



RUN LARAPINTA STAGE RACE



A SPECTACULAR
TRAIL RUNNING
EXPERIENCE IN
AUSTRALIA'S
HEARTLAND

MALBUNKA + NAMATJIRA
ALICE SPRINGS / NT

RUNLARAPINTA.COM.AU

EVENT PROGRAM

15 - 18 AUGUST 2025

Welcome to your incredible run along the Larapinta Trail.

We love the Red Centre — the silence, the vast ridge-line views, and the ancient stories held in the land. It's a place that gets under your skin and remains with you long after the dust settles. But what truly makes Run Larapinta special is you — the runners who come here to challenge yourselves, connect, and share in this unforgettable landscape.

Along the way you'll question your commitment, you'll be hot, dusty and exhausted... but our hope is that you leave with more than just tired legs — that you leave inspired, uplifted, and filled with a deeper understanding of yourself, of the people around you and of Australia's heartland.

This is your event program — your guide for the days ahead. Read it, use it, and get ready for an unforgettable adventure.

The Rapid Ascent Team



Welcome from the Northern Territory Government

Welcome to the 11th Run Larapinta Stage Race, one of Australia's most iconic trail-running events.

From 15–18 August, you will experience some of the Red Centre's most spectacular landscapes, from the historic Telegraph Station in Alice Springs to the cliffs of Standley Chasm and the tranquil beauty of Ellery Creek.

Whether you're taking on the Malbunka or Namatjira course, you will traverse the spectacular Larapinta Trail through the rugged MacDonnell Ranges.

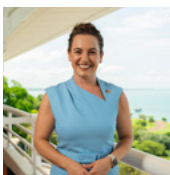
Run Larapinta is more than a race - it's a true Territory experience which brings together both new and experienced runners from across the country.

This year's event has received record-breaking interest, with both the Malbunka and Namatjira courses selling out just six hours after entries opened. This shows how much people value the opportunity to come to the Territory, challenge themselves, and experience this incredible region.

My government is proud to support this event through the NT Major Events Company Funding Program as we continue delivering on our year of action, certainty and security. Events like Run Larapinta support our local communities and businesses, playing an important role in our commitment to rebuilding the economy and restoring our unique Territory lifestyle.

While you're here, I encourage you to explore everything Central Australia has to offer. Whether it's drifting over the desert in a hot air balloon, dining beneath the stars, or connecting with the living culture of the Arrernte people, there's no shortage of experiences.

Good luck and enjoy the 2025 Run Larapinta Stage Race – and enjoy your time in the Northern Territory.



Lia Finocchiaro
Chief Minister
Acting Minister for Major Events
Acting Minister for Tourism and Hospitality



Welcome from the Alice Springs Town Council

A huge Central Australian welcome to everyone who has made the journey to take part in the 2025 Run Larapinta Stage Race! What an adventure you've signed up for – four unforgettable days of running along one of Australia's most spectacular trails. Every twist and turn of the Larapinta Trail brings a new view, a new challenge, and a new story to tell.

This year's field of runners will be trading city streets for red dirt, rugged ridgelines and star-filled skies. There really is no better way to experience the heart of Australia than with dust on your shoes and that big Territory sky above your head.

Alice Springs is proud to be the backdrop to this event. We hope you enjoy everything that makes this part of the world so special – the country, the culture, and the people who call it home.



Here's to an epic few days on the trail. Run strong, take it all in, and most importantly – stay safe and have fun out there!

Mayor Matt Paterson
Alice Springs Town Council



Werte!

Welcome!

Alice Springs Town Council
welcomes you with an
invitation to stay awhile
longer, explore your
magnificent country...

EVENT SCHEDULE

NOTE: the schedule of bus pick up times to/from the race start/finish is listed separately on page 7.

Thursday 14th August

- 4:30pm Mapping app help session - the Mercure Alice Springs Resort
- 5:00pm – 6:00pm Happy Hour drinks and a chance to chat with the Race Directors - the Mercure
- 6:30pm onwards Dinner available at the Mercure's Barra on Todd Restaurant (bookings essential)

Friday 15th August

- 11:00am - 3:00pm Registration - on the Mercure grass
- 3:00pm Race briefing and official welcome - on the Mercure grass
- 5:30pm Malbunka Stage 1 start - the Telegraph Station
- 6:10pm Namatjira Stage 1 start - the Telegraph Station

Saturday 16th August

- 6:40am Malbunka Stage 2 start - Simpsons Gap
- 8:00am Namatjira Stage 2 start - Standley Chasm
- 5:30pm - 6:30pm Medical team available at the Mercure for post race care
- 6:30pm Event BBQ buffet dinner at the Mercure
- 7:00pm Presentations for Stage 1 and Stage 2 at the buffet dinner

Sunday 17th August

- 7:20am Malbunka Stage 3 start - Birthday Waterhole turn off
- 7:30am & 8:50am Namatjira Stage 3 slower & faster runner wave start - Birthday Waterhole Rd
- 5:30pm - 6:30pm Medical team available at the Mercure for post race care
- 7:00pm Presentations for Stage 3 on the grass at the Mercure (and online)

Monday 18th August

- 7:00am Malbunka Stage 4 starts - Ochre Pits
- 7:30am Namatjira Stage 4 starts - Counts Point turn off
- 11:00am - 3:00pm 'Beach Party' post-race celebrations at the Ellery Creek Big Hole
- 6:00pm Event presentation dinner at the Mercure

Any important event changes, updates or issues made during the event will be shared on the [Run Larapinta Participants Past and Present Facebook Group](#) and will be communicated at the stage presentations the day before and posted to the event notice board. It is up to the competitor to make yourself aware of these changes.

RACE HQ – THE MERCURE ALICE SPRINGS RESORT

The Mercure will be the Race HQ and social hub of the event and everyone is most welcome to come and enjoy the facilities whether you are staying there or not. The Mercure has a swimming pool, bar and cafe serving some great food throughout the day plus plenty of grass, shade and seating - so come and make yourselves comfortable.

The Mercure is located at 34 Stott Tce, Alice Springs.

Additional notes for those staying at the Mercure

- Breakfasts:
 - available from 5:00am on Saturday 16th and Sunday 17th so you can eat before getting on the bus.
 - available from 4:30am on Monday 18th as the bus pick up is extra early
- The competitor buses will collect / drop off runners at reception before / after each stage.

Discovery Parks Alice Springs

Our second partnered hotel is Discovery Parks Alice Springs located an 8min drive or 6km south of the Mercure. Discovery Parks is a great centre and also opens their arms to event participants. Located at 25 Palm Pl, Ross.

The competitor buses will also collect / drop off runners at reception before / after each stage.

RACE REGISTRATION

11:00am to 3:00pm on Friday in The Mercure courtyard, on the grass in the middle of the hotel.

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 your bus ticket
- Clothing valet bag tag - for you to write on your 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 15th in The Mercure courtyard (same location as registration)

All runners are strongly encouraged to attend the briefing 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.

EVENT CONTACTS If you need to contact us at any point during the event (numbers are also on back of your number plate):

- Emergency / serious issues: Sam Maffett, Event Manager 0400 001 786 or John Jacoby, Race Director: 0408 035 261
- If we are out of range try our off-site contact in Victoria: Bridget Jacoby, Rapid Ascent Director: 0400 322 884.
- Administrative enquiries at any point during the race: Marcel Shields, Competitor Services: 0412 523 420

COMPETITOR SERVICES

On site medical team

We will have 2 specialist emergency doctors with us for the duration of the event, Dr Dan and Dr Jerome are athletes and understand the needs of competitors in events like these. They will generally be based at the finish line but will have the ability to backtrack to assist runners on the course if needed. They have asked that you please keep your Medicare card or card number with you while running (take a photo of it) so they can register you as a patient, record notes into their clinical software and bulk bill for treatments (treatment will not cost you anything). You are welcome to discuss any particular concerns or scenarios with them at the competitor briefing on Friday.

The event medical team will be at The Mercure on Saturday and Sunday between 5:30pm and 6:30pm to provide post race care (eg. blister care, taping and advice). Please find them in the shade shelter next to the grass.

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.

FREE Professional photos during the event

We are delighted to have a local professional photographer James Tudor from Forktail and David Lennon to shoot photos during the event. James and David will walk into different sections of the course each day to capture you in action, then upload his photos to a shared drop box each night – FOR YOU TO DOWNLOAD AND SHARE!!

