RUN Larapinta STAGE RACE

THE TIME HAS FINALLY COME FOR **YOU** TO JOIN US IN THE RED CENTRE!

(YIPPEE!)

A SPECTACULAR TRAIL RUNNING EXPERIENCE IN AUSTRALIA'S RED CENTRE

MALBUNKA + NAMATJIRA
ALICE SPRINGS / NT

RUNLARAPINTA.COM.AU

EVENT PROGRAM

12 - 15 AUGUST 2022

TARKINE tailwind NUTRITION Lasseters centre of entertainment Black Diamond FIND YOUR FEET rapid ASCENT Adventure Event Management

RUN Larapinta STAGE RACE

Boundless beauty, breathless exuberance, day-old friendships that will last for years and the unspoilt grandeur of a landscape that transcends time...

Welcome to the very heart or Australia. This is a landscape that is devoid of time and scale, where the complexities of life are stripped away and the simple beauty of earth, sun and wind take over. It's a mesmerizing place that will fill you with awe and wonder as you journey through the landscape over 4 magnificent days of running.

But Run Larapinta is not captivating just because of the landscapes we experience, but also for the people you experience it with. For as much as the terrain is unforgettable and the views from the ridge lines limitless, so are the people and the friendships you'll forge over the next 4 days. As we tackle the rocks, the heat, the dust and the blisters, together we'll share an experience that will bond us stronger than the cliff lined gorges themselves.

We encourage you to embrace it – all of it - the place, the people and the pain, because at the end of 4 days out here you'll see the world in a different way and have the friends to share it with forever.

This is the official event program and should be your bible for the days ahead. It includes all the details on where, when, why and how things will operate. We will give you a printed copy at registration but please read it before you get to the event so you know what to bring and understand how things will operate when you arrive.

Thank you for joining us – this is going to be awesome.

Rapid Ascent Team.

EVENT CONTACTS

If you need to contact us during the event please use these names and numbers:

- Emergency / serious issues: Sam Maffett, Event Manager 0400 001 786 or John Jacoby, Race Director: 0408 035 261. If you cannot contact us in the Northern Territory try our off-site contact : Bridget Jacoby, Rapid Ascent Director: 0400 322 884 who will be in Victoria.
- Administrative enquiries at any point during the race: Annie Knight, Competitor Services: 0488 544 615

Alice Springs Town Council
Crowne Plaza Alice Springs Lasseters
Glen Helen Lodge
rapid ASCENT Adventure Event Management
tailwind Nutrition
TARKINE
Black Diamond
FIND YOUR FEET

Event Schedule

Thursday 11th August

4:30pm	Mapping app help session - Juicy Rump, Lasseters
5:00pm – 6:00pm	Happy Hour drinks and discussions with the Race Directors - Juicy Rump, Lasseters
6:30pm onwards	Dinner available at Lasseters

Friday 12th August

11:00pm - 3:00pm	Registration - in the Lasseters Courtyard
3:00pm	Race briefing and official welcome - in the Lasseters Courtyard
5:30pm	Malbunka Stage 1 start - next to the Botanic Gardens
6:00pm	Namatjira Stage 1 start – Sturt Tce, 3km north of The Crowne Plaza at Cnr Schwarz Cres and Sturt Tce

Saturday 13th August

6:40am	Malbunka Stage 2 starts - Simpsons Gap
8:00am	Namatjira Stage 2 starts - Standley Chasm
6:30pm	Event buffet dinner at the Alice Springs Convention Centre
7:00pm	Presentations for Stage 1 and Stage 2 at the buffet dinner

Sunday 14th August

7:30am	Malbunka Stage 3 starts - Ochre Pits
8:15am	Namatjira Stage 3 starts - Glen Helen Lodge
6:00pm	Event buffet dinner at Glen Helen Lodge
7:00pm	Presentations for Stage 3 at the buffet dinner

Monday 15th August

6:00am	Malbunka Stage 4 starts - Redbank Gorge Ridgeline Campsite
7:10am	Namatjira Stage 4 starts - Redbank Gorge Ridgeline Campsite
6:00pm	Event presentation dinner at The Glen Helen Lodge
7:00pm	Final event presentations commence at The Glen Helen Lodge

Tuesday 16th August

9:45, 10:15, 10:45, 11:00am Buses depart Glen Helen for Alice Springs and the airport - four departures. Competitors depart or embark on further exploration of Australia's Red Centre.

Any important event changes, updates or issues made during the event will be shared on the Run Larapinta Participants Past and Present Facebook Group as well as being communicated at the preceding night's stage presentation and posted to the event notice board at The Crowne Plaza / Glen Helen. It is up to the competitor to make yourself aware of these changes.

Race Registration

11:00am to 3:00pm on Friday in the Lasseters Courtyard, located in the southern most section of the building facing Barret Drive (to the right of the Juicy Rump and the convention centre). All runners must register in person.

All runners must present your mandatory gear for inspection at registration. No exceptions.

At registration you will receive:

- Number plate. Fix your large personalised number plate to the front of your race shirt. Fix your small personalised number plate to the back of your backpack. Number plates must be visible at all times.
- Printed copy of this event program
- Event t-shirt
- A wrist band for those who have booked our bus transports - this is the bus ticket
- Clothing valet bag tag including name and race number
- A woven Run Larapinta badge (to sew onto your vest pack or favourite running hat or garment).

Competitor Briefing and Acknowledgement of Country

3:00pm on Friday in the Lasseters courtyard (same location as registration)
All runners are strongly encouraged to attend as we acknowledge the traditional owners of the country, introduce key people involved in the event and provide final event updates and information for the days to come. Spectators welcome.

Competitor Services

Being runners ourselves and regularly participating in trail running events we understand the types of competitor's services that sets a good event apart from a great event. The following competitor services will be provided to all runners:

Clothing valet service
The start and finish for all stages are in different locations so we will collect your clothing at the start and take it to the finish while you're racing. We will give you a bag tag as part of your registration pack so please ensure your items are labelled with your name & race number, and are in a sealed bag / backpack.

On site medical team
There will be a medical team on site during the event to respond if there is an emergency out on the track. The medical team will consist of a medical base with A&E doctor, paramedic and first aiders at the finish line each day with the ability to respond to issues out on the course. They are very welcoming, experienced and approachable - feel free to chat to them if you have any medical issues relating to the event.

A nurse from St Johns will also be at Glen Helen to provide post race care (eg. blister care) between 3:00pm and 6:00pm on day 3 and 4.

Online results and results centre
The results from each day's racing will be uploaded to the internet when we are in range but will also be printed and posted to the event notice board at Race HQ so you can see how you are performing overall and in your age category.

FREE Professional photos during the event
We are delighted to have a local professional photographer James Tudor from Forktail with us for the duration of The Run Larapinta Stage Race. James will walk into different sections of the course each day to capture you in action, then process and upload his photos to a shared drop box each night – FOR YOU TO DOWNLOAD AND SHARE FOR FREE!! Simply visit the drop box folder linked below, download the shots you like and then share them with your friends.

Please note:
- James can't be everywhere at once, he will try to get a few photos of each person across the entire event so please be patient if he misses you on one day!
- Uploaded photos will be approx. 1meg each, folders of higher resolution versions will be uploaded after the event
- Please please tag #runlarapinta and @RapidAscent and @james_forktail for any public usage of these images

Photos will be available from here
- **https://tinyurl.com/32hapcft** to access all photos via seperate drop box folders, OR
- **www.forktail.com.au** where you can search for photos of a specific race number

COVID-SAFE EVENT PLAN SUMMARY:

We take the risks of COVID-19 very seriously, we want to protect event participants and the broader NT community

DO NOT ATTEND THE EVENT if you:
- display any COVID symptoms or are awaiting the results of a COVID test
- if you develop symtoms please conduct a RAT before returning to the event. If it is positive then let us know, do not return to the event and follow the isolation requirements of the NT Government.

WATER POINTS AND FINISH LINE PROCEDURES:
- Clean your hands with sanitiser when you first arrive at a water point.
- Only touch the food you are going to eat yourself - do not 'rummage!'
- Seek assistance with taps on water drums so ideally only race volunteers touch taps while you hold your own bottle flask or bladder.
- we request passengers on any bus or event vehicle wear a facemask for the duration of the journey.

Alice Springs
TOWN COUNCIL
Werte!
Welcome!
Alice Springs Town Council welcomes you with an invitation to stay awhile longer, explore your magnificent country...
alicesprings.nt.gov.au

Social schedule and presentations

A range of social functions are scheduled to ensure you have a great time off the trails as well as on them! Nightly functions will include a short presentation of the days' results including the presentation of a glass to stage winners in each category. We'll also share a few stories from the day, make a few jokes and generally enjoy each others' company, supporters are most welcome to join us for any of the social functions conduc.

Thursday 11th August

- **5:00pm – 6:00pm. Meet the Race Directors and event staff - at the Juicy Rump bar, Lasseters.**

This is a great chance to meet your fellow runners and chat to the Rapid Ascent team about the race ahead. (Come 30mins earlier if you need help getting the GPS maps onto your phone)

- **6:30pm onwards. Dinner available at the Juicy Rump Bar and Grill, Lasseters.** Al a carte menu on user pays basis.

Friday 12th August

- **3:00pm. Official Competitor Briefing.**

Conducted outdoors in the Lasseters Courtyard, with briefing by the Race Director. Open to everyone to attend.

Saturday 13th August

- **6:30pm - 7:30pm. Event buffet dinner at The Alice Springs Convention Centre - MacDonnell rooms.** (This is the function area adjacent where registration was held)

A hearty buffet will be served indoors which provides a terrific opportunity to meet other competitors and compare stories after 2 hard days of running. Tickets $45pp sold online or during registration (included in the Entry Package).

- **7:00pm. Presentations for Stage 1 and Stage 2 at The Alice Springs Convention Centre.**

Sunday 14th August

- **6:00pm. Event buffet dinner at Glen Helen Lodge.**

Regroup with friends old and new to celebrate 3 days done and 1 to go with a casual buffet meal on the deck adjacent the spectacular Finke River Gorge at Glen Helen. $45pp tickets sold online or during registration (included in the Entry Package).

- **7:00pm. Presentations for Stage 3 at Glen Helen Lodge.**

Monday 15th August

- **6:00pm. Final event presentations dinner at Glen Helen Lodge.**

This is a must-attend event as we celebrate the end of an incredible 4 days of running in the Red Centre. Enjoy a buffet dinner outside, on the banks of the Finke River, below the towering red cliffs and with a hundred millions stars overhead. We will share many stories from the week and acknowledge the race and category winners as part of an uplifting and memorable presentation function. Dinner is included for 4 stage runners. Other runners and accompanying friends and family can purchase a ticket to the dinner for $45 pp, at Race Registration.

