



MARGARET RIVER

ULTRA MARATHON

A magnificent trail running journey along the beautiful Cape to Cape coastline.

MARGARET RIVER REGION, WA

9 - 10 MAY 2026



EVENT GUIDE

It's time to shake, rattle and roll!



WESTERN AUSTRALIA



WELCOME TO THE 2026 MARGARET RIVER ULTRA MARATHON

The Margaret River Ultra has grown into something genuinely special. What started as a bold trail running challenge has become a weekend that brings together runners, supporters, volunteers and spectators in a shared celebration of adventure, endurance and community. Whether this is your first time on the start line or you're back for another journey along the Cape to Cape, we're thrilled to have you with us.

The courses are designed to challenge, inspire and leave a lasting impression. From long stretches of untamed coastline to forested trails, flowing singletrack and soft sand underfoot, the 42km and 80km routes deliver an experience that is as memorable as it is demanding. There are moments out there that will test you, and others that will stop you in your tracks with their beauty. That contrast is part of what makes this event so unique.

What stands out most, though, is the spirit of the people who are part of it. Every runner brings their own story, their own goal and their own reason for being here, and together that creates the atmosphere that defines this event. Your determination, support for one another, and willingness to embrace the challenge are what make race weekend so special. Thank you for being part of it.

We hope you have an unforgettable race weekend. Soak it all in, run strong, and embrace every moment of the journey. This is life as it should be lived.

— **The Rapid Ascent Team**



WELCOME MESSAGE FROM

HON REECE WHITBY, MINISTER FOR TOURISM; GREAT SOUTHERN AND HON STEPHEN DAWSON MLC, MINISTER FOR REGIONAL DEVELOPMENT; KIMBERLEY

The Cook Labor Government is a proud sponsor of the Margaret River Ultra Marathon through Tourism Western Australia's Regional Events Scheme (RES), funded by Royalties for Regions.

RES was established to support event holders across the State with the development of events to drive tourism to regional Western Australia. The scheme plays an important role in creating a timely reason for visitors to travel to the State's five tourism regions, activating pockets of Western Australia and creating vibrancy, while showcasing the host region's unique and diverse attractions.

A total of 63 regional events across Western Australia have been awarded funding through the 2025-26 RES, and includes a \$150,000 funding pool for the Regional Aboriginal Events Scheme, which exclusively allocates funding to events delivering Aboriginal activities and experiences.

The Western Australian Government is proud to sponsor all these regional events, which help bring vibrancy to local communities and drive visitor spend, injecting millions into regional economies.

Tourism is a key part of our plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia. Events play an important role in this plan and also contribute to the Government's vision for Perth and Western Australia to be the fastest growing events destination in the South East Asia region.

The Western Australian Government sponsors a range of sporting, cultural, arts and culinary events across the state, to attract visitors and encourage them to stay longer, disperse further and spend more while they are here.

We hope everyone enjoys the Margaret River Ultra and takes the time to explore the South West region.



**HON REECE WHITBY MLA
MINISTER FOR TOURISM**



**HON STEPHEN DAWSON MLC
MINISTER FOR
REGIONAL DEVELOPMENT**



WELCOME MESSAGE FROM PRESIDENT OF THE SHIRE OF AUGUSTA MARGARET RIVER

Welcome to the 2026 Margaret River Ultra Marathon. Set against the backdrop of beautiful Wadandi Boodja, it's no surprise this incredible event has become a true bucket-list experience, attracting runners from across Australia and around the world.

Showcasing our stunning natural environment, Margaret River Ultra Marathon is more than a trail run - it's a celebration of what makes Augusta Margaret River such a special place. The spectacular course traverses forest trails, beneath towering karri trees, past vineyards and wineries, and along the pristine beaches of the Cape to Cape Track.

Whether you're taking on your first trail running challenge or returning for another adventure, we're delighted to welcome you. From solo runners tackling the 80km ultra, to teams sharing the challenge, to those lining up for the 42km trail marathon, we hope you enjoy the demanding terrain, breathtaking views, and the celebration waiting at the finish line. The weekend wouldn't be complete without the kids' run at Howard Park, bringing families, friends and the wider community together to celebrate trail running at every age.

This event is proudly supported through the Shire of Augusta Margaret River's Major Events Grant Program, which invests in events that promote the region, and deliver meaningful economic benefits to the local community. The Shire is proud to partner with Rapid Ascent and wishes all participants an inspiring, memorable, and rewarding experience.



JULIA JEAN RICE
PRESIDENT
SHIRE OF AUGUSTA MARGARET RIVER



Welcome to **Wadandi Boodja**



Image credit: Daniela Tommasi

Welcome to the Shire of Augusta Margaret River

We're proud to support events that connect community, celebrate our region and strengthen our local economy.

While you're here, shop local, wine, dine and explore. There's much to discover - from ancient karri forests and rugged coastlines to vibrant communities and world-class local produce.

This event is proudly supported by the Shire of Augusta Margaret River's Major Events Grants Program.

Enjoy your stay, tread softly on Boodja and leave only footprints.