Simply visit the drop box folder linked below, download the shots you like and then share them with your friends – please tag #runlarapinta and @RapidAscent so we're included!

Please note:

- James and David can't be everywhere at once, they will try to get a few photos of each person across the entire event so please be patient if they miss you on one day!

Photos will be available from here

- <https://tinyurl.com/34nhk6xy> to access all photos via separate drop box folders, OR
- www.forktail.com.au where you can search for photos of a specific race number



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. Supporters welcome.

Thursday 14th

- **5:00pm – 6:00pm. Meet the Race Directors and event staff - at The Mercure bar.**

This is a great chance to meet the Rapid Ascent team and your fellow runners to chat 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 Mercure's Barra on Todd restaurant.**

Al a carte menu on user pays basis. Bookings essential - call: 08 8951 4545

Saturday 16th

- **6:30pm - 7:30pm. Event buffet dinner at The Mercure + Stage 1&2 presentations**

A hearty buffet will be served outdoors on the grass - providing a terrific opportunity to meet other competitors and compare stories after 2 hard days of running. (Included in the Entry Package).

Sunday 17th

- **7:00pm. Stage 3 presentations on the grass at the Mercure and online**

We will do a short presentation of the stage 3 results on the grass at the Mercure. Grab a drink from the bar or order a meal and celebrate our winners. Will also be live streamed to the [Run Larapinta Facebook Group](#)

Monday 18th

- **11:00am - 3:00pm. 'Beach Party' post-race celebrations at the Ellery Creek Big Hole.**

Celebrate the end of the race in style by having a swim and relaxing on the sandy beach surrounding the magnificent Ellery Creek Water Hole. There will be a great BBQ and drinks at the finish to help you celebrate (**user pays - cash only**).

- **6:00pm. Official event presentation dinner at the Mercure.**

This is a must-attend event as we celebrate the end of an incredible 4 days of running in the Red Centre with a hearty buffet, great stories and the presentation of final results to our winners. Dinner is included for 4 stage runners. (Included in the entry fee for all 4 stage runners).

FENIX
LIGHTING FOR EXTREMES



HM65R-T V2.0

We tailor our lighting solutions to withstand extreme weather conditions, high levels of dust and the corrosive nature of many trail running environments.

USE DISCOUNT CODE
RAPID 20
GET 20% OFF



TRANSPORTATION DETAILS AND SCHEDULE

The start and finish lines for all stages are located some distance from the Mercure and central Alice Springs so competitors will need vehicle transport to / from these locations. Rapid Ascent provide transportation to / from each start that most runners booked when entering. Your wrist band received at registration is your 'bus ticket'.

Buses will leave from the reception of the designated accommodation venue at the time listed. Often the Malbunka and Namatjira buses are there at the same time 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 1.5hrs 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!

If you have your own car with a support crew / driver then you can make your own way 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.

Listed below is the schedule for Rapid Ascent's bus transportation.

Friday 15th

BEFORE: from Alice Springs TO the Stage 1 start

Malbunka (starts at Telegraph Station)

- 4:30pm / 4:40pm pick up from Discovery Parks / the Mercure

Namatjira (starts at Telegraph Station)

- 5:20pm / 5:30pm pick up from Discovery Parks / the Mercure

AFTER: from the Stage 1 finish line at the Mercure to Discovery Parks

- 7:30pm The first bus will depart and then a second bus at approx 8:30pm. after the last runner.

Saturday 16th

BEFORE: from Alice Springs TO Stage 2 start.

Malbunka (starts at Simpsons Gap)

- 5:40am / 5:50am pick up from Mercure / Discovery Parks

Namatjira (starts at Standley Chasm)

- 6:20am / 6:30am pick up from Mercure / Discovery Parks

AFTER: from the Stage 2 finish line at Standley Chasm TO Discovery Parks / the Mercure in Alice Springs

- 1:30pm The first bus will depart and then approximately every 75mins.

Sunday 17th

BEFORE: from Alice Springs TO Stage 3 start.

Malbunka (starts at Birthday Waterhole turn off)

- 6:00am / 6:10am pick up from Mercure / Discovery Parks

Namatjira (Starts at Birthday Waterhole)

- 5:35am / 5:45am 1st pick up from Mercure / Discovery Parks - slower runners (these will be 4WD buses)
- 6:50am / 7:00am 2nd pick up from Mercure / Discovery Parks - faster runners

AFTER: from the Stage 3 finish line at Standley Chasm TO the Discovery Parks / the Mercure

- 1:00pm The first bus will depart and then approximately every 75mins.

Monday 18th

BEFORE: from Alice Springs TO Stage 4 start

Malbunka (Start at Ochre Pits)

- 5:00am / 5:10am pick up from Mercure / Discovery Parks

Namatjira (Start at Counts Point turn off)

- 5:40am / 5:50am pick up from Mercure / Discovery Parks

AFTER: from the Stage 4 finish line at Ellery Creek Water Hole TO Discovery Parks / the Mercure

We encourage the vast majority of runners to stay at the 'Beach Party' finish line until the last runner finished.

- 1:00pm The first bus will depart and then approximately every 75mins

AIRPORT TRANSFERS

Airport shuttles booked through Rapid Ascent will be conducted by [Alice Silver Passenger Services](#):

- Arrival - They will be at the airport on the 13th, 14th and 15th ready to pick you up if you have supplied your flight number.
- Departure - They will collect you from your hotel based upon the flight details you've given them. They will send you an e-mail with your pick up time.

THE RACE COURSE

The Run Larapinta Stage Race will be 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

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. Large sections of the route are in mountainous country that will see you going up hillsides, and along rocky ridges before descending to more open savannah country. On the whole, runners should be prepared for very rocky surfaces and wear appropriate shoes with good tread, support and cushioning. It always feels hard and harsh under foot.

Trail marking

The entire Larapinta Trail is 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. Other than on stage 1 which is fully marked, there will basically be very little / if any 'Rapid Ascent' course markings other than when you arrive into a finish area and we need you to go a specific way.

Any Rapid Ascent course markings 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 9 for details

To provide added direction, peace of mind when running and because of the occasional long grass on the track, **ALL COMPETITORS MUST** set up their phone with a mapping app and the course routes that work when off-line for all stages they are racing. We recommend Avenza Maps - see page 9 on how to set up your phone.

Water points, checkpoints and marshals

Water points may be up to 20km apart so runners will definitely need to carry considerable water. 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 Skratch Labs Sport Hydration Drink Mix powder for you to mix up in your own bladders / bottles. Water points will also be stocked with some fruit cake, snakes, bananas, chips, shapes 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 22 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 Mercure. NOTE: dinner is available from the Mercure restaurant but only if you PRE-ORDER FIRST. [Click here for details how to pre-order](#) - must be ordered by 13th August. (It is our strong recommendation that you have a plan for dinner on night 1 as we finish late - so pre-ordering from the Mercure at the finish line is a good idea).
- 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 Standley Chasm again (as above)
- Stage 4: Finish at the Ellery Creek Waterhole where we will have a large BBQ selling lunch food (cash only).

SAFETY ON THE TRAILS

Pre-start registration - all stages:

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.

Duty of care

Rapid Ascent have 'duty of care' over all competitors, volunteers and stakeholders. We will ensure that the race is run as it is described, with water, support and assistance as explained 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.

BUT it is also up to YOU the participants to use common sense and take care of yourselves and each other. YOU are ultimately responsible for yourself so think and act carefully, for example, making sure you: have sufficient hydration with you to get to the next checkpoint, dress appropriately for the conditions, eat and drink enough before, during and after each stage, handle yourselves correctly if you are hot, 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 YOU to ensure you prepare yourself and can handle the conditions of the event.

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 - 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. Note your exact location (in the Avenza app: press the green triangle in the top right corner of the map to locate yourself, then copy the coordinates at the bottom of the screen)
- Ask someone to remain with the injured runner whilst others continue on for help. If remaining in place, ensure you have sufficient clothing, food and water...
- 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.
- Call or text the Event Manager Sam Maffett on 0400 001 786 or Race Director John Jacoby on 0408 035 261 for assistance - advise the name (or race number) of the injured person, the exact location and their condition. (Their 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.

