



Race Briefing - 50km - Cleland - 2018

SA ULTRA TRAIL CHAMPIONSHIP **June 10 2018 7.30am**

Welcome everyone to the second staging of the South Australian Ultra Trail Championship!

Whether you are a first timer or a seasoned ultra veteran, we plan on bringing you a great trail running event. After all, with a twelve hour cutoff, multiple aid stations, and with the course being so compact we feel it's one of the best events around to cut your teeth on in regards to either running your first ultra or to fine tune elements of your journey over the 50km distance.

There will of course be lots of challenges and the course is by no means easy. But Cleland as a Park is one of the most scenic and versatile in the Hills region, and is a favourite amongst many of Adelaide's trail running community.

Once again we have partnered with Athletics SA who have endorsed the event as the SA Ultra Trail Championship. The top three male and female SA residents will be crowned SA Ultra Trail State Champions/2nd/3rd.

However in 2018 we at Ultra Runners SA are going one step further by putting up an offer to encourage place-getters a chance to run FOR South Australia at the 2019 National Trail Championships (venue yet to be announced). As far as we are aware this is an Australian first, and is part of our ethos to develop trail running talent in our state. Read below for more details.

So please read on, and if you have any further questions please do not hesitate to contact myself at ben.hockings@ultrasa.com.au
I look forward to seeing you all this Sunday.

Ben

1. Course Map and Toilets

Please visit the brand new ultrasa.com.au website for the course map and various downloads (eg. gpx versions for your gps device, and kml versions for viewing in Google Earth)

With many MANY thanks to Mark Cameron-Smith who has put an amazing amount of his talent into these maps. Once you download the main map as a PDF file, you can click on each Station location (including the Start/Finish) and it will open Google Maps to show you how to get there.

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 Numbers MUST be worn at waist height, and 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:

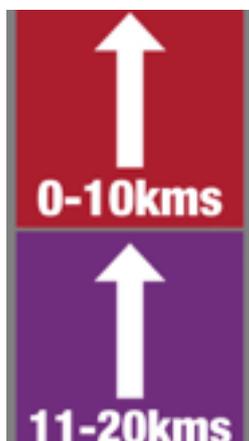
Once you collect your number you will then be then required to walk over a piece of carpet which has been soaked in a weak solution of methylated spirits.

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. Please note that these flags will only be used at junctions to help with decision-making.

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 is abusive towards our staff and volunteers will be barred from all future Ultra Runners South Australia 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 cake 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.

We will be bringing back dropbags to the finish on a rotational basis starting at 2.00pm. Any uncollected bags can be organised to be collected or dropped off after the event with myself.

4.1 Ultra Runners SA Events Are Now Cup-Free

Please note that we will not be providing cups at the event. Aside from your pack bladder and soft flasks, we highly recommend handheld bottles and collapsible cups, both of which can be purchased at most trail-specialist stores.

4.2 Roasted On Coffee

Nick and Erin Colebatch will be providing their cold brew coffee at Aid Station 8/10. Quickly becoming a trail event favourite, Nick and Erin's coffee will give you just the jump you need!

You can look into more information on [Roasted On Coffee here](#).

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 and at two locations on course.

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 tech-bands (which are similar to head buffs) as part of our range. The stock is in and you can view it on our website. Please email me for orders, we still have most sizes on hand. Shirts are AUD30.00 and tech bands AUD20.00. With many thanks to Ben and Dai from Mekong.

7. Photos

Karina Cook from K Photography has unfortunately had to retire from being our official event photographer, due to the wedding side of her business picking up. So we will be supplying new photographers at all URSA events. We will let you know via the final event email on Friday morning what to expect. Karina's work has been excellent for us over the past three years so even though we are sorry to see her go, we can understand why she is more in demand now.

8. Timing and Results

For the first time in its brief history, the Cleland 50 will now be timed electronically. One of the few people busier than yours truly, Malcolm Robertson and his exceptional business Event Strategies will be providing their world-class timing system for the event. For the first time ever at the event your mid-distance split will now be recorded (when you come through the Start/Finish area at 22km) and then of course again at the Finish. Results will be uploaded instantly, with your finish line video uploaded to YouTube a couple of days later.

The timing link is here <https://tinyurl.com/y9wsglk5> To view on mobile device <https://tinyurl.com/yazyeyg7>

Entrant names will be available at these links Friday prior to the event, so please check back then to ensure we have your correct details.

8.1 Presentations

Presentations will take place as soon as practicable once third place has finished.

9. State Championships

As mentioned in the opening, Ultra Runners South Australia will be offering placegetters at the Cleland 50km event the chance to run for South Australia at the 2019 Australian Trail Championships.

These are the criteria:

1. The offer will be made to the overall top 6 male and female who are SA residents;
2. If an offer is not accepted by one of these top 6 then the offer will lapse (ie it will not then be made to seventh place);
3. The offer is: URSA will cover 50% of the runner's National Championship race entry PLUS \$200 towards either accommodation or travel;
4. The runner must wear the approved SA athletic top at the National Championship event.

We are really excited about this opportunity as we feel there is a real space to fill in this part of trail running on a national level. Our intent is to start a conversation about an interstate competition and there has already been some steps taken to this end. It really is a case of watch this space!

10. Supporters

We have some very nice prizes to give away this year at the Cleland 50! Thanks again to the businesses who have contributed to the ongoing success of our events.

What we have on offer:

Discount vouchers from [The Running Company](#)

Gaitors from Sue Maffei at [Groovy Gaitors](#)

[Toni Stubing Massage](#) 3x vouchers for one 45min massage each

Kieron Berry and Sunwise are donating a pair of running sunglasses

The draws will take place across the day so when you finish be sure to check with our volunteers if you've won! I think that that about covers everything. If you have any further questions please do not hesitate to contact me [0447 550 010](tel:0447550010) or ben.hockings@ultrasa.com.au. Otherwise I will see you all Sunday!

Ben