



MARGARET
RIVER

ULTRA
MARATHON

2025 WELCOME PACK





Welcome Pack: Margaret River Ultra Marathon 2025

WELCOME

Thank you for your support in entering the 2025 Margaret River Ultra Marathon. Now that you have committed to the event we share with you a [Welcome Pack of detailed information](#), so you know more about the experiences to come and have the resources you need to prepare for them.

Welcome pack includes:

- Participant communication
- Connecting with the Margaret River Ultra Marathon community
- Participant dashboard
- Teams to confirm/manage team members
- Training advice and a links to a free training planner from Hanny Allston
- Running Groups
- Equipment Recommendation and Mandatory Gear
- Travel and accommodation suggestion
- Testimonials

Take your time to read through our suggestions and articles.
We are excited that you'll be joining us in May! Happy training!

PARTICIPANT COMMUNICATION

In the lead up to the 2025 event, entrants will receive a number of communication emails from us at Rapid Ascent to help you prepare. Communications begins with this Welcome Pack, followed by:

- 3 month out email (February)
- 6 week out email (late-March)
- Detailed Event Program – 10 days out

MARGARET RIVER ULTRA MARATHON FACEBOOK GROUP

We encourage you to connect with fellow runners via our interactive Facebook Group. This is a great way to discuss event related topics such as training plans, tips for race day; and hear from those who have raced before.

- Connect with the friendly and helpful Facebook group [HERE >>](#).

PARTICIPANT ENTRY DASHBOARD

You can log in to your participant dashboard at any time to review your entry details, add team mate details, check/amend merchandise orders and other items such as first aid kits.

- Log into your Race Roster dashboard [HERE](#)

TEAMS - MANAGEMENT

Team Captains must ensure that ALL team members have completed their details online and are officially linked to your team. To manage the members of your team please follow these steps:

- Log into your Race Roster dashboard [HERE](#)
- Under 'Recent Registration', click view registration for the Margaret River Ultra Marathon
- Click the Teams tab at the top of the page
- The Team Captain will then be able to:
 - Add / amend team members
 - Enable the option to receive email notifications
 - View important details regarding your team members
 - Edit Team Name and information

TRAINING AND PREPARATION

We are honoured to have two coaching partners there to support you as you prepare for the event. We strongly encourage you to tap into the resources and ideas linked on the [Training and Preparation page of the website](#), as summarised below.

1) HANNY ALLSTON

Hanny is a champion ultra-distance trail runner and a coach who helps others seek the wild potential inside themselves.

Training plan - FREE

Hanny has prepared a [FREE training plan](#) for all athletes participating in Margaret River Ultra Marathon (80km) as well as the [42KM marathon free training plan](#). *We cannot recommend it highly enough for those training towards the event!*

Order Training Plans [HERE](#)

Enter the code **MRUM** at checkout to receive this training plan at **no cost**.

Trail running guidebook

The Guidebook provides athletes of any ability a safe pathway to prepare to your chosen adventures and contains a snapshot of key lessons that Hanny learnt on her journey to becoming a world champion and elite trail running record holder. It will help new comers find your feet in the sport of trail running as she shares her theories on training & racing strategies, nutrition & hydration, equipment, how to avoid the common injuries, running technique, and psychology and much more.

Purchase a copy for \$36.95 from her website [HERE](#).

Contact Hanny [HERE](#)

2) SCARLETT DUNCAN – DOSE RUNNING

Scarlett is an extremely passionate and compassionate coach who loves to work with novice and recreational runners. She's a WA based ultra runner and qualified coach, pilates instructor and knows plenty about exercise and sport science.

Scarlett will lead three free technique and training sessions in the lead up to the event (dates tbc) and will prepare a customised training program for a discounted fee for entrants. She has an extensive 'Movement Library' (such as this [Soft Sand Running sheet](#)) that she shares with her clients and some great weekly run groups.

[Check DOSE online](#) for more details.

RUNNING GROUPS

There are a great number of running groups and clubs in the Margaret River and Perth regions. We have provided a summary of the groups here:

Margaret River Trail Runners: Margaret River Trail Runners is a club formed to take advantage of the trails in the Margaret River region, to encourage more people to run and to meet and socialise with other runners

- [Facebook Group](#)
- [Website](#)

Manning Park Runners: Possibly the biggest and most enthusiastic running group in Perth! The Manning Park crew always pull together a huge field of runners to do the race and

Dunsborough Running Club: The Dunsborough Running Club have regular runs in the Dunsborough Region and know the course like the back of their hand.