How to load the maps onto your phone in the AVENZA App

All competitors **MUST** have the map for ALL 4 STAGES loaded into a mapping app on your phone. We recommend runners use the excellent AVENZA MAPS app that makes it easy to download the maps to your phone. Follow these steps:



To load the course map on your phone:

1. simply scan or tap the QR code below to install the Avenza mapping app (if not already installed), and download the bundle of 4 course maps to your phone (separate map bundles for Malbunka and Namatjira courses).
Quicklinks: Malbunka <https://link.avenza.com/sKpH> Namatjira: <https://link.avenza.com/LsSZ>
2. open the map for the stage you are doing, and when you're on course your position will be identified with a blue circle.

NOTE the following regarding mandatory maps on your phone:

- if using a different mapping app then it must display the course route and your location when you are off-line (out of phone reception)
- Using any mapping app on your phone drains additional battery so we recommend only using the app when you are at a junction or are unsure where to go. If you are a heavy phone user then consider taking a power bank with you as well.
- You can also download the GPX files for each stage from the course description page on the event website so you can import them into other mapping apps and/or onto your watches (which is handy for quick checks when on the trail).



MALBUNKA
course map bundle



NAMATJIRA
course map bundle

We are happy to assist you getting the maps onto your phone and explain how to use them at the mapping session at 4:30pm on Thursday 14th at the Mercure.

STAGE 1 – MALBUNKA AND NAMATJIRA

The Run Larapinta Stage Race starts with a unique stage that will provide a great introduction to the stages to come and a memorable experience as you run through sunset into a night time finish under a universe of stars.

Malbunka Summary:

Start location: The Telegraph Station, at the end of Herbert Heritage Dr
Finish location: The Mercure
Length: 19.4km. Elevation: 220m up and 220m down. [AVENZA map link here](#)
Race start time: 5:30pm
Water point / requirements: Approx 13km pt. **Runners must start with a minimum of 750ml hydration with you**
Cut off time: All runners must have departed the water point (13.5km pt) by 'Start Time + 2hrs15'
Course record: 1:19:02 Felix Weber and 1:29:39 Hanny Allston (old course) 1:35.47
Craig Feuerherdt and 1:48.35 Jessica Jenke (new course)
Difficulty rating: Medium

Namatjira Summary:

Start location: The Telegraph Station, at the end of Herbert Heritage Dr.
Finish location: The Mercure.
Length: 13.5km. Elevation: 160m up and 160m down. [AVENZA map link here](#)
Start time: 6:10pm
Water point / requirements: Approx 8km pt. **Runners must start with a minimum of 750ml hydration with you**
Cut off time: All runners must have departed the water point by 'Start Time + 1hr45'
Course record: 40:44 Brad White and 47:11 Emma Kraft (old course)
1:08.16 Brett Godden and 1:08.16 Gillian Turnbull (new course)
Difficulty rating: Easy - Medium

NOTE: This stage used to be run in the opposite direction until 2024.

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. Whilst we do not run on the actual Larapinta Trail, the course provides a terrific introduction to the Central Australian terrain you'll enjoy over the coming days.

Both courses start under the Ghost Gums at the Telegraph Station but head in separate directions for the first few kilometers before joining up mid way through. The middle section of both courses follows some quite technical MTB single track that weaves, climbs and descends over various ridgelines - providing some great views over the desert to the east and the Alice Springs township to the west - just watch you feet!

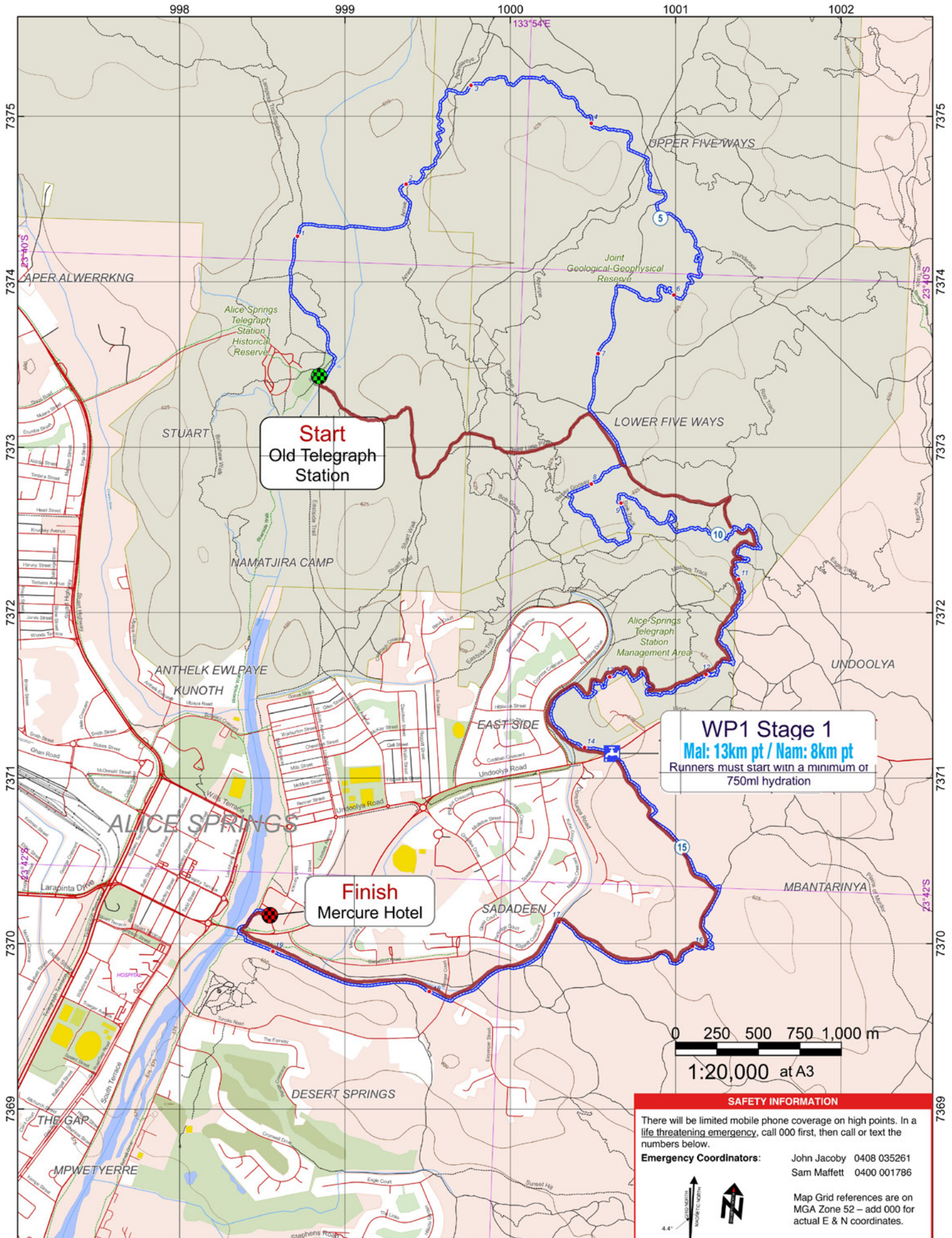
The sun will set and it will get fully dark during the race so all runners must start with a head torch that you can turn on when darkness descends (sunset is at 6:18, darkness at 6:40pm) and then take care to carefully follow the reflective course markings through to the finish to ensure you stay on route.

The last few kilometers go along beside the township before turning into the grounds of the Mercure and the finish line.

Finish line services:

- The Telegraph Station is just 4km from the centre of Alice Springs that makes for an easy warm up jog beside the Todd River - or jump onto the shuttle bus.
- The shuttle bus will collect runners from Discovery Parks and the Mercure before the run. We will also provide a shuttle bus to Discovery Parks after the run.
- A take away dinner is available from the Mercure after the race but you must PRE-ORDER beforehand. See the details on page 8 above or [click here for ordering instructions](#).

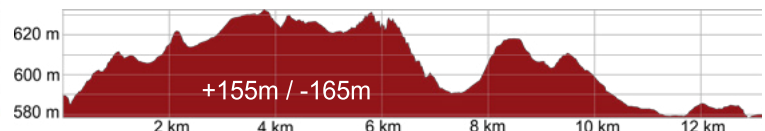




MALBUNKA ELEVATION PROFILE



NAMATJIRA ELEVATION PROFILE



STAGE 2 – MALBUNKA

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. [AVENZA map link here](#)
- 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:** 4:22:27 Corey Milner 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.