Race HQ - The Crowne Plaza Lasseters and Glen Helen Homestead

The Race HQ will be the social hub of the event and everyone is most welcome to come and enjoy the facilities whether you are staying there or not. The Race HQ will move from one location to another as the event progresses – summarised below:

- Thursday 11th to Saturday 13th - Crowne Plaza Lasseters at 93 Barrett Drive,
- Sunday 14th to Tuesday 16th – Glen Helen Homestead in the Western MacDonnell Ranges, 1hr20min drive west from Alice Springs.

Additional notes about Crowne Plaza Lasseters

- Breakfast will be available from 5:00am on Saturday 13th and Sunday 14th so you can eat before getting on the bus.
- The competitor busses will leave from ourside reception

Additional notes about Glen Helen

- We will operate the 'Run Larapinta Camping Village' where Rapid Ascent provides camping equipment. Additional details about the camp village are HERE https://tinyurl.com/mry8x4h2 (as e-mailed to campers on 1 August).
- A continental breakfast will be served from 4:15am on Monday 15th August so you can eat before the bus picks you up.
- A nurse from St Johns will be at Glen Helen to provide post race care (eg. blister care) between 3-6pm on day 3 & 4.
- There is currently no access to wifi services due renovations currently being conducted. There is some limited reception with OPTUS.
- There is no fuel (petrol or diesel) available at Glen Helen. Make sure you leave Alice with a full tank if self driving.

Please contact Glen Helen directly for further details about their services and facilities. Lodge: 08 8956 7208 glenhelen@discoveryparks.com.au

Transportation

All passengers in any bus are strongly encourged to wear a facemask as part of our COVID safe event plan.

The start and finish lines for stages 2, 3 and 4 for the Malbunka and the Namatjira races are some distance from Alice Springs and competitors will need vehicle transport to/from these locations. (Stage 1 start is walking distance). Rapid Ascent provide transportation to / from each start that most runners booked when entering, either by paying the $175 all inclusive fee or by purchasing the 'package' that includes the race transportation.

Buses will leave from the reception of the Crowne Plaza for stage 2 & 3 and from Glen Helen for stage 4 at the the time listed. Often the Malbunka and Namatjira buses depart at similar times so make sure you get into the correct bus! A Rapid Ascent staff member will supervise the bus departures but we will not do a roll call and will not chase up anyone who does not arrive. IT IS UP TO YOU TO GET THERE ON TIME.

Some bus journeys are up to 2hrs long so make yourself comfortable, bring a coffee, a snack or a small pillow if you are trying to sleep. OR settle into some great conversations with your fellow runners and forge friendships that will last for years.

If you have your own car with a support crew / driver then you are welcome to make your own way out to the start / finish of each stage using the driving instructions listed in this event program. Unless stated otherwise, all roads are 2WD and can be done in a hire car. Please ensure to arrive at the start line on time as we will definitely start on time. If you need transportation and have not already booked, contact Annie via info@rapidascent.com.au ASAP.

Friday 12th August - STAGE 1 : From the finish line at the Old Telegraph Station to the Crowne Plaza in Alice Springs

- 6:45pm The first 21 seater bus will depart and then approximately every 15mins afterwards, departing when full.

Saturday 13th August - STAGE 2 : To Stage 2 start from Alice Springs.

Malbunka (starts at Simpsons Gap)

- 5:50am pick up the Crowne Plaza

Namatjira (starts at Standley Chasm)

- 6:30am pick up the Crowne Plaza

From the Stage 2 finish line at Standley Chasm to the Crowne Plaza in Alice Springs

- 12:30pm The first bus will depart and then at approximately 1:50pm, 3:15pm and 4:30pm.

Sunday 14th August - STAGE 3 : To Stage 3 start from Alice Springs. If you are staying at Glen Helen on Sunday night then you must bring your luggage bags with you (one medium sized bag per competitor only please).

Malbunka (starts at Ochre Pits)

- 5:45am pick up at the Crowe Plaza

Namatjira (Starts at Glen Helen)

- 6:00am pick up at the Crowe Plaza

From the Stage 3 finish line at Ormiston Gorge to Glen Helen Lodge

- 11:00am The first bus will depart and then approximately every 45mins.

NOTE: there is no organised transport from the stage 3 finish at Ormiston Gorge back to Alice Springs on Sunday.

Monday 15th August - STAGE 4 : To Stage 4 start from Glen Helen Lodge

Malbunka (Start at Redbank Gorge)

- 5:00am pick up at Glen Helen

Namatjira (Start at Redbank Gorge)

- 6:10am pick up at Glen Helen Lodge.

The Stage 4 finish line is at the Glen Helen Resort so no transportation is required / provided.
NOTE: there is no organised transport from the stage 4 finish at Glen Helen back to Alice Springs on Monday.

Tuesday 16th August (after the event)

- 6:15am Glen Helen to Alice Springs and the airport - for departures before 9:30am
- 10:15am Glen Helen to Alice Springs and the airport - for departures between 12:00pm and 1:00pm
- 10:45am Glen Helen to Alice Springs and the airport - for departures between 1:00pm and 2:00pm
- 11:00am Glen Helen to Alice Springs and the airport - for departures after 2:00pm

The bus will stop off at The Crowne Plaza and then go to the Alice Springs Airport. Passengers on flights (or tour bookings) must catch the bus that matches the time of their flight / tour booking.

Alice Springs Town Council · Crowne Plaza An IHG Hotel Alice Springs Lasseters · Glen Helen Lodge · tailwind Nutrition · Tarkine · Black Diamond · Find Your Feet

The Race Course

The Run Larapinta Stage Race is conducted along some of the most spectacular sections of the famed Larapinta Trail in the MacDonnell Ranges. We encourage all competitors to spend a bit of time reading the official website for the Larapinta Trail **www.larapintatrail.com.au** as it has a lot of photos, maps and information on the trail and will help you understand the landscape and prepare for the event.

Trail terrain
All runners should be prepared for the conditions on the trail and have footwear and clothing to match. There is a lot of variety along the trail with some sections of nice crushed rock that is not too technical, through to other sections that are very rough, rocky and sharp. In summary, the trail is very rocky and provides tough conditions for shoes in terms of tread, support and cushioning as it is always hard and harsh under foot. Very little of the trail is sandy and we believe running ankle gaiters are not needed.

Large sections of the route are in mountainous country that will see you going up hillsides, and along the top of rocky ridges before descending to more open savannah country on the other side. Whilst there are some technical sections requiring you to really watch your step, there are other sections that are more 'runnable' and allow you to get into a rhythm and enjoy your running – so long as you watch your step as well. A pair of Black Diamond trekking poles would be handy for slower competitors or those less sure of their step when it comes to the steeper sections of trail.

Trail marking
The entire Larapinta Trail is generally well marked with National Parks arrows and signs that should leave little doubt on where to go provided you are alert and look for the course markings as you run. There will basically be very-little-to-no 'Rapid Ascent' course markings put in place other than when you arrive into a finish area and we need you to go a specific way.

The National Parks markings are quite frequent but runners must remain aware and alert for the markings at all times and follow the main route as marked. Also, due to rainfall over summer some sections of trail are overgrown with buffle grass up to shoulder height, making it harder to follow the trail. As such it is mandatory that you have the GPS mapping file on your phone to help guide you along the trail when uncertain.

Any Rapid Ascent course markings put in place (primarily near the start / finish) will consist of:
- red arrows (pegged into the ground and tied to trees or bushes) - including reflective arrows on stage 1
- fluoro pink coloured surveyor's tape tied to trees or bushes - including reflective markings on stage 1
- red and white barrier tape placed across tracks tell you where NOT to go, i.e. you should NEVER cross red and white barrier tape that is laid across the ground.

MANDATORY GPS file for all courses - refer to page 24 for details
To provide added direction, peace of mind when racing and because of the long grass alongside the track, **ALL COMPETITORS MUST** set up their phone with a (free) mapping app and import the GPS file for all Run Larapinta courses to help you find your way if uncertain. We use and recommend a free mapping app called Maps.ME that works when you have no phone reception and is very accurate when out on the trail. See the step by step instructions on page 24 for how to do this (best done when in a wifi zone before the race).

Water points, checkpoints and marshals
Water points will be established along the courses for all stages but may still be 20km apart so runners will definitely need to carry considerable water with you whilst on the trail. These water points will be manned and will double as emergency access points with marshals with radios.

Water points will have drums of water as well as powdered Tailwind Nutrition for you to mix up in your own bladders / bottles. Water points will also be stocked with some fruit cake, snakes, bananas and some fruit. If you have your own preferred race nutrition then you should carry that with you for the duration of each stage.

A number of stages specify a mandatory amount of hydration to be carried. Check page 25 for details

Finish line refreshments
Finish lines will have some fruit, lollies, water and a cold can of Coke (stage 2,3,4) provided by us. Many finish lines also have a café that allows you to purchase some food / cold drinks for yourself as listed below:

- Stage 1: Finish at the Old Telegraph Station where there is no shop
- Stage 2: Finish at Standley Chasm Cafe – we finish right next to their shady café in the car park area. The café does lunches and meals as well as plenty of cold drinks and refreshments.
- Stage 3: Finish at Ormiston Gorge – there is a well-stocked café right next to the finish line with cold drinks, fresh coffee, ice-creams and more (closes at 4:00pm).
- Stage 4: Finish at Glen Helen Homestead Lodge – there is a restaurant, café and bar, right opposite the finish line.

tailwind®
NUTRITION

NUTRITION FOR ANY ADVENTURE

Safety

Rapid Ascent provides a certain amount of 'duty of care' over all competitors, volunteers and stakeholders in the Run Larapinta Stage Race. We will ensure that the race is run as it is described, with water where it is described, support where it is described and assistance where it is described in this event program.

Where conditions are beyond 'normal' (e.g. hotter than ~32 deg) we will extend our duty of care over participants to help you handle the conditions. We have our own risk management plans, emergency plans and procedures to follow if an incident happens and are in correspondence with the National Parks and Wildlife and other land managers and stakeholders to ensure that the course environment is as described.

