams.
- The Course closes at the **finish line** at 2345 Saturday for ALL competitors

### Cut off procedures:

- For teams who do not make the published cut off time, the next team member will be allowed to continue at the published cut off time but will be an 'unranked competitor' with no official result recorded.
- Individuals who miss a cut off must miss the next leg but they may re-continue from the following checkpoint.
- If the last cut off is missed, then competitors must make their way via alternative means to the finish line.

If you cannot complete a leg or are forced to stop or withdraw from a leg the following procedures will be followed:

- You will now be an 'unranked' competitor. You will not be permitted to return to that leg but you can recommence the event with the next leg
- When you get to the next checkpoint, advise an official that you did not complete the leg and hand over to your team mate who can continue the rest of the course
- Your team will be unranked, but you can still continue the event.



WESTERN  
AUSTRALIA



# WESTERN AUSTRALIA

## WALKING ON A DREAM

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- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves - Jewel, Lake, Mammoth and Ngilgi.
- Walk a section of the 135km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Recharge your spirit and try coasteering, stand up paddle boarding, mountain biking or horse riding.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and taste the flavours and learn the stories of this region.
- Picnic or camp among the karri trees in Boranup Forest and stargaze at an endless canopy of constellations at Injidup Natural Spa.
- Catch world class waves with over 135 km of coastline and 75 breaks to choose from - there's a wave here for everyone.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Cruise alongside migrating humpback, southern right and blue whales on a charter from Augusta, Busselton or Dunsborough.

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WALKING ON A DREAM

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# RACE HONOUR BOARD

## Solo runners

### OVERALL MALE

#### 2018

1st	7:58.14	Josh O'Hart
2nd	8:45.38	Michael Taylor
3rd	8:51:54	Chris Henderson

#### 2019

1st	7:46.21	Justin Scarvaci
2nd	8:00.22	Shane Johnson
3rd	8:25.22	Jon Pendse

#### 2020

1st	7:16.45	Justin Scarvaci
2nd	7:32.03	Joshua Chugg
3rd	7:35.15	Michael Dimuantes

#### 2021

1st	7:15.48	Matt Crehan
2nd	7:36.26	Joshua Kuhn
3rd	7:46.32	Mark Hunter

#### 2022 (adjusted leg 2 course due to fires)

1st	6:40.32 (record)	Josh Chugg
2nd	7:08.07	Justin Scarvaci
3rd	7:57.17	Adrian Castle

### OVERALL FEMALE

#### 2018

1st	8:39.38	Deb Nicholl
2nd	9:38.44	Ashley Ritson
3rd	9:51.39	Sarah Wiese

#### 2019

1st	8:52.45	Deb Nicholl
2nd	8:56.34	Arian Huston
3rd	9:14.08	Lauren French

#### 2020

1st	9:14.38	Claire O'Brien-Smith
2nd	9:21.32	Meghann Coffey
3rd	10:21.49	Jessica Smith

#### 2021

1st	8:24.58	Meghann Coffey
2nd	8:39.44	Scarlett Duncan
3rd	9:23.15	Felicity Pidgeon

#### 2022 (adjusted leg 2 course due to fires)

1st	7:09.55 (record)	Anna McKenna
2nd	7:47.07	Sarah Ludowici
3rd	8:08.08	Lisa Manix

## Teams

### Team of 4 or 5 Male

2018	7:03.33	Team Old Timers
2019	6:53.05	Team Trail Thursdays
2020	5:54:17	Ogging Squad
2021	6:19:00	Settlers Express
2022	6:09.17	Ogging Squad

*Steve McKean, Jon Pendse, Will Withers, Paul Gnovese, Evan Kolbe  
Ben Hannah, Eddie Still, Sam Herrmann, James Richardson, Juan Moreno  
Declan Tingay, Jonathan Sammut, Nick Thompson, Justin Ghosh, Leighton Cook  
Jake Loffman, Neil Berry, Ethan Heywood, Sam Maxwell, Niall Tuohy  
Nick Thompson, Sam Lade, Reece Harris, Jonathan Sammut, Agostino Xurzolo*

### Team of 4 or 5 Female

2018	8:12.16	Team RIOT
2019	8:14.55	Team Sole Sisters
2020	8:56:51	Running For Life
2021	7:51:52	Running For Chocolate Milk
2022	8:28:20	Star Gazers

*Deirdre McPhee, Kate Fitzsimons, Marie Turner, Lisa Rowe  
Edwina Sutton, Rachel Scott, Amy Couanis, Kristie Orchard  
Fiona Duyvestein, Diana Barnett, Kim Scott, Lisa Delaurentis, Jenelle Schult  
Emily Honey, Anna Gannett, Stef Simnadis, Geri Daube  
Claire Schwier, Robyn Chapman, Kirstie MacGregor, Renee Do Voogd*