EVENT SCHEDULE

Friday 8th May

3:00pm – 7:30pm	80km Ultra - Competitor registration in the Event Centre at Howard Park
5:00pm	Social warm up run/walk - starting and finishing at Howard Park
6:00pm	Elite Athlete Q&A - Live at Howard Park and online
6:30pm	80km Ultra - Competitor briefing - Live at Howard Park and online

Saturday 9th May

5:00am	80km Ultra - Shuttle bus pick up from Howard Park to the start line at Hamelin Bay
6:15am	80km Ultra - RACE START – for INDIVIDUAL runners only – Hamelin Bay
8:00am	80km Ultra - RACE START – for RELAY TEAMS leg 1 runners only – Hamelin Bay
12:00pm - 3:00pm	42km Marathon - Competitor registration in the Event Centre at Howard Park
1:15pm	Winning 80km solo expected to finish
2:00pm	42km Marathon - Competitor briefing - Live at Howard Park and online
2:15pm	Winning 80km relay team expected to finish
10:30pm	80km Ultra - Course closes

Sunday 10th May

6:30am	42km Marathon - Shuttle bus pick up from Howard Park to the start line at Yallingup
7:30am	42km Marathon - RACE START – Yallingup
9:00am – 9:30am	Competitor registration for the 2km kids' run in the Event Centre at Howard Park
9:30am	Kids' run START - around the winery grounds at Howard Park
10:00am	80km Ultra - Event presentations in the Event Centre - Live at Howard Park and online
11:15am	Winning 42km runners expected to finish
2:00pm	42km Marathon - Event presentations in the Event Centre - Live at Howard Park and online
3:30pm	Last 42km competitor expected to finish

EVENT CENTRE LOCATION

The event expo, race registration, finish lines and kids' run are all located at:

Howard Park Wines - all access to Howard Park must be via Fifty-One Rd (from the south) and all exits must be via Miamup Rd to the North - creating a one way loop.

Parking: There is considerable parking on the grass on either side of the driveway from Fifty One Rd and on the grass areas surrounding the winery buildings. Please FOLLOW THE SIGNS and the DIRECTIONS OF PARKING MARSHALS.

EVENT CENTRE SERVICES

The event centre at Howard Park will include the following services, facilities and activities:

- Race HQ including competitor registration, event notice board and more
- Finish Line for the 80km and 42km races
- The Cheeky Monkey celebration bar
- Pop-up retail store by Tribe&Trail, Tarkine, Aonijie and other sponsors
- A huge range of food options from a number of food vans in the expo area
- Wine tastings and sales from the Howard Park Cellar Door
- Bag storage area for runners' clothing during the race
- Medical assistance station
- Live music and commentary on the race finish (on Saturday and Sunday)

Howard Park

The Howard Park Winery is incredibly supportive of the event and welcomes all runners to their extensive grounds and facilities with open arms. Please check out the variety of wines they retail from their Cellar Door and consider them when next purchasing.

Please **DO NOT WALK AMONGST THE VINES** and please **DO NOT BRING DOGS** onto the grounds due to the serious risks of contamination and the spread of vine diseases.

NO single use cups / glasses. If you want to enjoy a glass of Howard Park's wines (yes please!) then we encourage you to BYO your own glass (or use your finisher glass!). In accordance with WA regulations - Howard Park will not be serving wine into single use plastic glasses, so BYO your own glass or buy one of their branded glasses for \$5.



HOWARD PARK
MARGARET RIVER &
GREAT SOUTHERN



AN INCREDIBLE RUN ALONG
SPECTACULAR SECTIONS OF THE
FAMED BIBBULMUN TRACK



RUN BIBBULMUN TRACK **STAGE RACE**



23 - 25 OCTOBER, 2026

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



PRE-RACE ACTIVITIES AND BRIEFINGS

3-6km SOCIAL RUN / WALK *hosted by the Manning Park Trail Runners.*

5:00pm Friday 8th May – at Howard Park

Here's a chance to unite with other competitors for a leg-loosening social run/walk before the races kick off (especially after sitting in the car for a few hours driving down south). Hosted by Ben Curulli and the crew from Manning Park, it'll be a great chance to turn the legs over, meet a few others and get excited about the weekend ahead. The team will lead you on an out-and-back run / walk along the course so you can easily choose your distance and speed whilst familiarising yourself with the last few K's of the race. Free - meet at the finish arch at 5:00pm.

ELITE ATHLETE Q&A. 6:00pm Friday 8th May – at Howard Park.

Come and hear some of our top athletes talk through their training, race strategy, nutrition plans and other aspects of their race day. Held immediately prior to the Competitor Briefing.

COMPETITOR BRIEFINGS. At Howard Park and live online.

- 80km Ultra Competitor briefing - 6:30pm Friday
- 42km Marathon Competitor briefing - 2:00pm Saturday

We encourage all competitors to attend the competitor briefing for your event where we will explain any event changes, the weather forecast and other components that may impact the event. The competitor briefings will also be broadcast live on the [Rapid Ascent Ultra Running Events Facebook](#)

COMPETITOR REGISTRATION (AT HOWARD PARK)

80km Ultra: 3:00pm - 7:30pm on Friday 8th May

- **Solo runners:** Runners or your support crew or friends can collect solo registration items
- **Relay team runners:** One team member (or their support crew or friends) can collect the registration items for all team members.