BUT it is also up to the participants – including runners, spectators, volunteers, stakeholders... to use common sense and take care of yourselves and each other whilst at the event. Event participants also have a duty of care over themselves to ensure, for example, you have enough water with you to get to the next checkpoint, to dress appropriately for the conditions, to handle yourselves correctly if you are hot, to care for your feet and ankles so they can handle the terrain.... etc.

Whilst Rapid Ascent will provide support and assistance (and evacuation) where needed, it is also up to the participants to ensure you prepare yourself and can handle the conditions of the event.

If you wish to discuss the safety of the event and our plans and procedures please contact us before the race via info@rapidascent.com.au or 03 5261 5511.

Emergency access and evacuation
All runners should be aware that the trail passes through some very inaccessible and remote country that does not allow for any outside access. On most stages there is no 4WD track that comes close to the trail at any point - meaning that if you have an accident you are a long way from help.

Runners need to be self-sufficient and be able to handle yourself in a remote landscape and if an accident occurs (such as a badly rolled ankle for example), you must be able to look after yourself and each other, and work independently from us to make your own way to the next checkpoint / water point.

There is minimal mobile phone reception along the trail (even with Telstra) and if you do truly need emergency assistance then we encourage you to follow these basic steps:

- Alert other runners / walkers that you need help. Take specific note of your location (using the Maps.ME map and course GPS route) and the name of the injured.
- Ask someone to remain with the injured whilst others continue on for help. If remaining in place, ensure you have sufficient clothing, food and water to remain outside for up to 24hrs.
- The travelling party should make their way to either the nearest water point / checkpoint (this may be back along the way you came), or to the nearest patch of phone reception, which is often on a very high point or ridgeline.
- Call the Event Manager Sam Maffett on 0400 001 786 or Race Director John Jacoby on 0408 035 261 for assistance - please advise them of the name (or race number) of the injured person, the exact location and their condition. (These phone numbers are on the back of your number plate).
- Instructions will be given as to what to do – but may include calling a helicopter for an emergency rescue (at the patients' expense), if any forward progression is not possible.

We will have a sweep runner with a 2 way radio going along behind the last runner on all stages to assist if required.

We do not wish to scare you and we hope no major accidents occur but we want you to be aware of the risks and to be prepared in case something does happen.

Pre-start registration - all stages:
For safety, all runners MUST GET YOUR NAMES TICKED OFF with the Start Official 10mins prior to the start of each stage.

Special notes:

- If you withdraw from a stage for any reason then you MUST advise a marshal or member of the race management ASAP. This is really important as otherwise you will be assumed as missing and a search will be commenced.
- All distances are approximate and may vary according to your GPS.
- If you are not using our paid transport options it is up to you to get yourself to / from the start and finish of each stage for the advertised start time. We encourage people to car pool and help one another as well.

Remove this page and take for stage 1

Stage 1 - Course description

The Run Larapinta Stage Race starts with a unique stage that will provide an 'easy way' into the stages to come and a memorable trail running experience as you run through sunset into a night time finish under lights.

Malbunka Summary:

Start location: Opposite the Botanical Gardens, at the cnr of Tuncks Rd & Barrett Dr. 1km north of the Crowne Plaza
Finish location: Old Telegraph Station at the end of Herbert Heritage Dr.
Length: 20.5km. Elevation: 200m up and 200m down.
Race start time: 5:30pm
Water point / requirements: Runners must start with a minimum of 750ml hydration with you
Approx 12km pt. at 'Lower 5 ways'
Cut off time: All runners must have departed the water point (12km pt) by 'Start Time + 2hrs'
Course record: 1:19:02 Felix Weber and 1:29:39 Hanny Allston
Difficulty rating: Medium

Namatjira Summary:

Start location: At the northern end of Sturt Tce, next to the Todd River, approximately 3km north of Crowne Plaza.
Finish location: Old Telegraph Station at the end of Herbert Heritage Dr.
Length: 12.2km. Elevation: 110m up and 110m down
Start time: 6:00pm
Water point / requirements: Runners must start with a minimum of 750ml hydration with you
Approx 4.5km pt. at 'Lower 5 ways'
Cut off time: All runners must have departed the water point (4.5km) by 'Start Time + 1hr30'
Course record: 40:44 Brad White and 47:11 Emma Kraft
Difficulty rating: Easy - Medium

Stage 1 for both the Namatjira and Malbunka follows a scenic route around the perimeter of Alice Springs on some of the running and riding trails that surround the town. These trails are not overly technical, but they do have a great sense of 'flow' and will provide a terrific introduction to the Central Australian terrain you'll enjoy over days to come.

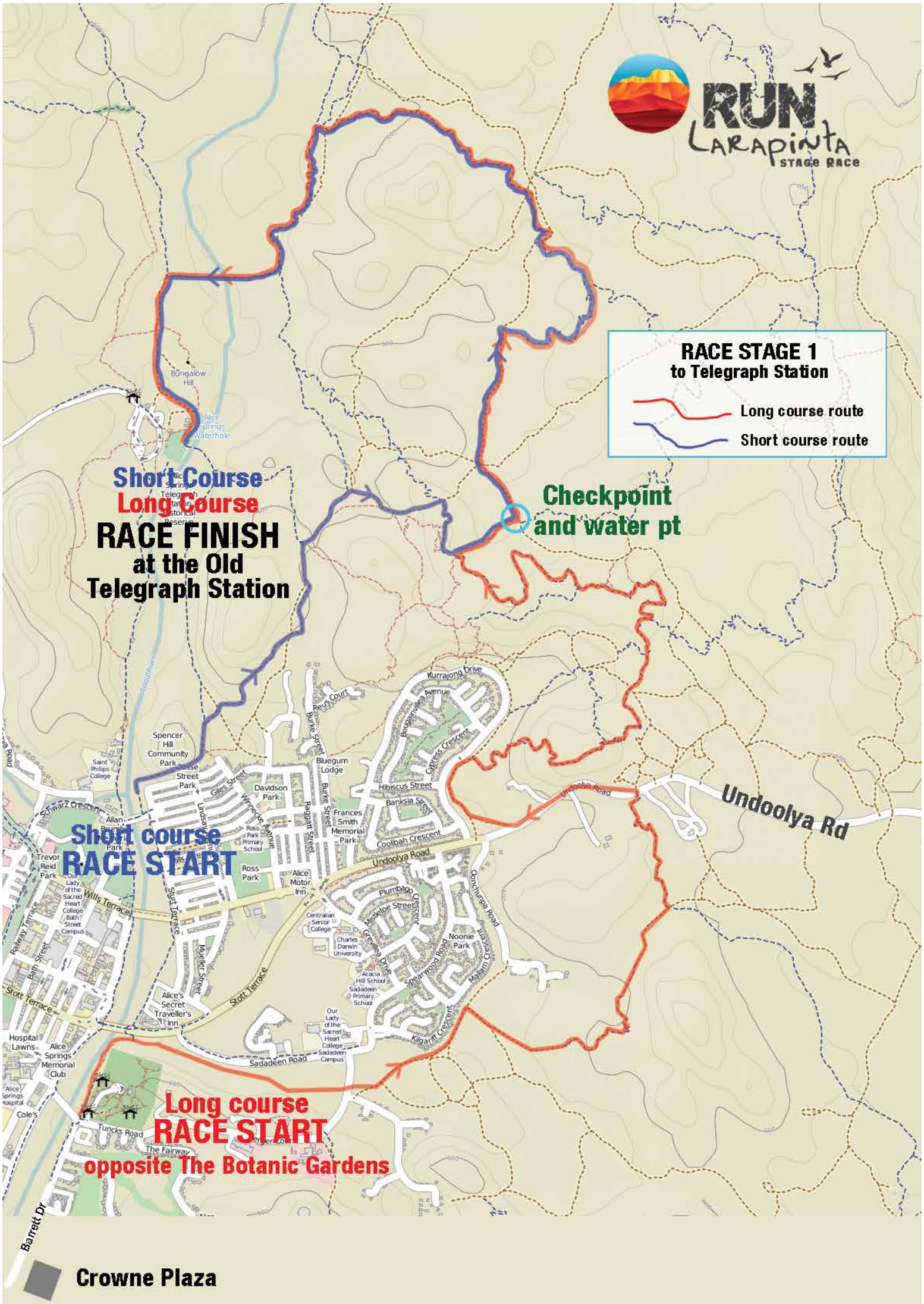
Both courses start in different spots but join up shortly before the water point and then follow a combined course to finish together at the Old Telegraph Station. Both courses follow an undulating course that crests and descends the local ridge-lines amidst an almost endless network of single tracks and 4WD tracks.

The races will also provide the incredible experience of running through the desert at night time, under a universe of stars with the outback around you. All runners must start with a head torch that you can turn on when darkness descends (sunset is at 6:18, darkness at 6:42pm) and then take care to carefully follow the reflective course markings through to the finish to ensure that you stay on route.

The stage finishes in the grounds of the Old Telegraph Station where the finish chute is lined with Ghost Gums and the Todd River (dry!), providing a memorable finale to the first stage of racing.

Finish line services:

- The Old Telegraph Station is just 6km from the centre of Alice Springs that makes for an easy warm down jog beside the Todd River - or jump onto the shuttle bus.
- The shuttle bus will leave from the main car park at the Telegraph Station and go direct to The Crowne Plaza and will start at 6:45pm and return every 15mins.


RUN LARAPINTA STAGE RACE
RACE STAGE 1
to Telegraph Station
Long course route
Short course route
Short Course
Long Course
RACE FINISH
at the Old
Telegraph Station
Checkpoint
and water pt
Short course
RACE START
Long course
RACE START
opposite The Botanic Gardens
Undoolya Rd
Undoolya Road
Stott Terrace
Wills Terrace
Sadadeen Road
Tuncks Road
Barrett Dr
Crowne Plaza

Remove this page and page 15 and take for stage 2

THE MALBUNKA - Stage 2 - Course description

This is the hardest of all the stages and one to be treated with great respect. Read and be aware of these notes.

Malbunka Summary:

Start location: Simpsons Gap

Directions to the start: Drive west on Larapinta Drive for 15km and then turn right to Simpsons Gap 7km further on. 25mins drive from Alice Springs

Finish location: In front of the Standley Chasm cafe

Directions to the finish: Drive west on the Larapinta Drive for 40km and then turn right to Standley Chasm 9km further on. The finish line is the shady area adjacent the car park. 45mins drive from Alice Springs

Length: 41km. Elevation: 1,300m up and 1,075m down.

