We are excited to once again head up to the Ikara–Flinders Ranges to put on the Hubert 100.

You are in for a treat to be a part of the biggest field to ever assemble at Wilpena Pound Resort. Both the 100 Mile and 100km events are near capacity, and the shorter events are also still drawing a crowd. Thank you for your support.

This event is named after 20th century explorer Sir Hubert Wilkins. Wilkins was an SA–born pioneer in many fields, making his biography, ‘The Last Explorer’, quite enthralling to read. I highly recommend it. It’s thanks to individuals like Wilkins, with adventurous spirit, that people like us are inspired to challenge ourselves in such a landscape.

We feel every year that the adventurous spirit of explorers past infuse the event more and more. We are able to heighten the experience of the participants because of what we continue to learn about the area the event operates within.

We welcome back the craftsmanship of Kristian Coulthard who has produced the finisher medals and podium awards. He has also created a painting which specifically represents our event, and which has formed the basis of much of our event artwork. If you haven’t seen Kristian’s explanation of his painting then be sure to catch the short video made by Michelle Hanlin and Mark Cameron-Smith on our website.

The information that follows is intended to be a comprehensive guide to this event. If you have any further questions please let me know.

Thanks and see you on the weekend of May 4th–5th!

Ben
0447 550 010
1.0 Wilpena Pound Resort Layout

1.1 Event Start Times and Dates

Saturday May 4 2019
- 100km (start Wilpena Pound Resort): 8.00am (cutoff 8.00am Sunday May 5)
- 100 miles (start Wilpena Pound Resort): 10.00am (cutoff 9.00pm Sunday May 5)

Sunday May 5 2019
- 50km (start Trezona Campground): 8.00am (cutoff 9.00pm Sunday May 5)
- 42.2km (start Yanyanna Hut): 10.00am (cutoff 9.00pm Sunday May 5)
2.1 Driving Distances and Times

Adelaide to Wilpena Pound Resort is a nice drive no matter which route you take. Below are a few suggestions depending on your schedule and tastes.

Team URSA’s favourite (457km)
Adelaide | Port Wakefield | Laura | Melrose | Quorn | Wilpena Pound

Outback Australia (467km)
Adelaide | Clare Valley | Melrose | Quorn | Wilpena Pound

Adelaide Food & Wine (471km)
Adelaide | Barossa Valley | Clare Valley | Orroroo | Wilpena Pound

Ports of South Australia (478km)
Adelaide | Port Wakefield | Port Pirie | Port Germein | Port Augusta | Wilpena Pound

Travelling within the Ikara-Flinders Ranges (note these are in good conditions – driving at dawn/dusk/night may extend the trip because of wildlife on the road):

- Wilpena Pound Resort to Trezona Campground (north via Flinders Ranges Way and Brachina Gorge Road): approx.
40mins. Caution dirt road for approx. 15km (passable in normal weather).

- **Wilpena Pound Resort to Yanyanna Hut** (north via Flinders Ranges Way and Bunyeroo Valley Road): approx. 30mins. Caution dirt road for approx. 15km (passable in normal weather).

- **Wilpena Pound Resort to Aroona Ruins** (north via Flinders Ranges Way, then Brachina Gorge Road, then Aroona Road): approx. 60mins. Caution dirt road for approx. 25km (passable in normal weather).

- **Wilpena Pound Resort to Parachilna Gorge Heysen Trail trailhead** (north via Flinders Ranges Way, then Parachilna Gorge Road): approx. 80mins. Caution dirt road for approx. 15km (passable in normal weather).

There is fuel (petrol and diesel) available at Wilpena Pound Resort. You can also fill up at most of the towns leading to the resort. Please be aware some have restricted opening hours, while others may have 24 Hour EFTPOS/credit card payment options.

### 2.2 Fuel

Please be aware that you will be traveling in isolated areas where fuel is not always available when you might need it. Be conscious of filling up when you can.

### 2.3 Phone Reception

The only reliable phone reception (for all carriers) is in Wilpena Pound Resort. Outside the Resort there is no reception on the course, so we strongly recommend the use of satellite phones or UHF radios.
3.1 Bag Check, Bib Pickup, and Merchandise Collection

Bag check, event items and merchandise collection can be done on either Friday or Saturday between 3.00pm and 5.30pm at the Festival Area in the amphitheatre behind the General Store (see Layout map, above). Please note there will be no bag checks at dinner.