If 80km runners cannot register on Friday please contact info@rapidascent.com.au to access late registration at the start line at Hamelin Bay between 6:00am and 7:30am on Saturday morning.

42km Marathon: 12:00pm - 3:00pm on Saturday 9th May

- Runners or your support crews or friends can collect on behalf of other runners.

If 42km runners cannot register on Saturday please contact info@rapidascent.com.au to arrange late registration at the start line from 7:00am on Sunday morning.

NOTE: Changes to any entries can be made online via your entry profile up until 12:00pm Wednesday 6th May. Any changes made after this date or at race registration will incur a \$10 fee.

COMPETITOR IDENTIFICATION

Number plates

- All competitors must wear their race number plate(s) whilst running in the event.
- On the back of your number plates are the phone numbers of the race directors in case you need to call us in the event of an emergency (or SMS if reception is poor).

80km Ultra Solos and 42km Marathon Runners:

- Will receive one A5 sized number plate and one smaller 10cm x 10cm number plate:
- **The big number plate (A5 size):** must be visible from the FRONT when you are running.
- **The small number plate:** all solo runners must pin the smaller number plate on your backpack facing BACKWARDS so runners behind you know your name and can give you some encouragement along the way!

80km Ultra Teams:

- Will receive an A5 sized number plate for each runner.
- TEAMS: The number plates for all team members are the same - so it does not matter which plate each runner uses.

Number plate colours

Grand Slam (80+42km) nos plates



80km Solo runner nos plates



80km Relay team of 2-3 nos plate



80km Relay team of 4-5 nos plate



42km Solo runner nos plates



Timing tags

- **All solo runners and each team** - will receive a timing tag on a velcro strap at registration. For teams - the timing tag is your relay baton and must be handed from one team mate to the next at each Check Point. Timing tags must be attached around your ankle whilst racing. Tags must be returned at the finish line, unreturned timing tags will be charged \$100 each.

Support crew car stickers - MUST BE DISPLAYED!

Each entry will receive a sticker to identify your designated support crew / team car during the event. This sticker **MUST BE STUCK TO THE GLASS ON YOUR CAR WINDSCREEN** and will allow access to the parking areas at each checkpoint.

No Sticker = No Access! (we will be strict on this requirement to help minimise traffic congestion for all).



RACE STARTS

80km Ultra Marathon:

6.15am SOLO runner race start - on the beach at Hamelin Bay

This will be a mass start with all SOLO runners starting together.

8:00am RELAY TEAMS race start - on the beach at Hamelin Bay

This will be a mass start with all Relay Team Leg 1 runners. RELAY TEAMS: please do not arrive at Hamelin Bay before 7:00am to leave space for solo runners.

42km Marathon:

7:30am Race start for all runners - on the beach at Yallingup

This will be a mass start with all runners starting together.

COMPETITOR SERVICES

Solo runner recovery area

A marquee will be set up next to the finish line as a dedicated recovery area for solos to rest in. We know that most solo 80km and 42km runners are utterly exhausted at the finish line, and the noise and jubilation at Howard Park can be quite overwhelming, so this marquee is designed as a quiet place for solos to recover in for 5-15mins (before hitting the bar!)

The Cheeky Monkey Beer Garden

All competitors will have the option of a free Cheeky Monkey beer at the finish line to kick start your post race celebrations. They'll also have a welcoming Beer Garden set up on the grass in front of their bar at Howard Park so you can share your war stories over a couple more beers and keep the good times rolling.



Margaret River Beverages

As an alternative to beer, our new friends at Margaret River Beverages will be offering a 0% soft drink to runners at the finish as another option. Choose from Ginger Beer or Pink Lemon Lime and Bitters - perfect!



Refresh Physiotherapy and sports clinic will be onsite providing massage, taping and injury assessment / treatment on Friday evening, Saturday and Sunday. Spots are limited so book online through their website www.refreshphysio.com.au or call 9700 9024. Taping is \$25 and Massage / injury assessment \$50 for 20 minute.

Body Braille Massages Jack will be available to provide massages on a user pays basis on Friday evening, Saturday and Sunday afternoons. Massages will be charged 10mins for \$15 and she'll treat walk-ups and take pre-bookings for following days. She'll also be selling a range of pre and post workout balms and lotions.

Change Rooms

A number of small pop up tents will be set up to provide a private space in which to get changed after racing at Howard Park. These are unisex, self managing spaces designed to make it easier to freshen up after the race.

Bus transportation

A bus from the finish at Howard Park to the 80km Ultra start at Hamelin Bay and the 42km start at Yallingup will be available. This is primarily designed for solo runners who do not have a support crew to drive them on race morning. The bus will leave from the sealed car park at Howard Park and go direct to the start lines - no other stops possible:

- 80km Ultra: 5:00am Saturday and arrive at Hamelin Bay by 5:50am ahead of the 6:15am solo start.
- 42km Marathon: 6:30am Sunday and arrive at Yallingup by 7:00am ahead of the 7:30am start.