Race start time: 6:40am

Water points / requirements: Runners must start with a minimum of 2lt hydration.
WP1 at 16km pt at Mulga Camp.
WP2 at 26km pt at the Jay Creek shelter. **Runners must depart with a minimum of 3lt hydration**
WP3 at the 34km pt at the western end of the on the 'High Route' ridgeline on. **WP3 should be considered as an emergency water pt only, maximin 1lt per runner.**

Course cut off: All runners must have departed the WP2 at Jay Creek (26km pt) by 'Start Time + 5hr45min'

Course record: 4:23:59 Felix Weber and 4:53:34 Hanny Allston

Difficulty rating: Starts off easy and gradually increases in difficulty. Last 10 km on difficult, technical & slow terrain.

All runners must start with a minimum of 2lt hydration with you. The trail starts out quite flat and straight forward, making for comfortable running. At the 16km point runners reach the Mulga Camp water / check point where all runners MUST CHECK IN to the marshal at the camp site whether you are collecting water or not. Once through Mulga Camp the trail continues to be relatively straight forward whilst passing a couple of picturesque water holes and small gorges, Spring Gap being a highlight.

At the 26km pt runners reach the turn off for the Jay Creek water point and must do a 200m out-and-back trail across the dry river bed to get to the WP2 located at the shelter. **All runners must depart WP2 with a minimum of 3lt water with you**. Once you've collected water, return to the Larapinta Trail and continue, going along a dry river bed through the Fish Hole Gorge and then 500m after the gorge look for the signs off to the right to continue along The Trail.

After leaving the river bed continue 4km along the trail to Tangentyere Junction where all runners turn right to take the spectacular 'High Route' that starts with a steep climb up onto the ridge top (where there is some phone reception). This signifies the start of the hardest part of the stage with the last 10km being much slower, rocky and more technical.

Continue along the ridge top and at the western end is a manned emergency water point WP3 where runners may access maximum 1lt each. After the water pt descend back into the valley where you arrive at a junction and **must turn right towards the 'Millers Flat' sign**. From here through to the finish is the crux of the stage and is some of the most technical running of the entire event as it is very rough and rocky underfoot and includes some steep climbs and descents up small cliffy sections. We strongly encourage you to pace yourself and save energy for this most demanding section.

Continue along the trail as it snakes along the valley and ultimately climbs around and above Standley Chasm before descending into the creek bed where runners turn right (away from the Chasm) to finish in front of the Standley Chasm Cafe.

THE NAMATJIRA - Stage 2 - Course description (NEW)

NOTE: We have been forced to make a late change to the Namatjira stage 2 course due a private landowner denying access through their property (at the last minute). The stage now starts and finishes at Standley Chasm with Namatjiras running 5km east along the Larapinta Trail, then doing a loop of the spectacular High Route, and then running 5km west back along the Larapinta Trail. This new route is of a similar level of difficulty (or slightly harder) than the originally proposed route.

Namatjira Summary:

Start & finish location: Standley Chasm

Directions to the start & Finish: Drive west on the Larapinta Drive for 40km and then turn right to Standley Chasm 9km further on. The finish line is the shady area adjacent the car park. 45mins drive from Alice Springs.

Length: 20km. Elevation: 1,000m up and 1,000m down

Start time: 8:00am

Water point / requirements: Runners must start with a minimum of 3lt hydration with you.
WP1: 13km point at the western end of the 'High Route' ridgeline. **Runners may access a maximum of 1lt per person at WP1.**

Cut Off: No cut off (as there is no option other than to continue on the course).

Course record: No record as this is a new course. Anticipated winning time: 3hr15

Difficulty rating: Difficult/Hard with steep, technical and slow terrain. This is your hardest stage.

All runners must start with a minimum of 3lt hydration. Starting at Standley Chasm runners almost immediately complete a steep and hard climb and descent around the Chasm to Angkate Junction. The course then goes through more undulating terrain in the valley bottom but is made tougher by being very rough and technical under foot, climbing down a short 'cliff' at one point before descending to Millers Flat at the 5km pt. Turn right and continue along the 'low route' for some slightly easier going to Tangentyere Junction at the 9km pt where you turn left (and join the Malbunka Course at their 31km pt).

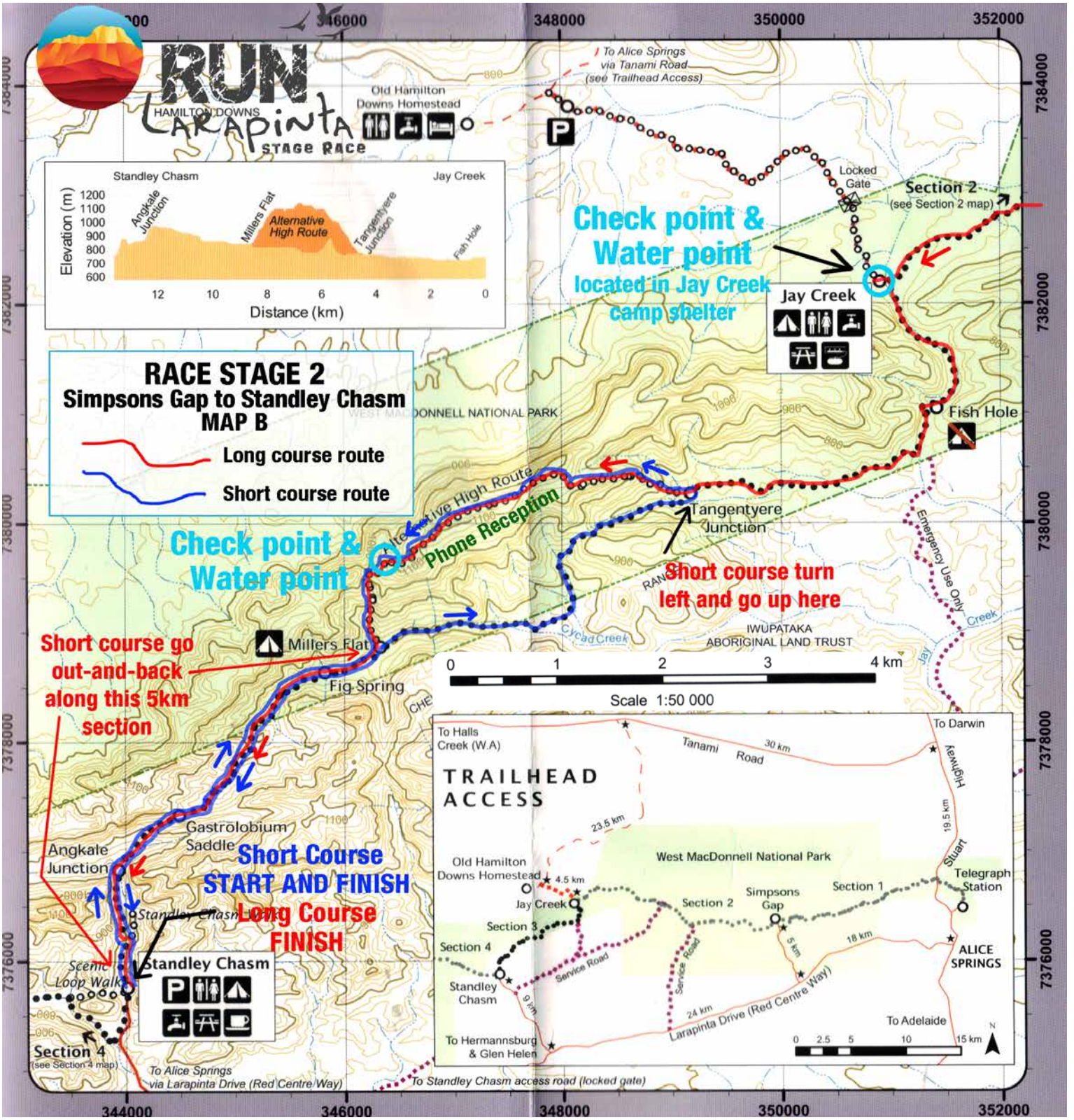
After Tangentyere Junction you complete a tough climb onto the 'High Route' and the top of the Chewings Range with spectacular views across the continent. Proceed west along the ridge to the manned water point at the western end where you may access max 1lt per person. Take care descending the ridge to return to Millers Flat where you turn right and return along the 5km trail you did earlier, finishing back at Standley Chasm.

The entire course is on very rough, technical and slow terrain and runners should be prepared for a BIG DAY.

Finish line services:

- The café at the Standley Chasm car park will be open with a full lunch menu available as well as plenty of cold drinks.
- Standley Chasm is a spectacular spot and is highly recommended for all spectators (remember to explain that you are from the race to receive the discounted $8 entry charge. Runners gain free entry when you show your number plate).

MAP B (Map A over the page)



Stage 2 - Course Map A (Malbunka start)

MAP A: This map shows the first 25km of the Malbunka Course, from Simpsons Gap

GREAT SOUTHERN STAGE RUN

NOV 17-19 2022

A NEW 3 DAY STAGE RACE THROUGH THE WILD AND RUGGED GREAT SOUTHERN REGION OF WA

- 210km course from Walpole to Albany
- Relay teams of 4 and solo runners
- Unifying event camaraderie between all competitors
- Coordinated group accommodation (optional)
- Strictly limited entries: 70 teams + 30 solos

This will be a life-changing odyssey for any runner. Join us on the journey...