STAGE 2 – NAMATJIRA

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. [AVENZA map link here](#)
- 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:** All runners must have departed the Millers Flat (5km pt) by 'Start Time + 2hrs'
- Course record:** Richardt Schwalb 2hr43 and Gillian Turnbull 3hr17
- Difficulty rating:** Difficult/Hard with steep, technical and slow terrain. This is your hardest stage.

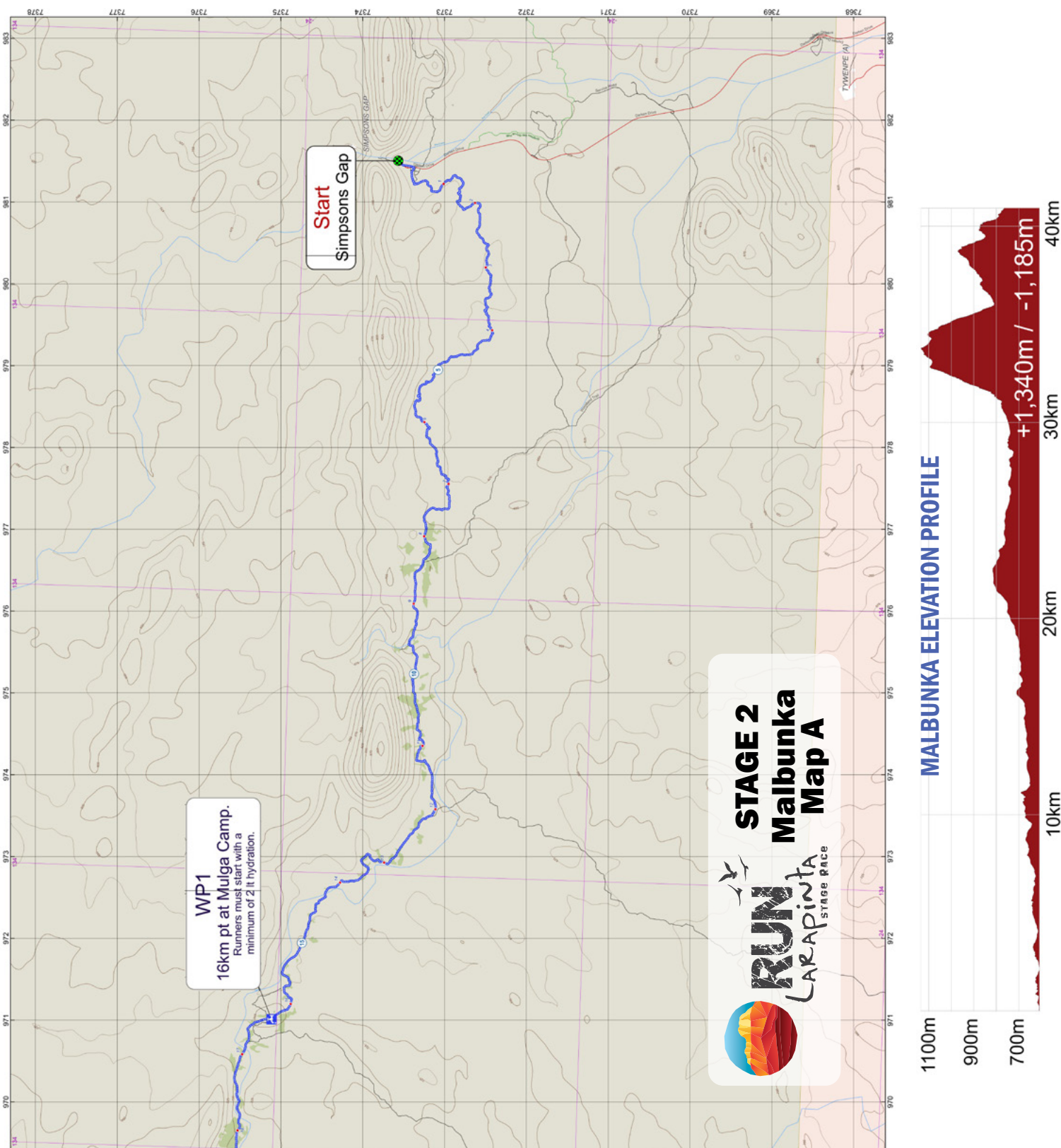
All runners must start with a minimum of 3lt hydration. Starting at Standley Chasm runners almost immediately complete a steep and hard climb and descent around the chasm to Angkate Junction. The course then goes through more undulating terrain in the valley bottom but is made tougher by being very rough 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).

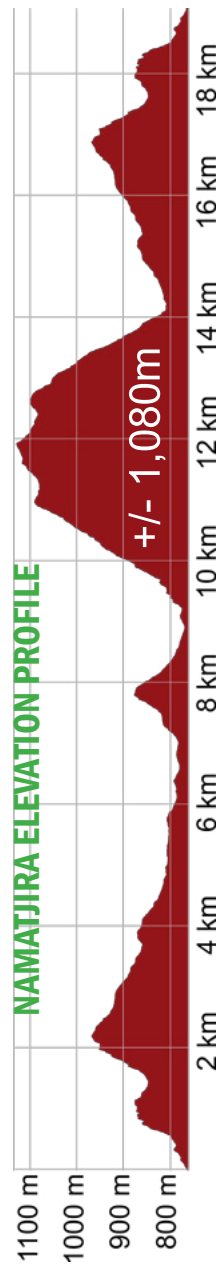
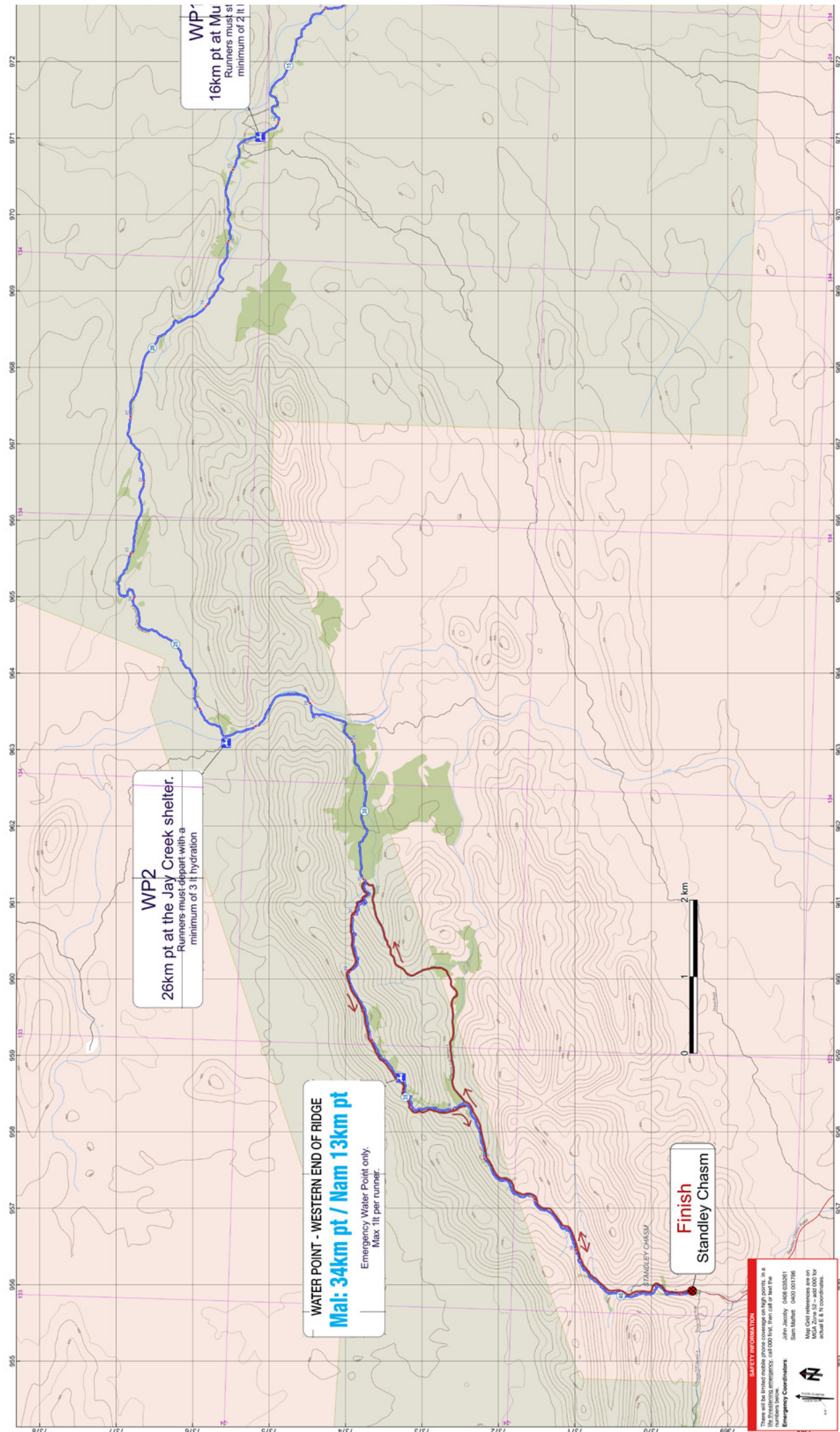
After Tangentyere Junction you complete a tough climb onto the 'High Route' and the top of the Chewings Range with spectacular views across the continent. Proceed west along the ridge to the manned water point at the western end where you may access max 1lt per person. Take care descending the ridge 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).