- [Facebook page](#)

MORE run groups: Check out this extensive list of other run groups who you can join up with to support your running. [See list HERE](#)

EQUIPMENT AND MANDATORY GEAR

A detailed list of items that EVERY RUNNER must carry whilst competing in the event, both relay teams, 80km and 42km solo runners has been carefully prepared. We strongly encourage you to check this list **now** and become accustomed to it well before race day.

- View detailed list of mandatory gear and recommended equipment [Here >>](#)
- Purchase some of the items via our store and collect at registration. [Buy Here >>](#)

Weather: Weather in the Margaret River region can be magnificent in May, but it can also be miserable – wet, cold and windy. You can assume that the race will go ahead no matter what the weather, so we encourage you to be sensible about the gear you take and match it to the conditions expected on the day.

TRIBE&TRAIL – our official retail partner

Tribe&Trail are WA's only running store dedicated to Trail Running. They stock all the essentials for your trail adventures no matter where or how far you run! Visit their NEW STORE at first floor, 207 Oxford St, Leederville or visit their [website](#) to order online.

FORGOT YOUR MERCH? Add to your order [HERE >>](#)

TRAVEL AND ACCOMMODATION

The Margaret River Region has a vast selection of accommodation options, including luxury retreats, group and family accommodation, budget lodgings, bed and breakfasts, caravan and camping grounds. Check out: <https://www.margaretriver.com/> for a full list of accommodation and activities to do in the region before or after your run.

BUS TRANSPORTATION

We offer bus transportation from the finish line at Howard Park to the Start Line for the 80km solo runner on Saturday and 42km solo runners on Sunday. Catching the bus (allows your support crew to sleep in!) and can make your race logistics easier.

- Purchase your ticket [Here >>](#)

TESTIMONIALS

"This is the postcard of running events - put yourself in the picture! As a novice runner I was invited on to a team and loved the stunning scenery and encouraging atmosphere of such an iconic event. I was motivated enough to come back the following year as a solo runner, to conquer the 80k and was set to "retire" and live off the afterglow of such an achievement. Doing the solo gave belief and hope to runner mates to step up & attempt it also, which required me to attend a 3rd year as their support crew. When the new 42k course & event was released, it was too tempting not to squeeze in a Sunday run whilst already down for the event & enjoy exploring a new section of the course. It did not disappoint! Views were stunning, course was challenging with an easier distance to accomplish. Thank you for an amazing event which just keeps giving & evolving!"

(Michelle J - long-time participant)

"Living locally, I feel incredibly lucky to have regular access to these stunning trails. It gives me a unique advantage and a deep appreciation for the natural beauty of the Margaret River region. For any runner considering an ultra, I wholeheartedly recommend the Margaret River Ultra Marathon. The course is challenging but incredibly rewarding, and the community support is phenomenal. This race is an extraordinary journey, filled with pain and triumph. The amazing people I shared it with and the unwavering support of my wife made the experience all the more special. I'm incredibly grateful for everyone who supported me throughout this adventure."

(James G – 2024 80km solo participant)

"This is an absolutely welcoming event! The crews, the crowds, the organisers are all cheering for you. The course is challenging and spectacular. It's the right amount of type 1 and type 2 fun! And the competitors- you have do many epic trail conversations with future trail buddies. Great event, thank you."

(Zoe)

"Our seventh year participating, and it just gets bigger, better and stronger every year! Already looking forward to next year!"

(Maija H, long-time participant)



HAPPY TRAINING

We hope this Welcome Pack has given you further insight and understanding for how to prepare for your Margaret River Ultra Marathon.

We are here for you – so if you have any questions, comments or concerns then contact us at any time OR post your question on the [FACEBOOK GROUP](#) and let the community of runners who've done this event help you out.

See you in May!

From Marcel and the team at Rapid Ascent.

Website: www.mrultramarathon.com.au

E-mail: info@rapidascent.com.au

Phone: 03 5261 5511



MARGARET RIVER

ULTRA MARATHON