The bus is \$25 pp and must be PRE-BOOKED via the website before 12:00pm Wednesday 6 May.

DROP BAG ARRANGEMENTS

We will transport drop bags (that may have spare clothing, personal nutrition, supplies...) from The Event Centre to each of the check points (CP) and return. Note – we will not transfer bags between CPs (e.g. CP1 to CP3). Follow these steps to get your bags transferred:

- Write your race number on the appropriate bag tag, then drop your bag off in the designated drop bag areas. NOTE: 80km Ultra bags must be dropped off on Friday before 7:30pm and 42km bags must be dropped off on Saturday before 3:00pm
- Bags must be no bigger than 50cm high x 50cm wide x 50cm across and can weigh no more than 8kg max.
- The bag must be closed (i.e. have a zip or draw string) and have all items inside the bag. We recommend the supermarket cooler bags that zip shut. Plastic boxes will not be accepted.
- When you have finished with your bag at each CP, place it in the area signed as 'Bags for transport to the finish' and we will bring it back to the finish. Bags will be brought back during the course of the event with the last delivery by 4:00pm on Sunday afternoon. Support crews can collect bags from each CP on your behalf as well.
- We will also bring bags and spare clothing from the start back to the finish (please make sure these are also labelled with your race number)

80km Ultra - drop bag locations:

- CP1 – 11.5km pt at Boranup Campsite
- CP2 – 26km pt at Conto Campsite
- CP3 – 46km pt at the Riflebutts Reserve
- CP4 - 64km pt at Gracetown Community Hall

42km Marathon - drop bag locations:

- WP1 - 6.4km pt at Yallingup - SELF DROP
- WP2 - 13km pt at Wyadup Rd
- WP3 - 24km pt at Moses Rocks car park
- WP4 - 35km pt at Juniper Rd



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TARKINE
BANDICOOT

TRAIL ROAD HYBRID / RACE READY

ON COURSE NUTRITION AND HYDRATION

The following nutrition and hydration will be available to all runners at each checkpoint (CPs):

80km Ultra: CP1 at Boranup Campsite AND CP2 at Conto Campsite

42km Marathon: CP1 at Yallingup, CP2 at Wyadup Rd, CP3 at Moses Rocks AND at CP4 at Juniper Rd

- Skratch Labs sports hydration - premixed at their recommended strength of 80cals per 500ml.
- Sandwiches - sweet (eg. jam) and savoury (eg. vegemite and cheese)
- Bananas and oranges
- Honey & oat slice and ANZAC biscuits
- Snakes and lollies
- Potato crisps or Shapes (salty)
- Cold boiled chat potatoes with salt and butter

80km Ultra: CP3 at Riflebutts Reserve AND CP4 at Gracetown

- All the items listed for CP1 and 2 above PLUS:...
- Warm foods in paper cups such as: minestrone soup (CP4), two minute noodles...
- Cold pasta or potato salad,
- Hot water and cups so you can make your own tea and instant coffee
- Some Coke and Redbull will be available in cups at CP4

Additional notes about checkpoint nutrition and hydration:

- It is greatly appreciated if team runners can start their leg with their water bottles / bladders pre-filled rather than filling up at the CPs (where supplies are often limited). Thanks.
- Support crews and team mates can take hydration / nutrition and other items to the checkpoints for their runner and can provide outside assistance within the fenced off area of the checkpoint only
- No cups will be provided at the CPs - just large drums for you to refill your own drinking vessels
- The range of food vans selling food at Howard Park will close at approx 9:30pm Saturday night. If you are finishing after this time we suggest your support crew / team mates bring some food for you.

LIVE RESULTS AND SOCIAL MEDIA COVERAGE

Live tracking and leaderboard

Athletes will be tracked using the timing mats and predictive tracking that uses your average pace to provide an estimated position in real time. Tracking and leaderboard links will be posted to the event homepage www.MRultramarathon.com.au

Social Media event updates #MargaretRiverUltra

Event updates and extensive coverage will be posted as an Instagram story on [@RapidAscent Instagram](https://www.instagram.com/RapidAscent) with additional summaries and photos posted to the [Rapid Ascent Ultra Running Events Facebook page](https://www.facebook.com/RapidAscentUltra)

Finishline live video feed

We will be streaming the action from the finish line via a live feed to youtube. The link will be posted to the event homepage www.MRultramarathon.com.au

SUPPORT CREW FUN

Support crews are awesome and add a lot of fun and energy to the race. We want supporters to have a great time at the event and openly encourage you to get dressed up, blow your vuvuzelas and share your enthusiasm with everyone.