Stage 2 -
Malbunka map B

Stage 2 -
Namatjira map

ALICE SPRINGS Masters Games

10 - 17 October 2026

The *friendly* games



Enter any of these sports categories:

Athletics - Road & Trail
Athletics - Track & Field
Aussie 9's Football
Basketball
Cycling
Darts

Eightball
Equestrian
Golf
Hockey
Lawn Bowls
Mountain Biking
Netball

Orienteering
Pickleball
Softball
Swimming
Tenpin Bowling
Triathlon



**THE FRIENDLY GAMES RETURN -
REGISTER YOUR INTEREST NOW!**

alicespringsmastersgames.com.au

Proudly sponsored by
 NORTHERN
TERRITORY
GOVERNMENT

STAGE 3 – MALBUNKA

This stage is over a very rugged section of the Larapinta Trail, in some ways similar to stage 2 (but a little bit easier).

| | |
|------------------------------------|--|
| Start location: | Birthday Waterhole track / Namatjira Drive junction |
| Directions to the start: | Drive west along Larapinta Way for 46km and then turn right onto the Namatjira Drive. Continue for exactly 9.5km to where a dirt road turns off to the right. 45mins 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 adjacent the Standley Chasm cafe next to the car park. 45mins from Alice Springs. |
| Length: | 33km. Elevation: 870m up and 760m down. AVENZA map link here |
| Water point / requirements: | There is one water point at the 14km point near Birthday Waterhole. All Malbunka runners must depart the water point with a minimum of 3lt of hydration. (NOTE: there is no water at the start line so please fill up in Alice Springs before you get on the bus). |
| Course cut off: | All runners <u>must have departed</u> the water point at 14km point by 'Start Time + 2hr30min' |
| Course record: | Males: Corey Milner 3hr07min and female: Erica Lori 3hr44 |
| Difficulty rating: | Hard |

Stage 3 runners commence at the Birthday Waterhole Track / Namatjira Drive road junction and run for approx. 11km along the relatively flat 4WD track as it winds its way across the flat lands and crosses a few dry creeks before arriving at WP1 at Birthday Waterhole. This section is very runnable and rewarding as you make your way towards the ranges.

All Malbunka runners must depart the water point with a minimum of 3lt of hydration. Past the water point the course continues a further 3km to the Birthday Waterhole and then turns onto the Larapinta Trail at the section 4-5 junction. Once on the trail it skirts the base of some ridges until the ~18km point where you commence a very steep and tough climb.

The course climbs 550m in just 3km as it zig-zags its way up the side of this steep ridge, going through some saddles and deceptive false summits, as well as across the top of some cliffs and steep drop offs - take care! The views from the summit at the 22km pt make it well worth it as you are high up in the Chewings Ranges with views across the continent!

From the summit the course follows a long, undulating ridge line that is predominantly downhill (interspersed with a couple of climbs), especially through the spectacular Reveal Saddle. After Reveal Saddle the trails continues downhill, and then along a dry river bed with lots of loose rock before a short climb and descent to the finish at Standley Chasm cafe.

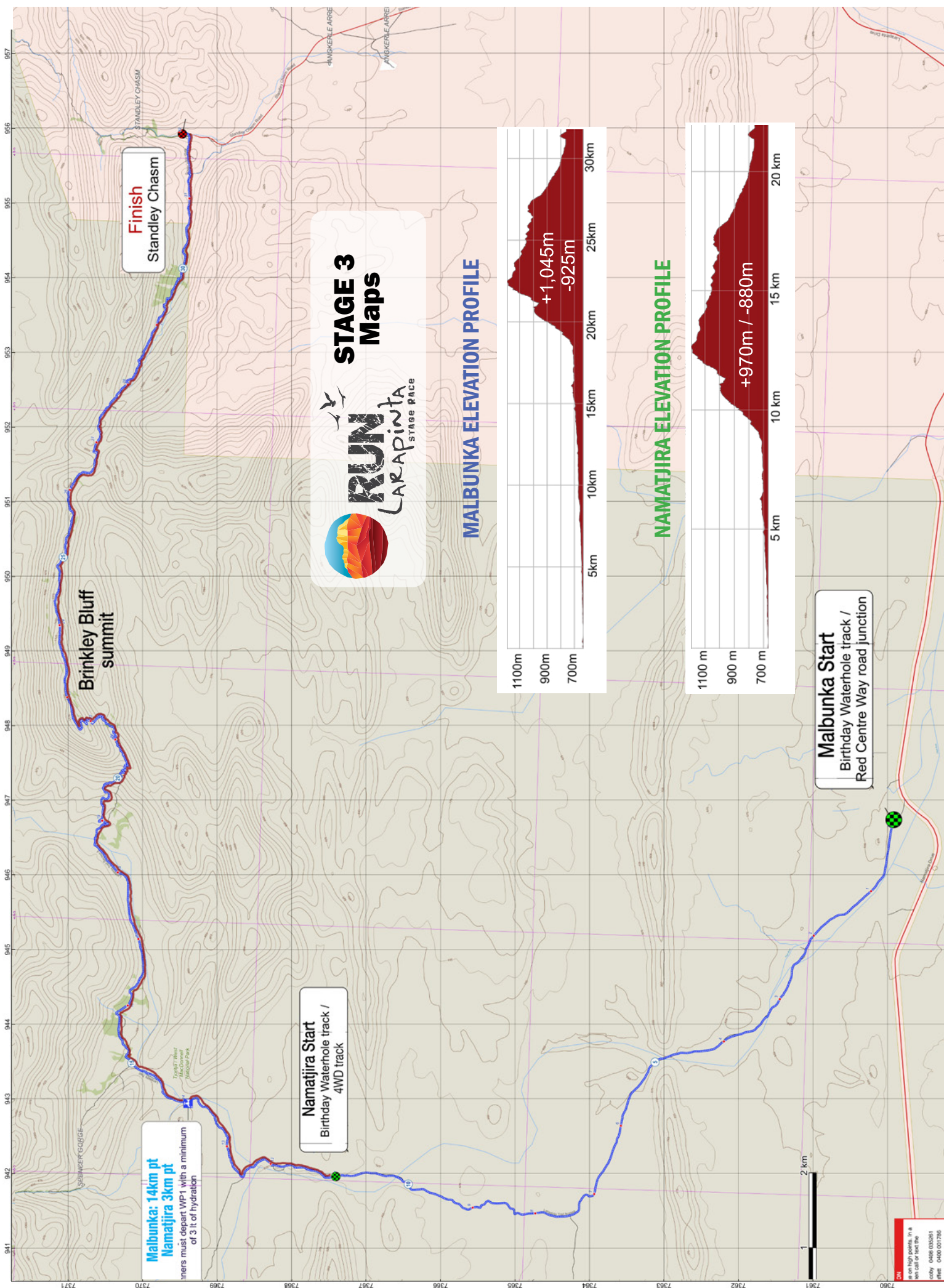
STAGE 3 – NAMATJIRA

A great stage over a very rugged and spectacular section of the trail, in some ways similar to stage 2 (but a little easier).