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

Albany, Western Australia

GREATSOUTHERNSTAGERUN.COM.AU

THE MALBUNKA - Stage 3

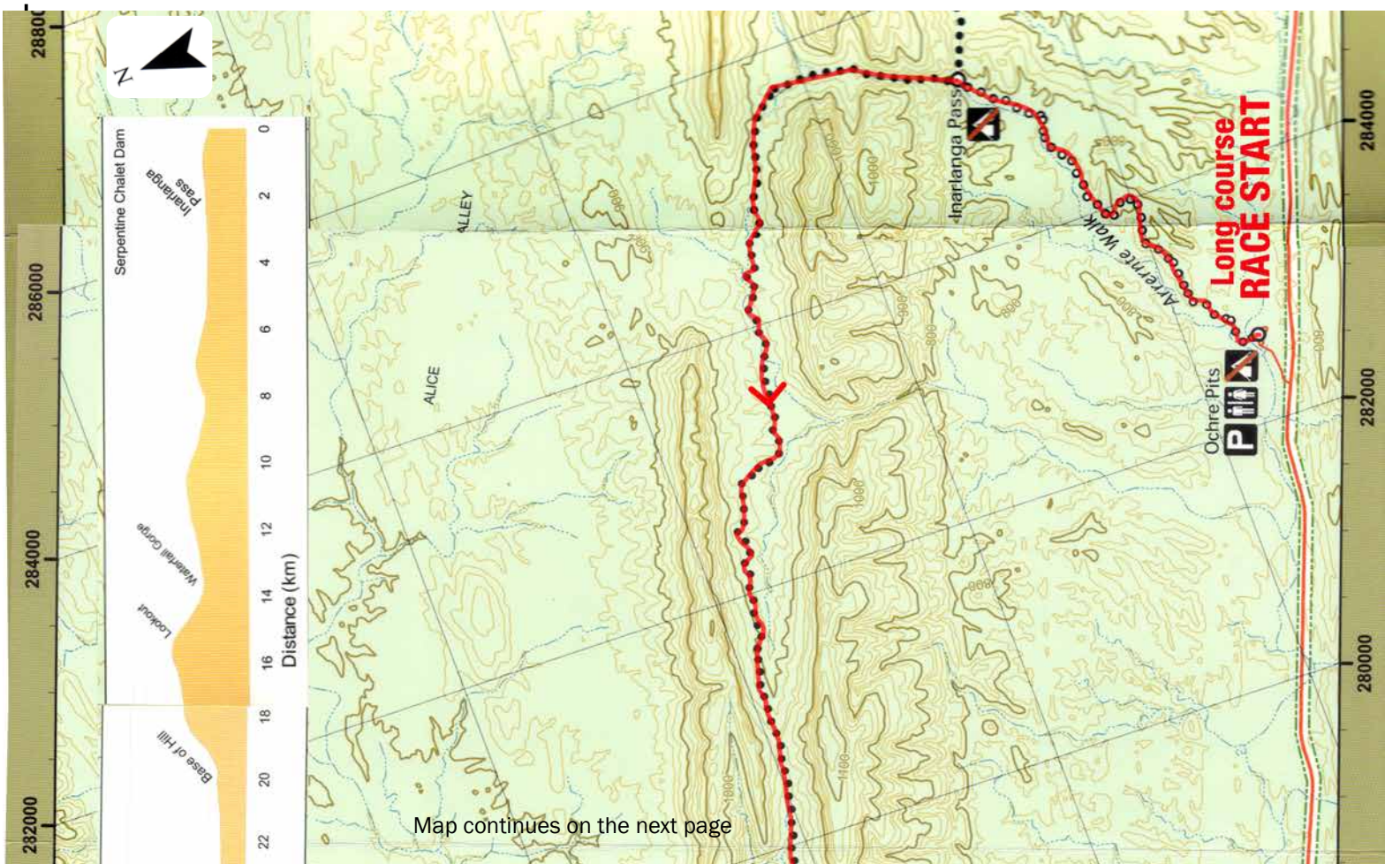
Stage 3 provides a great sense of journey as runners complete a very linear run through long sections of the Heavitree Range from the historic Ochre Pits to the dazzling Ormiston Gorge.

Start location: Ochre Pits car park.
Directions to the start: Drive west along Larapinta Way for 46km and then turn right onto the Namatjira Drive. Continue for 65km to the Ochre Pits car park sign posted on the right hand side. 1hr10mins drive from Alice Springs
Finish location: Ormiston Gorge Car Park.
Directions to the finish: From the Ochre Pits (start line) – continue west along the Namatjira Drive for 17km and then turn right and drive 7km to the Ormiston Gorge visitor centre. 20mins or 1hr25mins drive from Alice Springs.
Length: 30.5km. Elevation: 860m up and 940m down.
Race start time: 7:30am
Water point / requirements: All Malbunka runners must start stage 3 with a minimum of 3lt of hydration. (NOTE: there is no water at the Ochre Pits start line so please fill up in Alice Springs before you get on the bus). WP1 at the 19km pt at the western end of the on the ridgeline on. **WP1 should be considered as an emergency water pt only, maximin 1lt per runner.**
Cut off timer: No cut off time (because there are no exit points from the course, once started you must finish)
Course record: 2:58:32 Felix Weber and 3:19:45 Hanny Allston
Difficulty rating: Medium - Hard

All Malbunka runners must start with a minimum of 3lt of hydration. The stage starts in the Ochre Pits and straight after starting runners pass through ancient ochre pits used by Aboriginals for their rock paintings and body art. Continue on the trail for 4km to Inarlunga Pass and the main Larapinta Trail where runners turn left to continue through the spectacular pass (with its impressive cycads and lush growth) before emerging in some long, U-shaped valleys lined with cliffs and rocky ridge lines above. Watch the heat in these valleys as it can get hot in here.

Continue through Waterfall Gorge (dry – no water) where the trail turns for the sky and climbs up a zig zag route to the top of the Heavitree Range for a magnificent view across the Red Centre. Note: there is phone reception at the top of this climb.

Run west along the ridge top and at the far (western end) is the emergency water point and marshal where you may collect a maximum of 1lt of water per person. Descend from the water pt but watch your footing as it gets rockier towards the bottom and then continue along the trail on a fairly featureless 9km stretch through to the Ormiston Gorge visitor centre. Follow the Rapid Ascent arrows and course markings through to the finish line in the western part of the car park.



Map continues on the next page

270000
272000
274000
276000
278000
280000
7388000
7386000
7384000
7382000
7380000
BOWMANS GAP
ORMISTON POUND
Ormiston Creek
MT GILES 1389 m
(Lharrkelipeke)
Ormiston Gorge
Elevation (m)
1200
1100
1000
900
800
700
600
28
26
24
22
Ghost Gum Walk
Ormiston Pound Walk
Sec 10
(see Sec 10 map)
Camping for Larapinta trail walkers only
Ormiston Gorge
Short Course
Long Course
RACE FINISH
in the campsite
HEAVITREE RANGE
WEST MACDONNELL NATIONAL PARK
Water point
at western end of the ridge
Phone reception
Base of Hill
Lookout
Waterfall Gorge
Be prepared:
No tank provided and no reliable water at Waterfall Gorge
RACE STAGE 3
Ochre Pits to Ormiston Gorge
Map A
Long course route
Short course route
RUN LARAPINTA
STAGE RACE
To Glen Helen
Namatjira Drive (Red Centre Way)
266000
268000
270000
272000
274000
276000
278000

THE NAMATJIRA - Stage 3

Stage 3 is a little longer than Stage 2 but easier on the knees and the ankles as the trail is generally less technical.

Start location: Glen Helen Homestead
Directions to the start: From Alice Springs drive west along Larapinta Way for 46km and then turn right onto the Namatjira Drive. Continue for 85km and then turn left into the Glen Helen complex a short way down the side road. 1hr20 drive from Alice Springs
Finish location: Ormiston Gorge Visitor Centre Car Park
Directions to the finish: From Glen Helen: drive back out to the Namatjira Drive and turn right. Continue for 4km and then turn left and drive 7km to the Ormiston Gorge Visitor Centre. 10mins or 1hr25 drive from Alice Springs
Length: 22km. Elevation: 530m up and 490m down
Start time: 8:15am
Water point / requirements: Runners must start with a minimum of 750ml hydration with you.
WP1 at Ormiston Gorge at the 13.4km point.
Cut off time: All runners must have departed the WP1 at Ormiston Gorge by 'Start time + 3hr30'
Course record: 2:05:25 Bradley White and 2:10:29 Elizabeth Dornom
Difficulty rating: Medium

The Namatjira Stage 3 course is very different to the Malbunka course and is described below. Both the Namatjira and the Malbunka share the same finish line at the Ormiston Gorge Visitor Centre.

Starting from the Glen Helen Lodge runners commence up the sealed side road, turn left onto the Namatjira Drive for 500m and then turn right to start on the single track just after the river crossing. Follow the marked trail until it joins the Larapinta Trail at Glen Helen Junction and turn right, crossing over the Finke River and continuing on the single track to the Ormiston Gorge car park and water point at the 13km mark (this is the same location as the finish line).

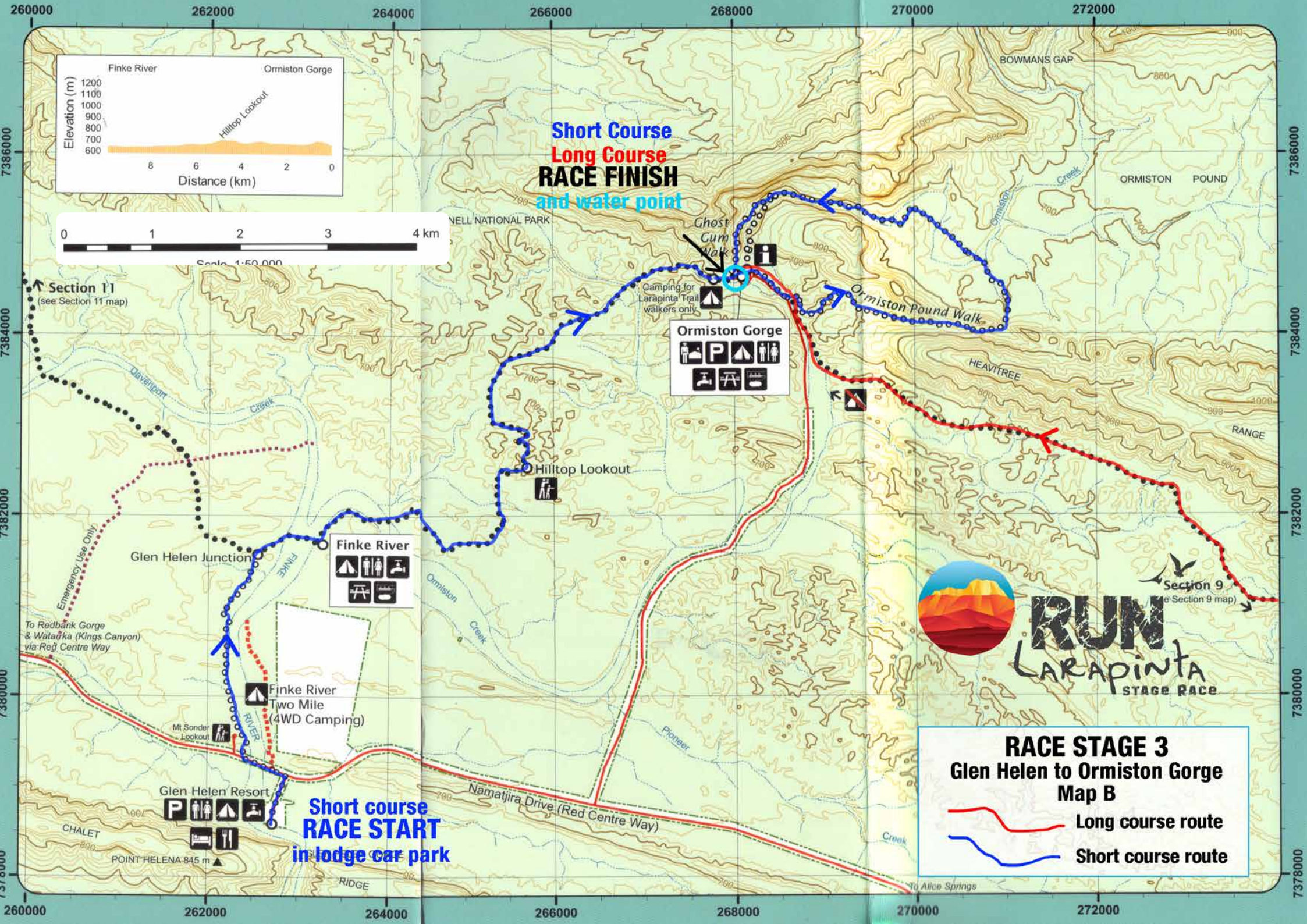
After refilling at the water point Namatjira runners must be careful to follow the Rapid Ascent course markings to commence the Ormiston Pound loop walk in an anti-clockwise direction. This track is one of the most popular walks for tourists visiting the West MacDonnell Ranges and as it takes you over the ridge and then into the astounding Ormiston Pound – a water catchment that appears to have no exit. The Ormiston Pound Loop Walk is marked with similar National Parks style track markings (different colour).