Note that all runners and Buddy Runners are required to have their bags checked at the event venue. However if you would like to have your bag checked prior to departing Adelaide, you can drop into The Running Company at Unley or Christies Beach and they will go through your bag with you.

This is for reassurance that you won’t have anything missing once we check your bags at the event venue. Due to the region’s isolation it’s impossible to just go out and buy most of the items on the Mandatory Gear list should we deem it lacking.

Thanks to Chicken and Reece and their great staff at The Running Company for helping us!

If you registered prior to Wednesday 17 April, your bib number is on our website list on the provisional starters list. If you know your bib number this will accelerate the pickup process.

Merchandise pre-orders are now closed in terms of delivery to the event, but you may place an order with us at the event. We will be placing a second order with the manufacturer shortly after the Hubert 100. Turnaround time is approximately four weeks from order.

3.2 Welcome to Country

At 6.00pm on both Friday and Saturday nights, a Welcome To Country ceremony will be performed out the front of the main restaurant. Attendance is optional but we highly recommend it to get a real feel for the Dreamtime story of the Ikara-Flinders Ranges and the Adnyamathanha people, the traditional owners of the land.

3.3 Dinner Friday and Saturday Nights

Following Welcome to Country, the main dinner will be held on the Friday night. Here we will do a brief recap of the event’s main points, as well as a demonstration of how the trackers
There will be no official dinner Saturday night, but we will be able to answer any questions at bag check, and we will run through the briefing on the Sunday morning. We recommend spending Saturday evening in the Festival Area cheering on our first 100km finishers. Bring food and drinks – seating is available.

To book for the Friday night dinner, please fill out the form on the website. Dinner is $35.00/head, children 15 and under are free. You will be able to nominate your dietary preference on the form.

Dinner bookings close Sunday April 28 at 10.00pm. Your name must be on the guest list to be able to attend.

If you are unable to make the dinner don’t stress, we will run through the main briefing and demonstration on race morning (see below).

### 4.1 Buses to the Start

Reservation for seats on the buses are open until April 28. See the website for booking details.

**Bus departure times are:**

- **Bus 1 (50km runners)** departs Wilpena Pound Resort car park at 7.00am
- **Bus 2 (42.2km runners)** departs Wilpena Pound Resort car park at 9.00am

Buses depart promptly so be sure you are at the designated pickup location well in advance.

All drop bags are to be left in the designated collection bags at the Festival Area in the amphitheatre.

### 4.2 Aid Station Cutoff Times

Please refer to the Hubert 100 page on our website for details for each distance’s cutoff times.

Cutoffs will be strictly enforced for safety reasons. The Race Directors’ decision is final.

### 4.3 Yellow Brick GPS Trackers

In the 100 mile and 100km events, runners will be given an individual GPS tracker. You will be given a demonstration of their operation when you receive yours. We will also check that they are working prior to you receiving it.

Their operation is very simple. Essentially they are first powered on, then a button is pressed to start the tracking (your position will be updated every 15mins). We will ensure you are all set up to go prior to starting your run.

The most important thing to remember is that they must be worn outside your pack, on top of your shoulder. This is to give the transmitter maximum opportunity to connect with a satellite. Consider using a cable tie, rubber band or something similar to keep it in place.

The link to the live location map will be on
our website and emailed out prior to the event.

4.4 Aid Station Stock and Bag Drops

We will have all the basic foods and drinks available. However if you require anything more specific (such as gels or specific dietary requirements) then be sure to bring these with you.

All attended aid stations will have water/sugar and salty snacks/sports drink/fruit/sandwiches plus a variety of hot food which may include noodles, pasta, and potatoes.

Temptation Station (Aroona Ruins) This year we are welcoming back Quinten and Al, the famous Temptation Station boys. Q and Al run the adventure business In The Flinders. They are an invaluable resource to the event, and I am sure this news will get a few of the runners excited!