SPLIT STARTS: We will conduct 2 different wave starts: the slower half of the field after stage 2 must catch the earlier bus and start at 7:30am and the faster half of the field after stage 2 catch the later bus and start at 8:50am. The faster / slower halves of the field will be divided according to the overall, cumulative results after stage 2, split exactly in the middle. The start groups will be posted to the [website homepage](#) and the Run Larapinta [Facebook Group](#) on Saturday night.

| | |
|------------------------------------|--|
| Start location: | Birthday Waterhole track |
| Directions to the start: | Drive west along the Larapinta Way for 46km and then turn right onto the Namatjira Drive. Continue for exactly 9.5km to where a dirt track turns off to the right. We will reconvene at this junction, use the toilets and then drive Namatjira runners to the start, 10km further along the dirt track in 4WD buses. Drive time is 45mins drive to the junction and another 30min 4WD to the start. |
| 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 adjacent the Standley Chasm cafe next to the car park. 45mins from Alice Springs. |
| Length: | 22.4km. Elevation: 760m up and 680m down. AVENZA map link here |
| Start time: | Slower runners start at 7:30am, faster runners start at 8:50am |
| Water point / requirements: | There is one water point at the 3km. All Namatjira runners must start with a minimum of 3lt of hydration. (NOTE: there is no water at the start line so please fill up in Alice Springs before you get on the bus). |
| Cut Offs: | There are no cut-offs for Namatjira runners on stage 3 (because once you start you have to finish). |
| Course record: | Males: Luke Gordon 2hr37min and female: Gillian Turnbull 2hr47mins |
| Difficulty rating: | Hard |

The Namatjira Stage 3 course is basically the same as the Malbunka course described above but Namatjira runners drive the first 10kms along the 4WD track (Malbunka runners run this section) and then start 10km further in, just short of the water point at Birthday waterhole.



STAGE 4 – MALBUNKA

Stage 4 covers some great terrain, visiting one of the MacDonnell Ranges' favorite lookout before finishing at its favorite water hole for a swim and beach party.

The Malbunka Summary

- Start location:** Ochre Pits car park.
- Directions to the start:** From Alice Springs: 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. 1hr15mins drive from Alice Springs
- Finish location:** Ellery Creek Big Hole, 1hr drive from Alice Springs + with BBQ lunch for sale - cash only
- Directions to the finish:** From the start at Ochre Pits, drive east back towards Alice Springs on Namatjira Drive for 24km and then turn left to Ellery Creek Big Hole.
- Length:** 34km. Elevation: 1,000m up and 910m down. [AVENZA map link here](#)
- Water points / requirements:** WP1 at Serpentine Chalet Dam 6km pt.
WP2 at Serpentine Gorge 21km pt.
All runners must depart each water point with a minimum of 2lt water / hydration.
- Course cut off:** All runners must have departed WP2 at Serpentine Gorge (21km pt) by 'Start Time + 4hr45min'
- Course record:** Males: Corey Milner 3hr27min and female: Erica Lori 4hr01min
- Difficulty rating:** Medium - some good running opportunities plus a large climb and descent

Stage 4 starts at the ancient Ochre Pits, traditionally a quarry for ochre used for rock paintings and is worth a look before racing starts. Once under way runners head north for 3.5km then turn right (east) on the Larapinta Trail and continue along the undulating terrain as it flanks various ridges leading to Serpentine Chalet Dam and WP1 at 6km mark. Continue past the water point and at the 9km mark the trail turns left to climb up a challenging climb to the ridge top at Counts Point.

At the top of the climb runners must initially turn left to complete a short 700m out and back to the Counts Point lookout itself - take a photo and get your name marked off by the marshal at the lookout - and then return back along the ridge top heading in an easterly direction.

The spectacular running continues as you run 4km along the ridgeline before it drops down to WP2 at Serpentine Gorge at 21km. Continue along the trail and 3.5km after WP2 (24km pt overall) where you **MUST TURN RIGHT** to stay on the southern side of the ridge. From here on the trail goes over some very technical, sharp and rocky terrain that requires close concentration - STAY ALERT - all the way to the ultimate finish line at the Ellery Ck Waterhole.

We will have a 'beach party' style set up at the waterhole with chairs, shade, music, food and drinks – and of course the magnificent waterhole to swim in – to help celebrate the end of the 2024 Run Larapinta. It will be a finish line to remember!

STAGE 4 – NAMATJIRA

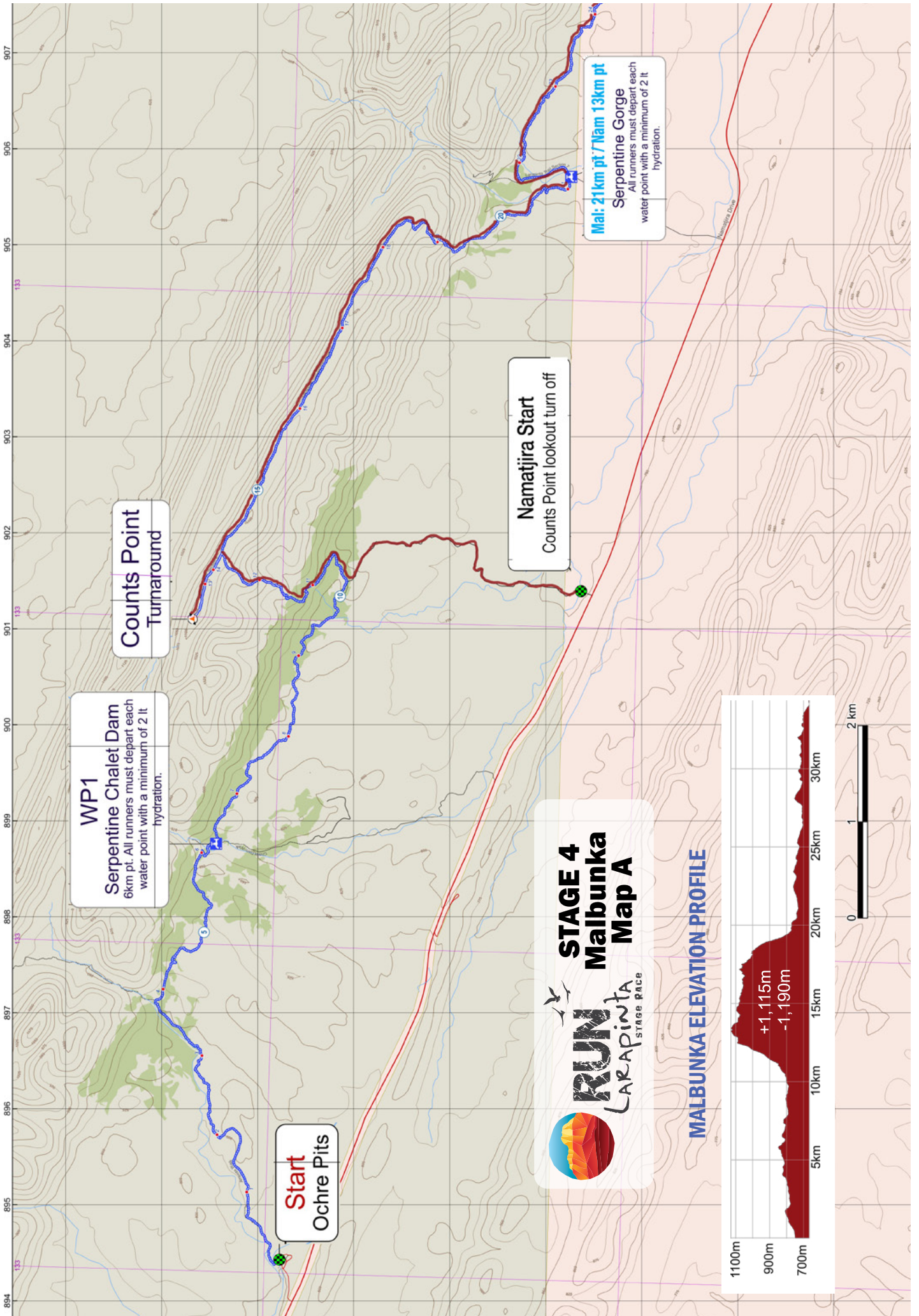
Stage 4 covers some great terrain, visiting one of the MacDonnell Ranges' favorite lookouts before finishing at its favorite water hole for a swim and beach party.