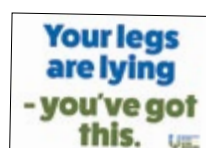
Fan Zones

As well as visiting the checkpoints we have designated fan zones where supporters can visit to show your support:

- **80km course:** 38km pt at Redgate Beach (leg 3) and 58km pt at Ellensbrook Homestead (leg 4)
- **42km course:** 6.3km pt at the Yallingup Playground

Placard signs

To help build on the energy and enthusiasm on the course we have printed 500x placards for teammates and supporters to hold up at the CPs and Fan Zones. Placards have some of our messages on one side and are blank on the other so you can write your own unique words of encouragement(?!). Use ours or BYO your hand painted signs from home to get them fired up!



THE COURSES

Course marking

Trail running events are quite different to road running. We will not have marshals at every junction and it is up to the runner to KEEP AN EYE OUT FOR AND FOLLOW THE COURSE MARKINGS to make your way along the course.

The course will be marked with:

- red and/or orange arrows pegged into the ground and fixed to trees or bushes
- red 'Rapid Ascent' branded tags and/or fluoro pink coloured plastic surveyor's tape tied to trees or bushes
- red and white barrier tape across a track / road at ground level indicates that this is the wrong way, do not cross red and white tape
- In the DARK: sections of the course that are likely to be completed in darkness will also be marked with reflective red Rapid Ascent tag and / or silver and yellow reflective tape tied to trees, as well as (infrequent) reflective arrows and glow sticks. We recommend you use a bright light to make things a bit easier in the dark! ([Fenix](#) preferred!).

Track intersections: All track intersections will be clearly marked and care should be taken to follow the arrows/tape. Course markings will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections.

Designated support areas

Competitors may only receive external assistance from support crew and/or team mates within the fenced off area at each Check Point / Water Point. Runners seen receiving support or collecting pre-planted items outside of CPs will receive a 30min penalty.

Maps on your phone - use the Avenza app

We recommend all competitors and supporters have the course on your phone - this allows runners to double check the route if they have any concerns and support crews to navigate to each checkpoint and to the fan zones. This is using a free app called AVENZA.



To load the course map on your phone:

- simply scan or tap the QR code to install the Avenza mapping app (if not already installed), and download the course map to your phone (separate maps for 80km and 42km courses).
 - Quicklinks: **42km** <https://link.avenza.com/HcHk> **80km** <https://link.avenza.com/mTjL>
- open the appropriate map when you're on course your position will be identified with a blue triangle.

42km course map



80km course map



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80KM ULTRA - COURSE DESCRIPTION AND DETAILS (FOR RUNNERS)

SKRATCH LEG 1: HAMELIN BAY TO BORANUP CAMPSITE (80KM COURSE)



Distance, elevation gain / loss: 11.5km, 370m / 190m

Terrain type: Good running on a firm base. Minimal sand or technical aspects. Quite a bit of uphill.

Leg start point: Race start on the Hamelin Bay beach.

Leg finish point: CP1 at Boranup Campsite on Boranup Drive.

Cut off: you must depart CP1 by Start time + 3h30min for solos OR Start time + 2h15min for Teams

The event gets under way on the crisp white sands of Hamelin Bay with a terrific journey laid out in front of you. Starting at the southern end of this beautiful beach, runners soon leave the coast and head inland (and uphill!) on a scenic run through a little visited part of the region. Running through the heathland you will swap the sound of crashing waves on the off-shore reefs for the sound of bird song and rustling leaves in the Karri forest of the South West.

Leg 1 follows a range of 4wd tracks and single tracks with some low level technical running in spots. The last part of the course goes across some private land so please respect the landowner and keep to the obvious track before dropping down a narrow single track into the checkpoint at Boranup Campsite.

See the separate notes below for support crew access to checkpoint 1 and all other checkpoints.

FENIX LEG 2: BORANUP CAMPSITE TO CONTO CAMPGROUND (80KM COURSE)

Distance, elevation gain / loss: 14.5km, 350m / 440m

Terrain type: Nice running through non-technical, undulating terrain and Karri forest.

Leg start point: CP1 at Boranup Campsite

Leg finish point: CP2 At Conto Campground - 'Hamelin' camping area

Cut off: you must depart CP2 by Start time + 6h15min for solos OR start time + 5hr for Teams



Setting off from the CP1 runners cross Boranup Drive and then 1.5km later cross Boranup Drive a second time – TAKE CARE and watch for traffic on the road.

All of Leg 2 follows a mix of double and single tracks that weave through the spectacular Boranup forest - the sandy beaches and turquoise water seemingly a million miles away and unseen at all! The trail surface is firm and with just some slight undulations leg 2 provides plenty of good and efficient running. The leg finishes with a 1km climb up a steep and sandy 4WD track (that is two way with outgoing runners) that provides a nasty sting in the tail for those unaware. At the top of the hill you enter Checkpoint 2 at Contos Campground at the 26km mark.

TRIBE & TRAIL LEG 3: CONTOS CAMPGROUND TO RIFLEBUTTS RESERVE (80KM COURSE)

Distance, elevation gain / loss: 20km, 350m / 440m

Terrain Type: Varied running with all trail types. A lot of running on sand – on beaches and trails, as well as some technical aspects with rock hopping and some trail obstacles.