The trail through the pound is very well marked and considerably rockier and more technical than the first 13km as you climb up and then descend into the gorge itself. As runners approach the gorge proper, runners keep right to climb a short steep route to the Ghost Gum lookout before a nice gradual descent to the finish line back in the Ormiston Gorge Car Park.

Finish line services:

- The café at the Ormiston Gorge Visitor Centre will be open with a broad range of fresh food and sandwiches available as well as plenty of cold drinks and refreshments.
- The Ghost Gum lookout walk is a great, short walk that's ideal for spectators.
- The bus transports will start at 11:00am and operate approximately every 45mins.

Ormiston Gorge water hole
(Namatjira runners go right past this!). It is just 700m from the finish line and a great spot for a swim after you finish.


Finke River
Ormiston Gorge
Elevation (m)
1200
1100
1000
900
800
700
600
Hilltop Lookout
8
6
4
2
0
Distance (km)
0
1
2
3
4 km
Scale 1:50 000
Short Course
Long Course
RACE FINISH
and water point
Ghost Gum Walk
Camping for Larapinta Trail walkers only
Ormiston Gorge
Ormiston Pound Walk
BOWMANS GAP
ORMISTON POUND
HEAVITREE
RANGE
Hilltop Lookout
Section 11
(see Section 11 map)
Section 9
(see Section 9 map)
Glen Helen Junction
Finke River
Emergency Use Only
To Redbank Gorge
& Watarrka (Kings Canyon)
via Red Centre Way
Finke River
Two Mile
(4WD Camping)
Mt Sonder Lookout
Glen Helen Resort
Namatjira Drive (Red Centre Way)
Pioneer
CHALET
POINT HELENA 845 m
RIDGE
To Alice Springs
Short course
RACE START
in lodge car park
RUN LARAPINTA
STAGE RACE
RACE STAGE 3
Glen Helen to Ormiston Gorge
Map B
Long course route
Short course route
260000
262000
264000
266000
268000
270000
272000
7386000
7384000
7382000
7380000
7378000

All Runners - Remove this page and take for stage 4

THE MALBUNKA - Stage 4 - Course description

The final stage is the longest and the highest of all the stages and provides a fitting end to a fantastic few days of running.

The Malbunka Summary

Start location: Redbank Gorge Ridgeline campsite

Directions to the start: From Glen Helen turn left onto the Namatjira Drive and continue west for 20km then turn right onto a dirt road, following it 3.6km to the ridgetop campsite (1.3km before the road end). 25mins from Glen Helen, 1hr45mins drive from Alice Springs.

Finish location: Glen Helen Homestead, 1hr20mins drive from Alice Springs

Length: 46km. Elevation: 1,400m up and 1,460m down.

Race start time: 6:00am. Headtorch is mandatory at the start.

Water points / requirements: Runners must start with a minimum of 1lt hydration.
WP1: Mt Sonder base 17km point.
WP2: Rocky Bar Gap at 28km point. **Runners must depart WP2 with a minimum of 3lt hydration.**

**** Mandatory gear:** All Malbunka runners must start stage 4 with a headtorch as (its dark when you start)

Course cut off: All runners must have departed WP2 at Rocky Bar Gap water point (28km pt) by 'start time + 5hr45

Course record: 4:18:09 Paul Munro and 4:51:26 Hanny Allston

Difficulty rating: Hard – Large elevation gains plus some mildly technical terrain

Runners must start with a minimum of 1lt hydration. Stage 4 starts in the dark so **all runners must start with a head torch.** The stage starts with an out and back run to the summit of Mt Sonder – the Northern Territory's 4th highest mountain at 1,380m above sea level (680m climb). The climb is quite steep to 'The Saddle' at the 3.5km pt before levelling out to a gradual climb to the summit at the 9km mark. This upper section is quite runnable and provides increasingly beautiful views the higher up you go. Make sure the marshal at the top records your number and then return back down the same route.

WP1 is at the base of Mt Sonder so refill your bladders / bottles after the descent and then turn left to continue in an easterly direction along the Larapinta Trail. The trail skirts the south flank of Mt Sonder and makes for good running through to WP2 at Rocky Bar Gap (29km pt) where we will have a marshal, water and vehicle.

Approximately 3km after WP2 is a sharp climb up to 'Hilltop Lookout' for more views of the spectacular surroundings. After the summit is a steep switch-back descent back to the plains along a pretty flat and sometimes sandy trail heading south east. At the Glen Helen Junction at the 41km point runners turn right to follow the marked trail to the sealed Namatjira Drive and then follow the Rapid Ascent course arrows down the sealed road to Glen Helen and then around the front of the lodges to the finish line in front of the Glen Helen homestead on the banks of the Finke River.

Cross the finish line and collapse after an incredible 4 days of running or head to the water hole for a swim or to the bar for very well earned drink! Either way, you've just completed the Run Larapinta Stage Race – CONGRATULATIONS!

THE NAMATJIRA - Stage 4 - Course description

The final stage is the longest of all the stages and includes a terrific sense of journey as you race along the range and across the flats to finish at the Glen Helen Homestead in the mighty Finke River.

The Namatjira Summary

Start location: Redbank Gorge

Directions to the start: From Glen Helen turn left onto the Namatjira Drive and continue west for 20km then turn right onto a dirt road, following it 5km to the car park at the end of the road. 25mins from Glen Helen, 1hr45mins drive from Alice Springs.

Finish location: Glen Helen Homestead, 1hr20 drive from Alice Springs

Length: 31km. Elevation: 600m up and 660m down

Water point / requirements: Runners must start with a minimum of 750ml hydration with you.
WP1 at Rocky Bar Gap at the 13km point. **Runners must depart WP1 with a minimum of 3lt hydration with you.**

Race start: 7:10am

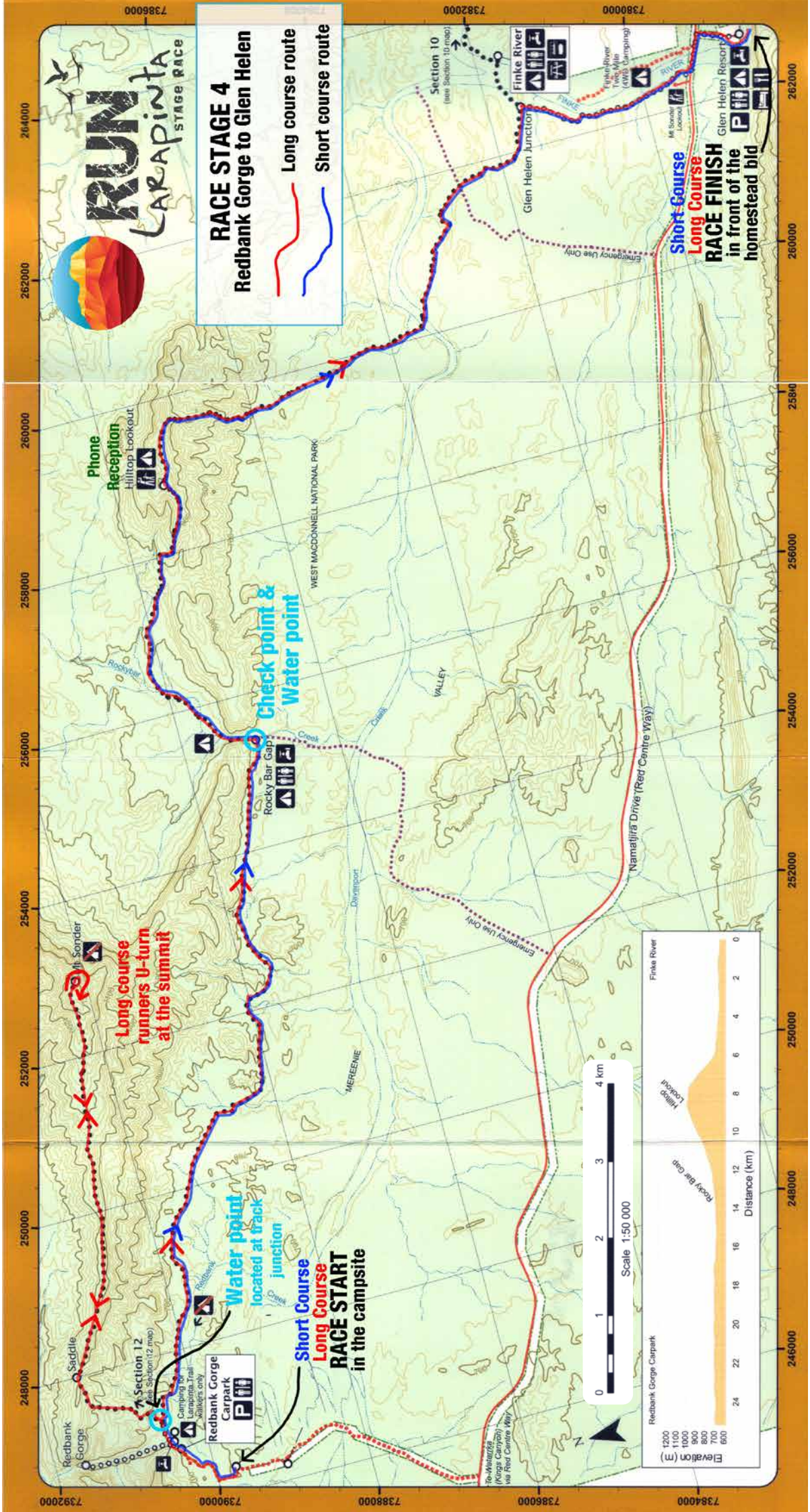
Course cut off: All runners must have departed the Rocky Bar Gap water point (13km pt) by 'start time + 4hr45'

Course record: 2:21:00 Courtney Atkinson and 2:55:45 Elizabeth Dornom

Difficulty rating: Medium

Namatjira runners start in the same place as the Malbunka runners but do not do the climb up Mt Sonder and back. Otherwise the courses for the two races are the same with the course described above.