The Namatjira Summary

- Start location:** Counts Point track turn off
- Directions to the start:** From Alice Springs: drive west along Larapinta Way for 46km and then turn right onto the Namatjira Drive. Continue for 56.5km to where an unmarked dirt road turns off to the right (north) - denoted by a 'West MacDonnell National Park' timber sign board on the right. 1hr10mins drive from Alice.
- Finish location:** Ellery Creek Big Hole, 1hr drive from Alice Springs + **with BBQ lunch for sale - cash only**
- Directions to the finish:** From the start at Counts Point track turn off, drive east back towards Alice Springs on Namatjira Drive for 14.5km and then turn left to Ellery Creek Big Hole.
- Length:** 26km. Elevation: 730m up and 800m down. [AVENZA map link here](#)
- Water point / requirements:** Water point at Serpentine Gorge at 13.5km mark.
All runners must depart the water point with a minimum of 2lt water / hydration.
- Course cut off:** All runners must have departed the Serpentine Gorge at 13.5km mark by 'Start Time + 4hr15min'
- Course record:** Males: Luke Gordon 3hr09min and female: Annie Knight 3hr24mins
- Difficulty rating:** Medium some good running opportunities plus a large climb and descent

Namatjira runners start by heading 3.5km north along a straight forward 4WD track and then join the Larapinta Trail at the start of the climb up to Counts Point (this is the 9km point for Malbunka runners).

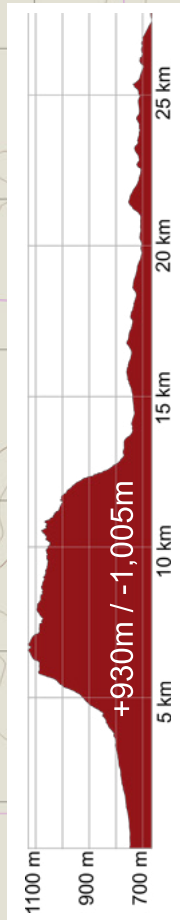
The rest of the stage is the same as for the Malbunka runners as described above - including the out-back to Counts Point and the beach party finish line at the Ellery Creek waterhole. CONGRATULATIONS on your accomplishment at Run Larapinta.





STAGE 4 Malbunka Map B Namatira map

NAMATJIRA ELEVATION PROFILE



Mal: 21km pt / Nam 13km pt
Serpentine Gorge
All runners must depart each water point with a minimum of 2 lt hydration.

Finish
Ellery Creek Waterhole

AN INCREDIBLE RUN ALONG
SPECTACULAR SECTIONS OF THE
FAMED BIBBULMUN TRACK



RUN BIBBULMUN TRACK

STAGE RACE



14 - 16 NOVEMBER, 2025

DENMARK, WESTERN AUSTRALIA

RUNBIBBULMUN.COM.AU

- > 3 day stage race for solo runners
- > Karri long course: 35-39km each day
- > Tingle short course: 17-24km each day
- > Full support available

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 Plates x 2. | We give you: 1) an A5 sized number plate - that is to be worn on your front at all times. 2) a small number plate to be pinned to your backpack (so people can see your name!) | 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 \$20 - 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 dramatically reduce phone battery life.) | no |
| Course map on phone | All competitors must have the GPS course route loaded into a mapping app on your phone that works when off-line and out of reception. We recommend the AVENZA mapping app. (We will also accept Maps.ME, Gaia GPS or Guru Maps provided the maps are downloaded to the device and the course route visibly imported). Having the maps solely on your watch is not sufficient. | Yes - we can help you set up your phone |
| 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 jacket does not have to be waterproof (although it is our recommendation 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 depart the Birthday Waterhole track water point (14km pt) with a minimum of 3lt water / hydration. - Stage 4: all runners must depart both water points (Serpentine Chalet Dam 6km pt and Serpentine Gorge 21km pt.) with a minimum of 2lt 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 3lt of water / hydration. - Stage 4: all runners must depart the Serpentine Gorge water (13.5km pt) point with a minimum of 1lt water / hydration. | no |
| Headsock or beanie | A Buff / headsock or more substantial beanie | Yes \$20 - 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. We HIGHLY RECOMMEND this is carried by all runners for all stages. | Yes \$29 - rechargeable 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). Blister treatment supplies.
- Medicare card or details saved on your phone (take a photo of your card or use the Medicare / MyGov App)
- Recommend travel insurance in case you need helicopter rescue on the course - or enquire with your ambulance membership or with your personal accident insurance.

WEATHER

The climate in Alice Springs for the month of August is generally very pleasant – although it can still get very warm when you are outside, exercising in full sun with no shade. Equally so, it can get very cold overnight and in the mornings. We recommend wearing multiple layers and adjusting to suit. 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.

Avg daily max 25°C Avg night min 6°C Avg rainy days 3.1 Avg cloudy days 7.6 Ave sunrise 6:55am / Sunset 6:20pm

SAFETY IN ALICE SPRINGS

Alice Spring is a wonderful, vibrant city with a big history. But just like most cities it has its difficulties and social issues that visitors need to be aware of. Here are some tips to help ensure your safety whilst in the area:

- We are firmly of the belief that the town is safe in the daytime. Normal precautions apply but generally it's fine.
- Do not go out solo at night, don't go into the CBD after dark. If you have to be out after dark then remain with others.
- Be aware of personal effects when in town – don't leave items unattended and just be mindful of flashing around big bling like cameras...
- Use common sense and simply be aware of your surroundings.

Alice Springs has received a lot of bad publicity over the last year or two which has amplified people's awareness of the issues within the community. But in the most part the situation is not especially different to how it always is, and how many multicultural cities around the world are. It is safe provided you use a bit of common sense. The recommended accommodation is all gated and secure, and the event schedule means you do not need to be out after dark by yourself. And once we're out on the trails we'll have the whole continent to play with day and night because the bush areas are safe.

15% OFF SITEWIDE
AT **TARKINE.COM**
USE CODE: **LARAPINTALEGENDS**



TARKINE GIANTS AVAILABLE
SEPTEMBER 2025

CUT OFF TIMES

The cut off times are outlined in each stage description above.

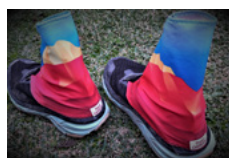
Runners failing to reach a cut off cannot proceed any further on course for that stage and must go with the race official in their vehicle to the finish line. Runners who miss a cut off can restart the next stage the following day but will be listed as an un-ranked competitor in the official results.

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 can be collected during registration.



Run Larapinta Hoodie - \$109 Perfect for keeping warm on those cool Alice Springs evenings! Features a kangaroo pocket on the front and event logo on the back. Limited sizes



Trail Gaiters
\$35



Steigen Socks
\$27



Running visor
\$25



Head sock / Buff \$20

skratch LABS

Skratch hydration / nutrition for sale.

We will have some Skratch chews, bars and hydration sports mix for sale during registration if you need to stock up.



- drink when thirsty
- don't drink when not thirsty

skratch LABS
hydration
SPORT DRINK MIX

Hydrates faster than water

lemon + lime

90% of electrolytes in sweat is sodium

real athletes.
real food. *always*

We use science to inform what will help your body perform its best. We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that solve problems and simple ingredients that each have a purpose !!

w: skratchlabs.com.au - p: 02 9417 5755

HONOUR ROLE – RUN LARAPINTA STAGE RACE

Malbunka overall results

| Place | 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 (alt 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 (alt 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 |
| 2022 August (original stage 3 and 4) | | | |
| 1 | 18-39 | Tom Scott | 16:08:45 |
| 2 | 18-39 | Tom Hutton | 16:31:18 |
| 3 | 18-39 | Zachary Haines | 16:40:03 |

| 2023 (alt stage 3 and 4): | | | |
|---|----------|---------------------|------------|
| 1 | 18-39 | Corey Milner | 12:15:43 |
| 2 | 40-49 | Troy Wilson | 14:41:39 |
| 3 | 50-59 | Marc Woods | 15:31:33 |
| 2024 (out/back stage 2, alt stage 3 and 4): | | | |
| 1 | 40-49 | Yun Phua | 12:48:55 |
| 2 | 40-49 | Craig Feuerherdt | 13:55:04 |
| 3 | 18-39 | Jason Hughes | 14:36:19 |
| Place | 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 | Eibhlín 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 (alt stage 3 and 4): | | | |
| 1 | 18-39 | Erika Lori | 14:55:16 |
| 2 | 40-49 | Hayley Teale | 16:27:47 |
| 3 | 18-39 | Victoria Cole | 16:38:49 |
| 2022 April (alt 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 |
| 2022 August (original stage 3 and 4) | | | |
| 1 | 18-39 | Arian Huston | 16:48:25 |
| 2 | 50-59 | Kate Cush | 17:27:07 |
| 3 | 40-49 | Debra Lennard | 18:40:38 |
| 2023 (alt stage 3 and 4): | | | |
| 1 | 50-59 | Kate Cush | 15:47:58 |
| 2 | 40-49 | Lindsay Hamilton | 17:38:48 |
| 3 | 18-39 | Sally Theobald | 17:42:35 |
| 2024 (out/back stage 2, alt stage 3 and 4): | | | |
| 1 | 18-39 | Jess Jenke | 15:39:25 |
| 2 | 18-39 | Arian Huston | 15:36:25 |
| 3 | 40-49 | Sara Barrett | 16:17:21 |