Temptation Station is so called because of what the boys put on. Not just food, but comfort and conveniences. If you need to charge your device during the event, then this is where you can do it. But be warned, so great is the comfort not everyone who enters Temptation Station manages to continue on. So linger at your own risk!

4.5 Buddy Runners

100 mile and 100km events
Buddy Runners are welcome and encouraged to assist entrants through the night section. Though it is up to the runner and buddy/s to arrange their transport in getting to their meet location.

There will be bibs available for Buddies, which can be collected along with the entrant’s bib.

Buddies must:
1. Register via the form on the website,
2. Have the complete mandatory gear list,
3. Have their gear checked,
4. Never leave their runner, even in an emergency.

The buddy is always safest with their runner, as it is their runner who will have the tracker and therefore the capability to raise an alert if rescue is required.

4.5.1 Crew Access

Crew is permitted to intercept their runner at any accessible point along the course. They are not permitted to give their runner any extra nutrition or hydration, unless they are at an aid station. Please see runner’s maps and Google Maps links on our website navigate to aid stations.

In The Flinders

Please take the time to thank our volunteers. Attracting volunteers to an event is hard at the best of times, let alone out in South Australia’s outback region. A big thanks to Michelle Hanlin who put the roster together.
4.6 Timing

Timing will be recorded manually. As you approach an aid station or the finish line please ensure your bib is clearly visible so our volunteers can note your progress/time. Results will be uploaded to the Ultra Runners SA Hubert 100 web page by the following Tuesday evening.

4.7 Mandatory and Suggested Gear

Please refer to the website for the Mandatory Gear list.

All mandatory gear must be carried on your person at all times. This year you may be checked during the run for specific items on the list. This includes an operational phone with offline map accessible.

4.7.1 Course Facilities

Save for the amenities at Wilpena Pound Resort, the only other locations with toilets are Aroona Ruins and Trezona Campground.

Please use common sense if you have to go in the bush e.g. not near a watercourse (dry or otherwise).

4.8 Course Details and Marking

This year the maps will be supplied to you. The GPX file links on our website can be downloaded in various formats, including .KML which you can send to Google Earth for better viewing. The trail notes should also be used in conjunction with the maps.

All courses already have permanent walking trail signage. We will also be marking critical sections and junctions with our own signs and flags.

When in doubt please consult your off line map, which will tell you if you’re still on the prescribed course.

Please read the trail notes (at the end of this briefing), and especially the Section Overviews.

4.8.1 Offline Maps

Also, as mentioned in the Mandatory/Suggested Gear List, you are required to carry a mobile phone with an offline map. Amongst the many possible apps we highly recommend the Guru Maps app (previously known as Galileo). There is no reception at all on the course, save for around the Wilpena Pound Resort. The app allows you to see where you are on a map on your phone in relation to major features (such as a marked trail) without requiring phone reception. Runners in last year’s event highly recommend the use of Guru Maps or Maps.Me.
Instructions for Guru Maps:

Once you’ve downloaded the version of Guru Maps from the App Store, go to the settings in the app, and select “Download Map”. From the next menu you then choose “Australia”.

Once this has downloaded to your phone, you then need to upload the GPX file (available on the website) to the Guru Maps app.

Uploading the GPX file to Guru Maps
1. Email yourself the applicable GPX file (i.e. 42.2km/50km/100km/ or the 100 mile file,
2. Open the email on your phone, and press on the attachment (if you then get a page of nonsense numbers, select the image of the box with the arrow in the bottom left corner),
3. Select “download file with Guru Maps”,
4. This should automatically take you to the Guru Maps app, with an image of your course map. In the top right, select the image which looks like a fold-out pamphlet. This will make your map full-screen. When you are in the Flinders, it will show your location in relation to the course.

Please note: using this app will use your phone battery. If you anticipate using the phone map a lot please consider bringing along one or more compatible power banks to charge your device throughout the run.

4.8.2 Course Markers

The course will be marked mainly with Corflute arrows, with reflective tape for some of the more meandering parts of the course

You can also expect to see the following markers when your course runs in conjunction with these trails:

4.9 Safety and Communication

Each aid station with volunteers will have First Aid staff and a communication device. In addition, we have 4WD access to the Park so if a runner doesn’t make it to an aid station by cutoff then we are able to go and check that they are safe.