CONGRATULATIONS on your accomplishment at Run Larapinta. It's a huge effort to get to this mighty finish line.



Stage 4 - Course Map

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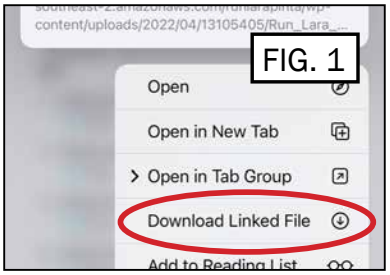
GPS MAPPING FILES - How to get the course route GPS file on your phone

All competitors MUST set themselves up with the GPS course on a mapping app on your phone. This will help you find your way along the course if in doubt. Follow these instructions and give Sam a call if you have any issues 0400 001 786 - or meet us 30mins before the welcome drinks at 4:30pm on Thursday where we can help you in person.

MAPS.ME

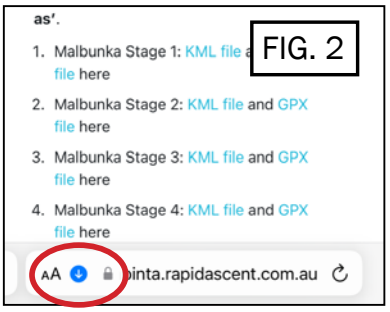
STEP 1

On your smartphone install the MAPS.ME app. (MAPS.ME is a free mapping app that let's you download maps and courses at home that live on your phone. Once downloaded it continues to work even when you are out of range or offline). Once the app is on your phone, download the maps for Australia (or just the Northern Territory), by pressing the 'More' at the lower right and selecting 'Download Maps'...



STEP 2

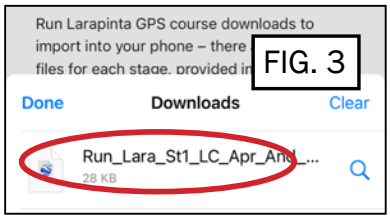
Visit the Run Larapinta Course Description webpage for the event you are doing: NAMATJIRA: https://bit.ly/3IoBXfu MALBUNKA: https://bit.ly/3ynCAJQ . There are seperate mapping files for each stage linked from near the top of the page, with a .KML or .GPX alternatives.
NOTE: We have provided 2 GPS file types because different devices and aps seem to require different files. .KML seems to work best with Maps.ME whilst .GPX files work best with Garmin mapping aps and devices.



STEP 3 – for iPhone

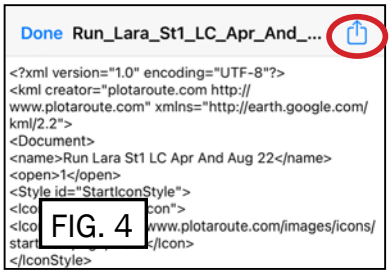
CLICK AND HOLD the '.KML file' link for 1-2sec and select 'download linked file' to download the file to your phone [FIG 1]. A small blue download circle and arrow will appear in either the top right corner or bottom menu bar [FIG 2], either way click the blue arrow and select 'downloads'.

Click the appropriate file from the download list [FIG 3]. It will likely display a page of 'coding language' in this case then press the share button in the top right [FIG 4], then select the Maps.ME from the list of apps to open the file with [FIG 5]. This will import the file into Maps.ME.



Repeat this process for each of the 4 stages to have the whole course on your phone.

Once it has downloaded into Maps.Me, the GPS track will be saved in 'Favorites' so open this menu and click the button to make sure it is visible [FIG 6]. There will be an orange line on the map that shows the route.



STEP 3 – for Android

Note: it is a lot simpler if you have a Google account. (Most people do). If you do NOT have a Google account then you just need to save the file to your phone, there are a couple of ways to open from here. Follow these steps:

OPTION A

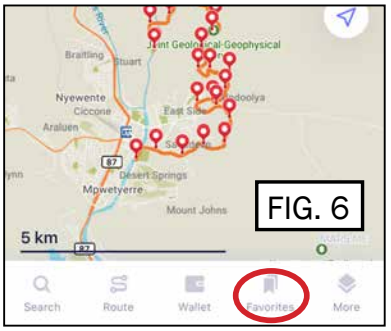
1. Download the file to "Downloads" folder in your phone or device
2. Open "Downloads" folder and press and hold on file you want to move to Maps.me
3. When the file is highlighted select the icon for "share via" and select "Save to Drive"
4. The document will ask if you want to "Cancel" or "Save". Select "Save"
5. The file will be uploaded to "My Drive"
6. Tap on the file in "My Drive" and it will ask you to open it with "Maps.Me" or "Use a different app"
7. Select "Maps.Me" and it will take you to the app and you can find the file in bookmarks

OPTION B

1. Download the file to "Downloads" folder in your phone or device
2. Open "Downloads" folder and tap the file you wish to move to Maps.Me
3. It will ask you to open it with "Maps.Me" or "Use a different app"
4. Select "Maps.Me" and it will take you to the app and you can find the file in bookmarks

If you have a Google Account;

1. Download the file to "My Drive"
2. File automatically uploads to "Maps.Me" (If it doesn't automatically upload, follow steps 6 & 7 from OPTION A)



Final points:

- IMPORTANT: When in Alice Springs open the Maps.ME app and let it find where you are while you are still in phone reception.
- The map app shows you where you are on the map and where the course is so you follow the line as displayed on the screen.
- Remember to have your phone battery charged and 'Location Services' turned on so you can see where you are on the map!
- It is well worth carrying an extra powerbank if you use your phone a lot for navigation
- If Maps.ME is not working for you no matter what you try - another mapping app that we use is GuruMaps - so try that if you have unexplained issues.

Equipment

Listed below is the mandatory gear to be carried by all runners in all stages of the Run Larapinta Stage Race (unless otherwise stated). **All the listed items must be brought to race registration for witnessing prior to starting**. Runners will not be able to start if any item is not deemed appropriate or is not presented. Spot checks will be completed throughout the event to ensure these items are carried whilst racing. (These items are for your own safety so please don't leave them out or cut any corners).

Item	Description	Available at registration ?
Race Number Plate x 2.	We give you: 1) an A5 sized number plate - that is to be worn on your front at all times. We suggest attaching it to a *thin, elastic piece of cord or a 'triathlon race belt' so it can more easily be worn on the outside when you take layers off.* *2) a small number plate to be pinned to your backpack (so people can see your name / number from behind)*	Yes - we provide number plates and safety pins
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. Add in your own medications.	Yes $15 - pre-order online or buy at registration
Space blanket	Must be full size and not trimmed or altered.	Yes $7 - pre-order online or buy at registration
A whistle	Mouth whistle, must be easily accessible whilst running	Yes $7 - pre-order online or buy at registration
Mobile phone	Telstra recommended best coverage on hill tops. Consider carrying a secondary power source if you use the GPS maps a lot and/or take a lot of photos. (If race mornings are cold we recommend keeping phone switched off (powered down) until temp increases. Cold environments can dramtically reduce phone battery life.)	no
Long sleeve thermal top	Cotton, compression, 'thermal compression' and lycra garments are not suitable and do not qualify. Garment must be polypropylene, polyester, chlorofibre (PVC), wool or another high performance synthetic fabric that is designed to keep you warm. The garment must be of a size and style to fit the runner.	no
Windproof jacket.	Jacket must be made of a durable, windproof fabric with long sleeves and zippered front. It must be of a size and style to fit the wearer. This jacked does not have to be waterproof (although it is our recommend that it is).	no
Water container	**Malbunka:** All runners must present water vessels with a total combined capacity of 3lt (or more) capacity at registration. Note the following specific water requirements: - Stage 1: all runners must start with a minimum of 750ml water / hydration. - Stage 2: all runners must start with a minimum of 2lt of water / hydration. Then all runners must depart the Jay Creek water point (26km pt) a minimum of 3lt of water / hydration. - Stage 3: all runners must start with a minimum of 3lt water / hydration. - Stage 4: all runners must start with a minimum of 1lt of water / hydration. Then all runners must depart the Rocky Bar Gap water pt (27km pt) with a minimum of 3lt of water / hydration.	no
	Namatjira: All runners must present water vessels with a total combined capacity of 3lt (or more) capacity at registration. Note the following specific water requirements: - Stage 1: all runners must start with a minimum of 750ml water / hydration. - Stage 2: all runners must start with a minimum of 3lt water / hydration. - Stage 3: all runners must start with a minimum of 750ml water / hydration. - Stage 4: all runners must start with a minimum of 750ml of water / hydration. Then all runners must depart the Rocky Bar Gap water pt (13km pt) with a minimum of 3lt of water / hydration.	no
Course map	All competitors must have the GPS course route loaded into a mapping app on their phone - we recommend either Maps.ME or Gurumaps. We also recommend carrying the printed map from the event program in a waterproof bag (such as a plastic zip-lock) as a back up.	Yes - Printed program with maps provided at registration.
Headsock or beanie	A Buff / headsock or more substantial beanie	Yes $15 - pre-order online or buy at registration
Matches / cigarette lighter	Compulsory for all stages	yes - matches for $1
Torch or headlamp	Light must be of sufficient brightness to illuminate the track at least 50m ahead of you (we suggest a minimum of 150 lumens although the brighter the better). Batteries must be fully charged with sufficient power to get you to the finish line. Mandatory for all runners in stage 1. Mandatory for all Malbunka runners on stage 4. We HIGHLY RECOMMEND this is carried by all runners for all stages.	Yes $29 - rechargable Rapid Ascent headtorch, 150 lumens - pre-order online or buy at registration

Recommended Gear List, additional to the items listed above:

- Hat, sunglasses and sunscreen
- Additional clothing to match the conditions expected on the day. BE SENSIBLE.
- Food and additional water / hydration
- Vaseline, Body Glide or other body lubricant, and sports injury tape (like Elastoplast)
- A fly net that goes over your face (in case the flies are bad due to recent rain)
- Recommend travel insurance in case you need helicopter rescue on the course - or enquire with your ambulance membership or with your personal accident insurance.