### Team of 4 or 5 Mixed

2018	7:27.40	Team 3 x 2 x 3
2019	7:41.32	Camper ! Lori
2020	7:17:11	Scrambled Legs And Achin'
2021	7:03:17	Fast World Problems
2022	7:11.43	Lori Family

*Kate Shryock, Sandy Franco, Gervase Vlahov, Ben McRobb, Scott Biffen  
Andrea Lori, Christie Lori, Erika Lori, Michael Lori, Philip Lori  
Matti Mikkonen, Stephen Stockwell, Pete Zafiroopoulos, Katherine Stockwell, Joel Crossing  
Kieren Bell, Matti Mikkonen, Stephen Stockwell, Katherine Stockwell, Joel Crossing  
Ollie Page, Erika Lori, Kyle Christie, Christine Lori, Mark Lori,*

### Team of 2 or 3 Male

2018	7:22.33	Team OCR Plodders
2019	6:34.07	Team Sub Seven
2020	8:02:09	Team Pao
2021	7:27:41	Perth Trail Trio
2022	7:04:13	Enter (Ben the) Sandman

*Matt Wisniewski, Adrian Castle  
Matthew Wisniewski, Evan Kolbe, Adrain Castle  
Paul Berson, Oliver Dartnall, Adam Passmore  
Matt Campbell, Mitchell Crook, Andrew Kowald  
Liam Sherwin, Ren Tray, Rob Collins*

### Team of 2 or 3 Female

2018	10:46.38	Team Worst. Wine Tour. Ever.
2019	8:38.47	Team Got the Runs
2020	8:31:23	Team PRC Duo
2021	7:42:27	Team Pacebabes
2022	7:39:24	Team Pacebabes

*Hilliary Greene, Emily Larkins  
Meg Howard, Phip Hughes  
Mel Hanger, Sabina Spencer  
Kim Solomons, Alessia Floyd, Carly Bache,  
Kim Solomons, Alessia Floyd, Carly Bache,*

### Team of 2 or 3 Mixed

2018	7:59.14	Team VFuel Australia 1
2019	7:55.46	40 B4 40
2020	9:04:37	Team Titans
2021	8:27:09	Scrambled Legs
2022	7:45.30	The Extra Mile

*Dan Robertson, Tegyn Angel, Kellie Emmerson  
Jess Reynolds, Rhys Thomas  
Jacinta Berlinger, Tim Trent  
Phip Hughes, Hamish Nicholls  
Emma Donlon, Kevin Deery, Justine Grohs*

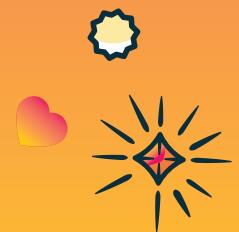


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# COMPLETION AWARDS

## 80km solo runners

- First overall male and female will get their name on the prestigious perpetual trophy designed and manufactured from local materials by Hamelin Bay sculptor Lou Lambert.
- Individual finishers who complete the 80km course in less than 10hrs will receive a large wine glass trophy in recognition of their accomplishment.
- Individual finishers who complete the 80km course in a time between 10hrs and 14hrs will receive a medium wine glass trophy in recognition of their accomplishment.
- Individual finishers who complete the 80km course in a time greater than 14hrs will receive a finisher's medal



## 80km relay teams

- The members of all relay teams who complete the 80km course will receive a finishers medal.

# KIDS' RUN - SUNDAY AT 9:30AM

We love seeing active kids enjoying their sport and recreation - and are happy to host a 1.8km kids run on Sunday.

**When:** 9:30am, Sunday (30mins before presentations)

**Where:** Start / Finish at the Howard Park

**Who:** For kids aged up to 13 years

**How:**

- \$10 entry, includes race plate, ribbon and fruit at the finish
- Enter on the day at Registration, between 9:00am - 9:30am.
- A parent / guardian will be required to attend registration to complete the entry form

**The Course:** The 2km Kids Run starts in the event expo and then follows a fun and achievable course around the Howard Park winery and through the vines before finishing back where you started in the event centre. The course is not at all technical, is on a mix of gravel double-track and grassy trails.

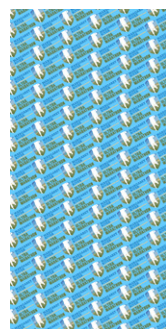
Parents can run with kids and marshals will be positioned in key places to assist kids along the way. Please note, this run is NOT a race! It is purely participation-based to get the kids involved in this inspiring event weekend. Participants will receive a race plate however the event is NOT timed.

# EVENT MERCHANDISE

All pre-ordered merchandise must be collected from the merchandise marquee on Friday 5th May. Limited stock will be available for purchase.