Thank you as always to Susan Stevens and her amazing staff at First In Sports First Aid
5.1 Trophies and Medals

Once again we are lucky enough to have the services of Kristian Coulthard from Wadna Yura in the production of the trophies and medals.

Kristian’s creations draw on both traditional Adnyamathanha and contemporary symbols to represent various shapes and colours of the Finders Ranges – truly unique awards! The top three males and females for each event will receive one of his message sticks, while every finisher receives one of the amazing medallions.

5.2 Photos

Photos will be uploaded both to our Facebook page and also to our photo-hosting site http://www.bluemelon.com/ultrarunnerssa/.

Generally photos are free to download for nearly all of our events. We will let you know beforehand if this is not the case for a particular event.

Please feel free to share any photos you take and tag them #Hubert100.
6.1 Fire

Running trails means we are always faced with the risk of fire. This time of year has been selected for this event due to the low risk of fire in the area.

However the Hubert 100 event is still subject to normal Park conditions. On a high-fire danger day this means that there is a risk of the event being modified or, where the logistics of this is too great, the event being cancelled.

Ultra Runners SA works closely with the Department for Environment and Water before, during and after the event to ensure the welfare of participants is maintained, our impact on the environment is minimised and any lessons learned reviewed and applied for the following year. We have a very good relationship and it is one that we would definitely like to maintain! Please keep in mind that there is a chance that the conditions of the event may change when weather or other factors demand it. You will receive any important information before the event, or at aid stations. Most of the course is accessible by 4WD so we will be able to get to most runners quickly in case of emergency.

If there is any chance at all of fires in the area then the event will not go ahead.

In the unlikely event that the forecast maximum for the event is 35 degrees Celsius or more, the event will be cancelled. The determining forecast will be on the night of Wednesday May 1 at 6.00pm, according to the Bureau of Meteorology. Entrants will then be notified if the event is to be affected.

As most suppliers are paid prior to the event, officially there will be no refund available on any cost incurred associated with entering and/or participating in the event if the event is cancelled. However all options will be explored in returning some sort of credit or transfer to entrants.

6.2 Injury and Withdrawing

If, as another entrant, you come across someone who requires assistance out on the course, you are obliged to render all help possible.

You must notify event staff immediately if you are withdrawing from the event.

6.3 The Walker’s Code

In keeping with the code of The Friends Of The Heysen Trail, who put in enormous amounts of volunteer hours ensuring the 1200km-long Heysen Trail is kept in such good condition, please keep these principles in mind:

- Take all your rubbish with you
- Leave gates as you find them
- Move quietly near stock and wildlife
- Observe fire bans
- Respect the privacy of others, including other walkers and landowners
- Help keep water sources clean
- Do not disturb native flowers or other vegetation
- Stay on the marked trail
- Use boot cleaning stations when provided
- Leave pets at home

South Australia is incredibly lucky to have
such a Trail, so please leave only your footprints behind so that we may have this event and others on again in the future.

7.1 The Ikara-Flinders Ranges

As you could imagine, the Ikara-Flinders Ranges and surrounds have amazing natural and artificial attractions worth visiting. We have compiled just a few, based on our own experiences. If you have the time we highly recommend the following:

1. Take a [scenic flight tour](#) of Wilpena Pound
2. Explore the Flinders with Kristian Coulthard from [Wadna Yura](#)
3. Visit the popular Blinman Bakery
4. Hike [Rawnsley Bluff](#) (approx 3 hours return)
5. Hike Moonarie Crag (a detour on the track to Arkaroo Rock – approx 3 hours return)
6. Visit the Cazneaux Tree
7. Have a pint at the Parachilna Prairie Hotel
8.1 Course Notes

The following ‘course notes’ give turn-by-turn style instructions for each course. Used in conjunction with the course markings and your offline map, they may help you navigate your way.