Leg start point: CP2 at Conto Campground

Leg finish point: CP3 at the Riflebutts Reserve in Prevelly

Cut off: you must depart CP3 by Start time + 9hr45 for solos OR start time + 8hr30min for teams



Leg 3 commences with a long, flowing downhill (that is shared with the incoming runners coming up the hill, making it busy with 2-way traffic). Runners turn right at the bottom of the first hill and cut across to the coast at the spectacular Cape Freycinet for some rock hopping on the incredible granite domes.

Heading north (and uphill) on the Conto Road we rejoin the official Cape to Cape Track for one of the most popular (and spectacular) sections above the Conto Cliffs through to Redgate Beach car park which is one of our designated Fan Zones and where there is an unmanned waterpoint.

North of Redgate the course goes along the infamous Boodjidup beach for ~4km of very soft sand running / walking that is probably the most difficult section of the entire race. After Gas Bay carpark the course winds through a few streets and sandy beach sections, past the White Elephant Cafe and along the coastal path to Riflebutts Reserve in Prevelly.

REDGATE BEACH FAN ZONE

Come and cheer the runners on!!
Unmanned water pt and toilet.

Technical running on the Cape to Cape single track above the cliffs.

Spectacular rock-hop section on the granite domes at Cape Freycinet

Uphill to CP2 on a 2-way section of 4WD track

Good running through Boranup Forest on a range of double tracks

0 1 2 3 4 km



**CP1 - 11.5km
AT BORANUP CAMPSITE**

Only visit CP1 if you NEED to.
Strictly one car per solo runner and one car per team.

**80km RACE START
AT HAMELIN BAY ON THE BEACH**

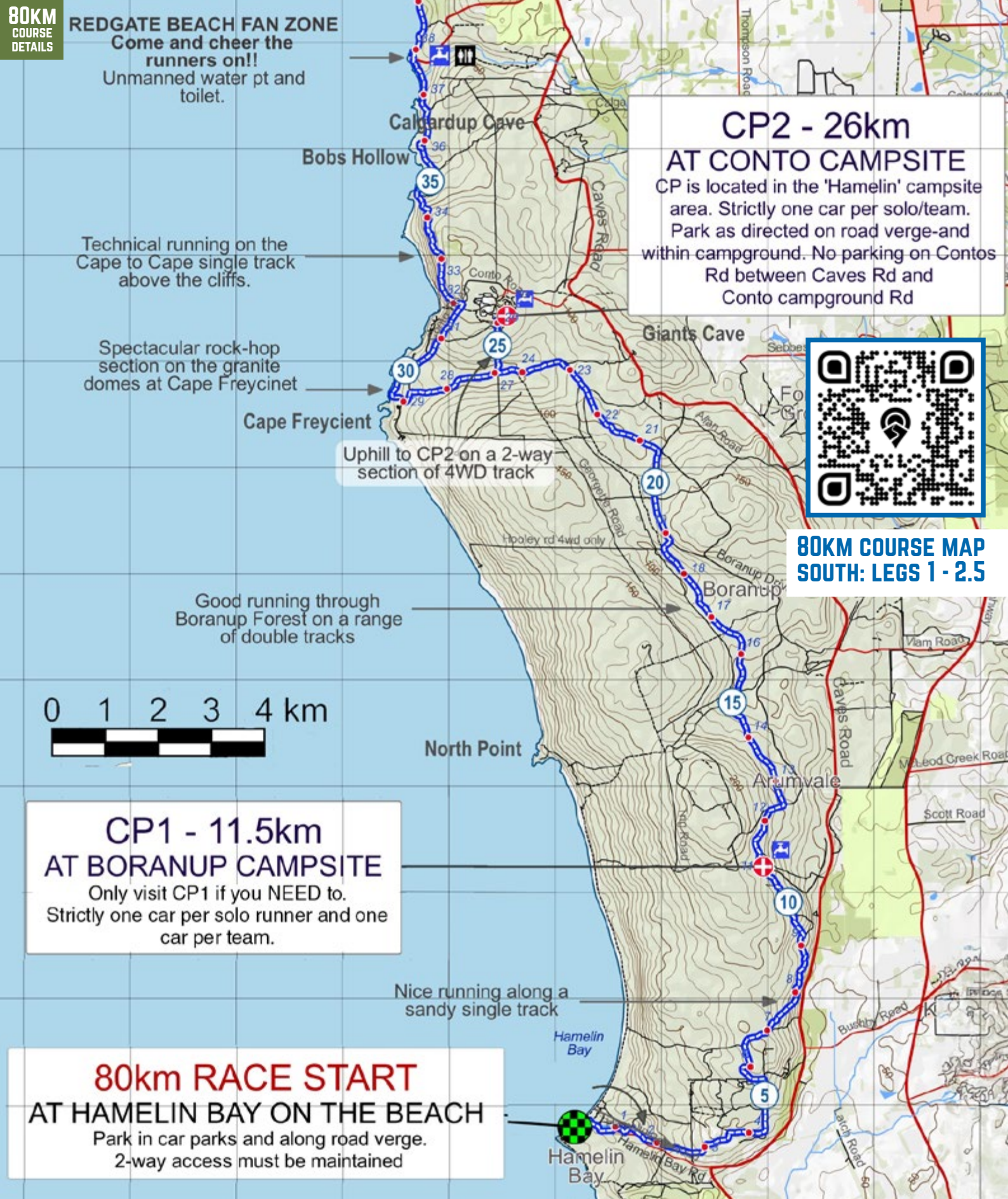
Park in car parks and along road verge.
2-way access must be maintained