Race Rules

The rules listed below are current at the time of publication and may well be updated prior to the race (although the basis of the rules will stay the same):

- (all participants) must read and sign the Participant Indemnity
- Juniors only - (under 18 on race day) must have their parent or guardian advise the organisers, Rapid Ascent, 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 and rear).
- Competitors may not receive assistance from their support crews or anyone else external to the race at any time. Competitors may only receive support from race organisers and officials, except in an emergency situation
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks, or the carrying of their equipment from another competitor except in emergency circumstances
- You 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.
- 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. Support crews are not permitted to run with or pace runners.
- 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 competitors must report in at the manned water / checkpoints as described in the notes for each stage.
- 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 discretion to alter or amend the race schedule, cut off times and race rules in order to increase the safety of participants or for any other reason deemed appropriate. Any changes to the details as published in this program will be communicated at the preceding night's presentations, will be posted to the event notice board at Crowne Plaza and at Glen Helen and will be shared on the Run Larapinta Participants Past and Present Facebook Group. It is up to the competitors to check this notice board for any changes.

Cut off times

The following cut off times are set for the nominated stages (as included in the stage descriptions on earlier pages):

Malbunka

- Stage 1: All runners must have departed the WP1 (12km pt) by Start Time + 2hrs
- Stage 2: All runners must have departed the WP2 at Jay Creek shelter (26km pt) by Start Time + 5hr45
- Stage 3: No cut off times (because there are no exit points from the course, once started you must finish)
- Stage 4: All runners must have departed the WP2 at Rocky Bar Gap (28km pt) by Start Time + 5hr45

Namatjira:

- Stage 1: All runners must have departed the WP1 (4.5km pt) by Start Time + 1hr30
- Stage 2: No cut off times (because there are no exit points from the course, once started you must finish)
- Stage 3: All runners must have departed the WP in the Orimston Gorge car park (13.4km) by Start Time + 3hr30
- Stage 4: All runners must have departed WP1 at Rocky Bar Gap (13km pt) by Start Time + 4hr45

Runners failing to reach a cut off cannot proceed any further on course for that stage and must go with the race official in their vehicle to the finish line. Runners who miss a cut off can restart the next stage the following day but will be listed as an un-ranked competitor in the official results.

Alice Springs climate averages for August

The climate in Alice Springs for the month of August is not as hot as mid summer - but it can still get very warm when you are outside, exercising in full sun with no shade. 25deg n the Red Centre feels like 30deg anywhere else. Equally so it can get very cold overnight and in the mornings. We recommend wearing multiple thin layers and adjusting them to regulate your temperature. Also be wary of sunburn and dehydration, it is a very dry and arid heat that sucks the moisture from you. Sunscreen, hat, sunglasses and lip saver are a must.

- Average daily max 25°C in the shade
- Mean 9:00am temp 16°C in the shade
- Average night min 8.3°C
- Average rainy days 3.1
- Average cloudy days 7.6
- Ave sunrise 7:00am / Sunset 6:20pm

100KM
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Honour role - Run Larapinta Stage Race

Malbunka overall results

Position	Category	Name (MALE)	Total time
2015:			
1	20-39	Paul Munro	13:20:17
2	40-49	Joe Fagan	15:04:13
3	40-49	Peter Hynd	18:53:42
2016:			
1	20-39	Kieran O'Brien	15:22:01
2	20-39	Reuben Mcloughlin	15:42:58
3	20-39	Nicholas Guz	16:27:54
2017:			
1	40-49	Troy Lum	17:15:40
2	18-39	Aaron Royal	17:30:32
3	40-49	Gary Philpott	18:14:34
2018:			
1	18-39	Felix Weber	13:08:43
2	18-39	Leif Christensen	14:26:14
3	18-39	Damon Whish-Wilson	15:37:04
2019:			
1	18-39	Simon Duke	14:37:31
2	18-39	Liam Ryan	16:22:46
3	18-39	Alastair Mackenzie	17:15:49
2021 April (alternative stage 3 and 4):			
1	40-49	John Robinson	15:10:19
2	40-49	Gavin Green	16:23:43
3	18-39	Thomas Cartledge	16:45:45
2022 April (alternative stage 3 and 4):			
1	18-39	Tommy Goodall	14:18:02
2	18-39	Daniel Cox	14:20:48
3	40-49	Hansie Muller	14:57:07

Position	Category	Name (FEMALE)	Total time
2015:			
1	20-39	Shona Stephenson	16:41:15
2	40-49	Fiona Whelan	17:52:34
3	20-39	Mirjam van der Boom	18:18:31
2016:			
1	20-39	Hanny Allston	14:34:24
2	20-39	Bernadette Dornom	17:33:24
3	40-49	Eibhlin Fletcher	18:37:24
2017:			
1	40-49	Deb Nicholl	18:02:46
2	40-49	Kristen Brace	19:36:09
3	50-59	Marie Heitz	20:37:12
2018:			
1	40-49	Rowan Brookes	19:31:38
2	18-39	Sarah Rathmell	21:04:09
3	40-49	Kym Child	21:30:50
2019:			
1	18-39	Holly Ranson	16:56:49
2	40-49	Kate Cush	18:17:49
3	18-39	Felicity Pidgeon	18:26:17
2021 April (alternative stage 3 and 4):			
1	18-39	Erika Lori	14:55:16
2	40-49	Kate Cush	16:27:47
3	18-39	Victoria Cole	16:38:49
2022 April (alternative stage 3 and 4):			
1	18-39	Katie Lovis	17:06:38
2	18-39	Laura Roff	17:18:36
3	40-49	Yvette Edward	18:31:21

Namatjira overall results

Position	Category	Name (MALE)	Total time
2015:			
1	40-49	Laurent Rossignol	9:34:47
2	40-49	Simon Rand	9:52:04
3	40-49	Jamie Mitchell	10:04:55
2016:			
1	20-39	Bradley White	8:16:48
2	20-39	Benjamin Billy	9:04:57
3	40-49	Laurent Rossignol	9:13:35
2017:			
1	18-39	Courtney Atkinson	7:29:27
2	18-39	Thomas Windsor	8:56:45
3	18-39	Matt Watson	9:12:37
2018:			
1	18-39	Christopher Allday	8:36:05
2	18-39	Stephen Van Rees	9:05:56
3	50-59	Laurent Rossignol	9:28:52
2019:			
1	18-39	Daniel Janes	9:02:40
2	18-39	Patrick Jones	9:20:45
3	40-49	Hansie Muller	9:25:05
2021 April (alternative stage 3 and 4):			
1	40-49	Hansie Muller	9:29:00
2	18-39	Thierry Morin	10:33:23
3	50-59	Laurent Rossignol	10:34:51
2022 April (alternative stage 3 and 4):			
1	40-49	Julian Strudwick	11:36:39
2	40-49	Richard Mason	11:43:11
3	40-49	Greg Cusick	12:09:04

Position	Category	Name (FEMALE)	Total time
2015:			
1	40-49	Liza Chin	10:47:07
2	40-49	Marelize Kreil	12:05:44
3	20-39	Monica Hose	12:07:38
2016:			
1	20-39	Elizabeth Dornom	8:35:50
2	20-39	Emma Kraft	8:47:37
3	20-39	Madison Taylor	9:45:09
2017:			
1	18-39	Jessica Short	9:26:26
2	18-39	Eliza Edkins	10:40:01
3	40-49	Julie Day	11:17:28
2018:			
1	18-39	Brooke Cupples	9:36:58
2	18-39	Melissa Christensen	9:53:42
3	40-49	Melissa Richards	10:00:52
2019:			
1	18-39	Kimberley Robson	9:54:57
2	50-59	Nicola Spurrier	10:44:22
3	18-39	Petra Melis-Walsh	10:46:07
2021 April (alternative stage 3 and 4):			
1	18-39	Georgina Beech	10:40:47
2	40-49	Kimberley Robson	11:02:44
3	18-39	Amy Stockwell	11:04:47
2022 April (alternative stage 3 and 4):			
1	50-59	Leonie Montgomery	12:19:17
2	50-59	Natalie Boddington	12:19:37
3	18-39	Rebecca Pegg	12:26:00

Event Merchandise for sale

Remember your time in the Red Centre with some custom event merchandise – for sale during registration, limited sizes and quantities only. Pre-ordered merchandise will be available to collect during registration.

Running cap $25

Running visor $25

Head sock / Buff $15

Run Larapinta Hoodie - $75
Perfect for keeping warm on those cool Alice Springs evenings!

WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2022-2023

The Redback MTB Stage Race

Alice Springs, NT. 18 - 21 August, 2022 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.

The Trail Running Series

Five wilderness locations within 1 hour's drive of Melbourne, www.TrailRunningSeries.com.au

Trail running races for everyone... The Trail Running Series includes 5 different race venues all within one hour's drive of Melbourne with short (~6km) / medium (~12km) / and long (~17km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2021.

Surf Coast Century

Anglesea, VIC. 17 September, 2022. 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 click over 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, 5 - 6 November, 2022. www.EaglerBayEpic.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.

Great Southern Stage Run

Albany, WA. 17 – 19 November 2022. www.GreatSouthernStageRun.com.au

A NEW 3 day stage race through the wild and rugged Great Southern region of WA. Featuring a 210km 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. 25 - 26 February, 2023. www.OtwayOdyssey.com.au

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 50km 30km and 10km courses on flowing single track through the spectacular Otway Ranges. Sunday includes the Great Otway Gravel Grind for roadies and gravel / CX riders with 97km or 49km gravel grinds on the A-Grade roads through the region's magnificent tall timber forests.

X-Adventure Dunsborough

Dunsborough WA. 2 - 3 April, 2023. www.xadventure.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.

Margaret River Ultra Marathon

Margaret River WA. 6 May, 2023. 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.

Run Larapinta Stage Race

Alice Springs, NT. 22 - 27 August, 2023 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 in the heart of Australia.

www.RapidAscent.com.au