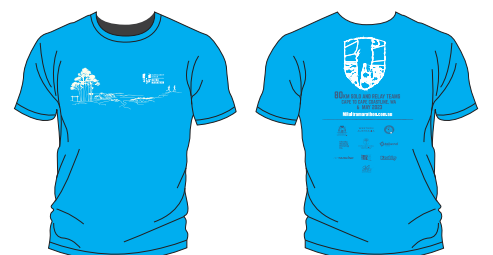
## HOODIE - \$85

- Comfortable and cool hoodie featuring a kangaroo pocket on the front and stylish MRUM illustration on the back!
- 65% cotton/ 35% polyester
- Fabric weighing 310 gm



## T-SHIRT - \$30

- The tee is a technical running t-shirt manufactured with a custom designed print.



## TRUCKER CAP - \$25

## RUN CAP - \$25

## HEAD BUFF - \$20



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**\*EVENT CODE DISCOUNTS DO NOT APPLY**



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**valid to 16 May 2023**



# 100KM SURF COAST CENTURY

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16 SEPT 2023

100KM SOLO // 50KM SOLO // 100KM RELAY TEAMS



// Ideal for first timers and experts // Great Ocean Road region //  
// Diverse, achievable course // Electric race atmosphere //

# WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2023.

## The Trail Running Series

Plenty Gorge 4 June, Anglesea 9 July, Silvan 6 August 2023, [www.TrailRunningSeries.com.au](http://www.TrailRunningSeries.com.au)

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~15km) / and long (~25km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2023.



## The Redback

Alice Springs, NT. 18 - 21 August, 2023 [www.TheRedback.com.au](http://www.TheRedback.com.au)

An awe inspiring mountain bike stage race in the majestic MacDonnell Ranges of Alice Springs. With 6 racing stages over 4 days varying from a 45 second hill sprint to a 45km epic, this is MTB nirvana with plenty of flowing single track, incredible scenery and friendly camaraderie.



## Run Larapinta **SOLD OUT**

Alice Springs, NT. 24 - 27 August, 2023 [www.RunLarapinta.com.au](http://www.RunLarapinta.com.au)

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience.



## Surf Coast Century

Anglesea, VIC. 16 September, 2023. [www.SurfcoastCentury.com.au](http://www.SurfcoastCentury.com.au)

A spectacular 100km trail run along Victoria's surf coast and wildflower hinterland with the promise that no two steps will be the same. Do it either as an individual and tick off the whole 100km solo or join up with some friends in a relay team of up to 4 and run 25km each.



## Eagle Bay Epic Adventure Race

Eagle Bay, WA, 4 November, 2023. [www.EagleBayEpic.com.au](http://www.EagleBayEpic.com.au)

A spectacular challenge at WA's birth place of adventure. The Eagle Bay Epic is designed as the ultimate mix of off-road adventure racing with MTB, ocean swim, kayak and trail running legs that traversing the pristine coastline in south-west, Western Australia. New one day format.



## Great Southern Stage Run

Albany, WA. 16 - 18 November 2023. [www.GreatSouthernStageRun.com.au](http://www.GreatSouthernStageRun.com.au)

A 3 day stage race through the wild and rugged Great Southern region of WA. Featuring a 200km course from Walpole to Albany, runners traverse a rugged coastline of remote beaches, windswept horizons and sheer granite cliffs. Designed for relay teams of 4 and some solos.



## Otway Odyssey and Great Otway Gravel Grind presented by Focus

Forrest, VIC. 24 - 25 February, 2024. [www.OtwayOdyssey.com.au](http://www.OtwayOdyssey.com.au)

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 50km 30km and 10km courses on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind with 97km or 49km gravel grinds on gravel roads through the region's magnificent tall timber forests.



## XTERRA Dunsborough

Dunsborough WA. 20-21 April, 2024 (date tbc). [www.XTERRAdunsborough.com.au](http://www.XTERRAdunsborough.com.au)

An off road triathlon event through the stunning scenery around Dunsborough in South West WA. With long course and short course options, duathlon, plus a kids triathlon, this is the biggest off-road triathlon in Australia held in adventure paradise. A key event of XTERRA's Global Series.



## Margaret River Ultra Marathon

Margaret River WA. 4 May, 2024 (date tbc). [www.MRultramarathon.com.au](http://www.MRultramarathon.com.au)

Providing a spectacular 80km journey for solo runners and relay teams (with up to 5 runners), the Margaret River Ultra Marathon provides runners with an incredible race in Western Australia's Cape to Cape coastline.



Good luck on race day and we hope to see you at another Rapid Ascent event soon.

# [www.RapidAscent.com.au](http://www.RapidAscent.com.au)