**CP2 - 26km
AT CONTO CAMPSITE**

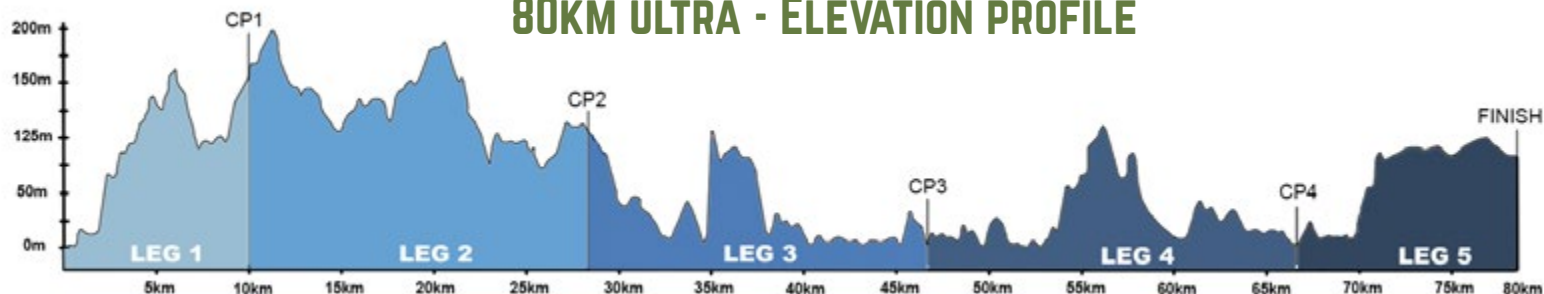
CP is located in the 'Hamelin' campsite area. Strictly one car per solo/team. Park as directed on road verge-and within campground. No parking on Contos Rd between Caves Rd and Conto campground Rd



**80KM COURSE MAP
SOUTH: LEGS 1 - 2.5**



80KM ULTRA - ELEVATION PROFILE



AONIJE LEG 4: RIFLEBUTTS RESERVE TO GRACETOWN (80KM COURSE)**Distance, elevation gain / loss:** 18km, 280m / 290m**Terrain Type:** Good running with all trail types. Quite a bit of running on sand - mainly on trails which mostly have a firm base with some sand on top. Some lesser technical aspects and trail obstacles.**Leg start point:** CP3 at the Riflebutts Reserve, Prevelly**Leg finish point:** CP4 at the Gracetown Hall**Cut off:** you must depart CP4 by Start time + 13hr15min for solos OR start time + 11hr30 for Teams

Continuing north from Check Point 3 runners go past the famous Surfers Point and location of the Margaret River surf break and then descend to the Margaret River mouth on the beach. Leaving civilization behind once again runners traverse a more remote section of coast, past little visited beaches and coves and landmarks such as Cape Mentelle, Joeys Nose and Kilcarnup.

The course sticks to the Cape to Cape Track with some short beach sections mixed with long sections of single track through the heathland before descending into the historic Ellensbrook Homestead. The course returns to the coastline for the final 6km where it follows a weaving, twisting line of single track that's sometimes a bit sandy as you run past Lefthanders and other popular surf breaks. Round South Point and continue along a few footpaths and into the check-point in the Gracetown Hall.

CHEEKY MONKEY LEG 5: GRACETOWN TO HOWARD PARK (80KM COURSE)**Distance, elevation gain / loss:** 13.7km, 250m / 150m**Terrain type:** Good running with all trail types. Some running on sand but also some fast 4WD track and dirt roads near the end to help you finish strong.**Leg start point:** CP4 at Gracetown Hall**Leg finish point:** the Finish line at Howard Park**Cut off:** The Course closes at the finish line at 10:30pm Saturday for ALL competitors (solos and teams).

After leaving the Gracetown Hall checkpoint, runners weave through the streets a short way and then cut across the spectacular North Point, providing some technical running over some rocky terrain for ~2 kilometers before reverting back to softer terrain going on some sandy single and 4WD tracks paralleling the coast.

Runners turn away from the Cape to Cape Track approx 5km into leg 5, and head inland on Juniper Road and then along some sandy 4WD tracks through private property before reaching Caves Rd at the ~10km point. NOTE: The Caves Road crossing is in a 'time-out-zone' so you can wait for a safe time to cross without impacting your final race time - up to a maximum of 2mins. Once over the Road continue along some fast and flat 2WD dirt roads through farming land and then it's a final sprint through the vines to the celebratory finish line at Howard Park. Well done!