Namatjira overall results

| Place | 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 |
| 2022 August (loop stage 2, OG stage 3 and 4) | | | |
| 1 | 18-39 | Richardt Schwalb | 8:30:26 |
| 2 | 18-39 | Andrew Johnston | 11:05:43 |
| 3 | 18-39 | James Marangou | 11:05:54 |
| 2023 (lollipop stage 2, alt stage 3 and 4): | | | |

| 1 | 40-49 | Luke Gordon | 9:58:54 |
|---|----------|----------------------|------------|
| 2 | 18-39 | Dylan Collings | 10:36:11 |
| 3 | 40-49 | David Ross | 11:26:51 |
| 2024 (lollipop stage 2, alt stage 3 and 4): | | | |
| 1 | 50-59 | Brett Godden | 10:49:32 |
| 2 | U 18 | Rohan Martin-Ritchie | 11:03:50 |
| 3 | 50-59 | Mark Audet | 12:01:18 |
| Place | 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 |
| 2022 August (loop stage 2, OG stage 3 and 4) | | | |
| 1 | 40-49 | Gillian Turnbull | 10:15:55 |
| 2 | 50-59 | Renee de Voogd | 11:15:06 |
| 3 | 40-49 | Kristie Bower | 12:07:52 |
| 2023 (lollipop stage 2, alt stage 3 and 4): | | | |
| 1 | 40-49 | Anabel Thomas | 11:19:49 |
| 2 | 40-49 | Claire Vincent | 12:35:00 |
| 3 | 40-49 | Mel Quilliam | 13:03:01 |
| 2024 (lollipop stage 2, alt stage 3 and 4): | | | |
| 1 | 40-49 | Gillian Turnbull | 10:41:27 |
| 2 | 40-49 | Maria Kraus | 12:33:16 |
| 3 | 40-49 | Camilla Evans | 12:46:57 |



MERCURE

HOTEL

ALICE SPRINGS RESORT

OFFICIAL EVENT ACCOMMODATION PARTNER

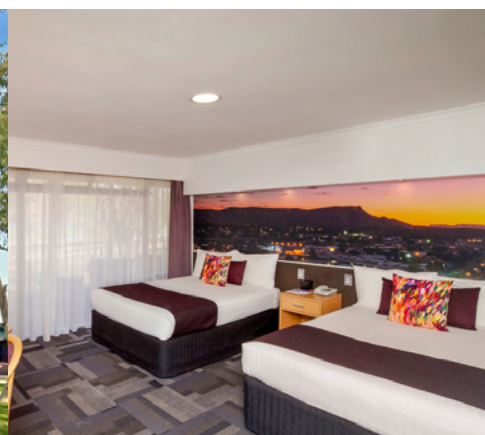
EXCLUSIVE COMPETITOR DISCOUNT
30%* OFF!

BOOK ONLINE NOW!
all.accor.com

As event accommodation partner, Mercure Alice Springs is the hosting venue for race registration, competitor briefing and social events.

Nestled on the banks of the famous Todd River only a 5-minute walk from the town center, The Mercure Alice Springs Resort combines friendly and efficient outback service with modern, comfortable facilities in 4.5-star surrounds.

*Discount valid on event days, 15-24 August 2025 only.



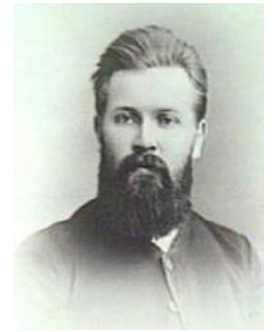
WHAT IS WITH THE RACE NAMES?

Malbunka:

The long course event has been named after Hezekiel Malbunka, an Indigenous stockman. He ran 126km from Hermannsburg (originally a Lutheran Mission and now Aboriginal community) on the Finke River in the MacDonnell Ranges to Alice Springs in order to save the life of missionary administrator, Carl Strehlow (1871 – 1922).

Regarded as one of Australia's most important anthropological experts on the local Arrernte and Luritja Indigenous cultures, Strehlow lay dying at the mission homestead. As horses were being saddled to dispatch a message to the Telegraph Station at Alice Springs requesting medical assistance be sent from Adelaide, Malbunka declared that he would go faster on foot.

It took Malbunka only a day and a half to run the 126km to Alice Springs, quicker than station hands agreed could have been achieved by their horses. Incredibly, he then turned around and ran back, taking only a day to return.



Carl Strehlow



Namatjira:

The short course event has been named after Indigenous identity Albert Namatjira. Namatjira (1902–1959) was a Western Aranda-speaking Aboriginal artist from Hermannsburg in the western MacDonnell Ranges – the exact area that the Run Larapinta passes through. As one of the most prominent Aboriginal artists of the time, he was a pioneer of contemporary Indigenous Australian art.

His watercolour Australian outback desert landscapes were of the Hermannsburg School of Aboriginal art. With their richly detailed watercolour depictions, the predominantly western style departed from the highly symbolic style of traditional Aboriginal art whilst drawing upon personal experience.

Namatjira is also symbolic of the Australian Indigenous rights movement and the bridging of Australian cultures, being the first Northern Territory Aboriginal person to be freed from the restrictions of legislation that made Aborigines wards of the State, becoming in 1957 the first Aboriginal person to be granted Australian citizenship.



Albert Namatjira



WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2025 - 2026.

Shimano Gravel Muster

Alice Springs, NT. 21 - 24 August, 2025 www.GravelMuster.com.au

Australians most iconic gravel stage race. Riding 380km through the outback in a coordinated event environment over 4 spectacular days. With a mix of timed and untimed stages, staying in cabins and camping at remote cattle stations, this will be an incredible experience for all riders.



Surf Coast Century

Anglesea, VIC. 13 September, 2025. www.SurfcoastCentury.com.au

A spectacular 100km and 50km trail run along Victoria's surf coast and wildflower hinterland with the promise that no two steps will be the same. Do it either as an individual and tick over the whole 100km solo or join up with some friends in a relay team of up to 4 and run 25km each.



Run Bibbulmun Track Stage Race

Denmark, WA. 14 - 16 November, 2025 www.runbibbulmun.com.au

A 3 day stage race along the most spectacular sections of the famed Bibbulmun Track in Great Southern WA. For solo runners, with long and short course alternatives this event provides breathtaking running along rugged coastlines, remote beaches, protected bays.



Otway Odyssey and Great Otway Gravel Grind presented by Shimano

Forrest, VIC. 28 Feb - 1 March, 2026. www.OtwayOdyssey.com.au

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 75km, 50km, 30km and 10km courses on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind with new 106km and 49km gravel grinds on gravel roads through the region's magnificent tall timber forests. Entries open in September.

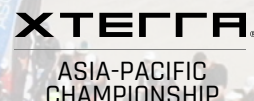


presented by SHIMANO

XTERRA Dunsborough

Dunsborough WA. 28 - 29 March, 2026 www.XTERRAAustralia.com.au

The prestigious Asia Pacific Championships for off-road triathlon and trail running! Racing through stunning scenery around Dunsborough and Meelup in South West WA. With long / short triathlons and 10km, 21km and 38km trail runs, this is off-road racing in adventure paradise.



Margaret River Ultra Marathon

Margaret River WA. 9 - 10 May, 2026. www.MRultramarathon.com.au

Providing spectacular 42km and 80km journeys for solo runners and 80km for 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. Entries open in October.



The Trail Running Series

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

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~16km) / and long (~24km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2025.



Rapid Ascent Journeys

Contact us if you want the bespoke, adventure holiday of your dreams. www.rapidascentjourneys.com.au

A new venture we're conducting alongside our events - Rapid Ascent Journeys offers genuine adventure holidays and guided tours for those who want to use their fitness to explore more. We organise set trips in popular disciplines (like gravel riding and trail running) or we'll organise your own custom trip if you want a real adventure wherever / whatever / whenever you want. These are the ultimate adventure holidays.



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

www.RapidAscent.com.au