8.1.1 50km and Marathon Course Notes

50KM:
• Depart Trezona Campground and follow the Heysen Trail out to Brachina Gorge Road (approx 750m)
• Once on Brachina Gorge Road, turn left and run for approx 850m then turn sharp right off the road and onto the marked trail
• This comes out at Middlesight Hut after approx 1.2km – continue south past the Hut and over the creek bed
• Stay on the Heysen Trail as you head south

Marathon start here – Yanyanna Hut:
• This will encompass Yanyanna Hut (approx 8km in) which can be tricky to navigate. The Heysen Trail runs alongside the old stockyard. If you look behind the stockyard you will see the markers taking you further south
• The section between Yanyanna Hut and Wilcolo Track aid station will probably be the trickiest section of the run, as it involves narrow track through trees as well as a 2-2.5km creek bed section which can be slow going
• At Wilcolo Track aid station turn left
• Stay on Wilcolo Track for approx 13km until you are directed by arrows to turn right
• As you approach the Wilpena Pound Resort campground, stay on the outside of the fence line, but run parallel to it
• Stay on the Heysen Trail around to Outside Track aid station
• Turn right here onto Outside Track, and climb over Tanderra Saddle
• At the Saddle, turn left (do not go to St Mary Peak, which is to the right) and stay on Inside Track all the way to Hills Homestead (do not take the turns to Cooinda Campground or Malloga Falls)
• Keep the Homestead on your left, and run straight to the bridge
• Turn left after the bridge and follow this track – Pound Gap Track – to the T-junction
• Here then make a sharp right then sharp left almost immediately
• Run through the Finish chute
8.1.2 100km Course Notes

Wilpena Pound Resort to Bunyeroo Road

- From the start line follow the trail along the creek bread for 3km, to Hills Homestead
- Run past the Homestead, keeping it on your right
- Approx 100m past the Homestead make a left turn onto the Heysen Trail
- Complete a 3km out-and-back
- Once back at the junction, turn left and continue into the Pound via the Inside Track
- At the four-way intersection keep going straight, do not take Malloga Falls or Cooinda Camp trails.
- Once at Tanderra Saddle turn sharp right to head back down via the Outside Track. Do not take the trail to St Mary Peak
- Outside Track intersects with the Heysen Trail after approx 5km (Outside Track aid station). Turn left here to stay on the Heysen Trail
- Continue on the Heysen Trail for approx 3.5km until it intersects the Mawson Trail
- Turn left here, and continue for 13km to Wilcolo Track aid station 34km
- Once at the Wilcolo Track aid station continue straight, do not follow the Heysen Trail signs
- Once at Bunyeroo Road, turn left and stay on road
- Run along Bunyeroo Road until it intersects with Brachina Gorge Road. Then make a dog-leg right-left onto Aroona Road.
- Continue along Aroona Road to Aroona Ruins aid station (53km)
- After Aroona Ruins, follow the Heysen Trail east (opposite direction to Hayward Hut Ruins). Sharp turn right onto Heysen Trail 2.5km after departing Aroona Ruins when it diverges from Bulls Gap Track at (approx 55km mark). Note there are two trails which diverge from Bulls Gap Track at this point – once you turn off Bulls Gap Track take the trail to the left
- After about 700m you will arrive at a T-Junction: turn sharp left here
- Stay on the Heysen Trail as it winds through the hills and runs parallel as Hayward’s Hike
- Cross straight over the main dirt road of Trezona Track, staying on the Heysen Trail

- Continue along the Heysen Trail into Trezona Campground aid station (67km)
- Again, stay on the Heysen Trail as you head south, all the way back to Wilpena Pound Resort
- This will encompass Yanyanna Hut which can be tricky to navigate. The Heysen Trail runs alongside the old stockyard. If you look behind the stockyard you will see the markers taking you further south
- The section between Yanyanna Hut and Wilcolo Track aid station will probably be the trickiest section of the run, as it involves narrow track through trees as well as a 2-2.5km creek bed section which can be slow going
- At the Wilcolo Track aid station (85km) turn left. This is your last official aid station before the finish
- As you approach the Wilpena Pound Resort campground, stay on the outside of the fence line, but run parallel to it
- When the Heysen Trail comes out onto Pound Gap Track (approx 100m after Outside Track aid station which you may find is setup for the 100 mile runners, and is approx 1km from your finish), you depart from the Heysen Trail and turn left instead
- At the T-Junction information booth turn sharp left, then at the next T-Junction turn right then almost immediately turn left onto the hiking trail
- Run through the Finish chute.
8.1.3 100 mile Course Notes

Wilpena Pound Resort to Bunyeroo Road
- From the start line follow the trail along the creek bread for 3km, to Hills Homestead
- Run past the Homestead, keeping it on your right, and start along Inside Track
- Approx 100m past the Homestead keep to the right, bypassing the Heysen Trail turnoff
- At the four-way intersection keep going straight, do not take Malloga Falls or Cooinda Camp trails.
- Once at Tanderra Saddle turn sharp right to head back down via the Outside Track. Do not take the trail to St Mary Peak
- Outside Track intersects with the Heysen Trail after approx 5km (Outside Track aid station). Turn left here to stay on the Heysen Trail
- Continue on the Heysen Trail for approx 3.5km until it intersects the Mawson Trail
- Turn left here, and continue for 13km to Wilcolo Track aid station
- Turn right here and continue to follow the Heysen Trail
- This section is tricky with a substantial section (approx 2km) through creek beds.
- Once at Yanyanna Hut turn left onto Bunyeroo Gorge Rd
- Travel for approx 400m then turn right, off the road and onto a dirt access road (Heysen Trail)
- Stay on the Heysen Trail until Middle Sight Hut (approx 48km) make a right and follow Yanyanna Track
- Turn left onto Brachina Gorge Road, then right onto the dirt road into Trezona Campground aid station 53km
- At the campground, pick up the Heysen Trail and follow that all the way, over Trezona Track and continue to run the Heysen Trail as it runs parallel with Youngoona Hike
- At the next junction (approx 64km) veer left to go onto Yuluna Hike
- Stay on Yuluna Hike all the way to Aroona Ruins aid station 68km
- Rejoin the Heysen Trail at this point, and follow it to the Parachilna Trailhead, and then back to Aroona Ruins aid station 106km (encompassing aid station 80km unattended water pump/aid station 86km Parachilna Gorge/aid station 92km unattended water pump)
- From here it is road running for a while, stay on Aroona Road to the t-junction, and turn right aid station 112km unattended station (water only)
- Turn right then in approx 650m left onto Bunyeroo Road
- Stay on Bunyeroo Road for approx 15km. At around the 127km mark (just as the road dips down into the main gorge) you leave Bunyeroo Road and turn right to start back on Wilcolo Track
- Wilcolo Track Aid station 129km is approx 2km along once you leave Bunyeroo Road
- Follow Heysen Trail signs south, until approx 140km where the Mawson and Heysen Trails diverge again. Stay on the Heysen Trail (so turn right)
- Stay on the Heysen Trail around to Outside Track aid station 144km
- Turn right here onto Outside Track, and reverse climb over Tanderra Saddle from the day before
- At the Saddle, turn left (do not go to St Mary Peak) and stay on Inside Track all the way to Hills Homestead
- Keep the Homestead on your left, and run straight to the bridge
- Turn left after the bridge and follow this track – Pound Gap Track – to the t-junction
- Here then make a sharp right then sharp left almost immediately
- Run through the Finish chute
9.1 Thank you

Ultra marathons take an incredible amount of time, effort and coordination to organise. When the event is held more than 450km from the nearest capital city, the complexity seems insurmountable at times.

The many volunteers at the Hubert 100 make the event possible. Their time, expertise and effort is never taken for granted and we thank them for their enormous contribution.

Thank you to Kristian Coulthard who has done a fantastic job in the production of the medals and trophies – we really appreciate his skill and time.

Thank you to the following businesses. Without their support and guidance the Hubert 100 would suffer.

Thank you to the families and friends of the runners, volunteers and ‘Team URSA’. Without your support and understanding we couldn’t do what we love doing.

9.2 Contact Us

If you have any further questions about this or any of our events please do not hesitate to contact me on 0447 550 010 or email me at ben.hockings@ultrasa.com.au.

That wraps up the briefing! All the best for the lead up to your run and we will see you very soon.

Wandu ngarndika,
Ben & Team Ultra Runners South Australia