TEAM MATES AND SUPPORT CREWS - if you want to run down the finish chute together with your leg 5 / solo runner, we suggest you meet them at the designated 'Meet up point' in front of the Howard Park cellar door entry (next to the car park). Then you can run the last 100m together!

Squirrel's Nut Butter

All Natural Anti-Chafe / Blister
Salve for all athletes.

-  All-Natural & Simple Formula
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-  Easy-to-Apply Stick for Clean Application
-  Soothes Eczema & Dry Skin
-  Ideal for Endurance Athletes & Daily Use



Turn right, away from the
Cape to Cape track 3.8km
after CP4

Cross Caves Rd with care
and continue along 2WD
tracks and roads

CP4 - 64km
**THE GRACETOWN
COMMUNITY HALL**
Park on the football ground and
surrounding open area and road verges

Non-technical running on
single track with some
sandy sections.
Spectator point at
Lefthanders

ELLENSBROOK FAN ZONE
Come and cheer the
runners on!!
Unmanned water pt and
toilet

Long sandy descent
down to Ellensbrook

Great running on the Cape
to Cape track through the
heathland

Some soft sandy beach
sections past Kilcarnup

CP3 - 46km
**AT RIFLEBUTS
RESERVE**
Park in the grass car park off Mitchel
Dr. Parking also available via Vattos
Way (North end). Food, coffee, music
here!

Cape Mentelle

Leg 4 starts over
Surfers Point.
Spectator point.

Surfers Point

Gnarabup Beach

Run along some urban
footpaths and short beach
sections

The infamous Boodjidup
beach! 4km on soft sand
to Gas Bay - slow going!

REDGATE BEACH FAN ZONE
Come and cheer the
runners on!!
Unmanned water pt and
toilet.





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FIND US AT THE EXPO
8-10 MAY

- HYDRATION WAISTCOATS
- SOFT FLASKS & BLADDERS
- HATS & PEAKS
- RUNNING POLES
- HIP BELT
- SOCKS



MARGARET RIVER
ULTRA MARATHON



80KM ULTRA - SPECTATORS AND SUPPORT CREWS

Spectators and support crews are welcome to join the activity and enthusiasm of the Margaret River Ultra Marathon and the following information is provided so you know how, when and where you can get involved.

Please do not bring dogs to the event - not to the start, not to any checkpoints, or at the finish line due to National Parks' and local laws. Thank you.



RACE START - HAMELIN BAY (80KM COURSE)

Where: Hamelin Bay beach.

What: 80km Ultra Race start, solo runners: 6:15am / teams start 8:00am.

Parking instructions: Teams are not permitted to arrive at Hamelin Bay until after 7:00am (once the solos have started). Park in the sealed car park near the boat ramp and on the road side - ensure 2 way access is maintained at all times.

Coffee?: Yes - there will be a coffee van in the car park near the caravan park. CASH ONLY (there's no phone reception!)

General notes:

- The Margaret River Ultra Marathon starts on the sand, then runners go up the boat ramp, through the car park and out the main road for 1km before turning on to the trails. Please let them through!



CP1 - BORANUP CAMPSITE (80KM COURSE) SEE DIAGRAM ON FOLLOWING PAGE

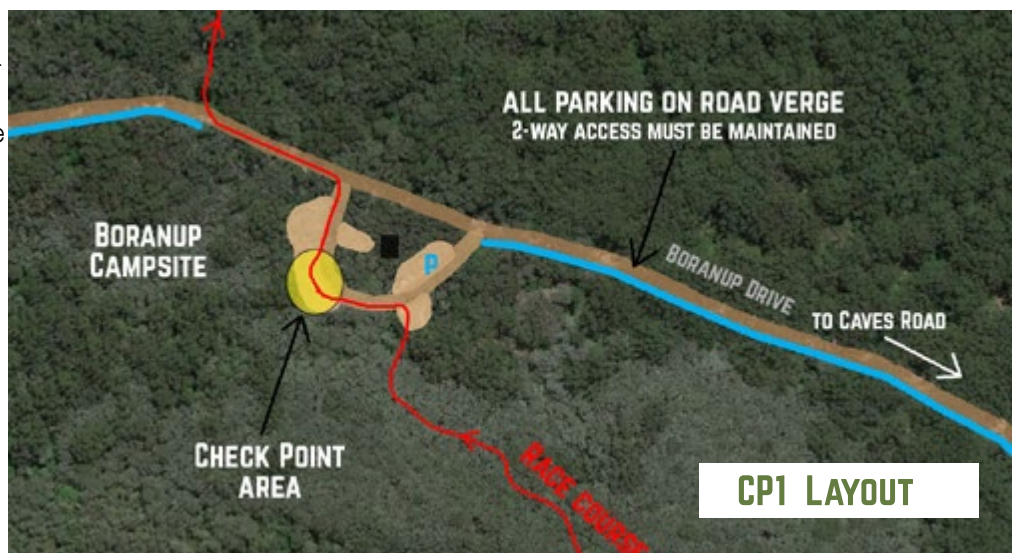
Where: Boranup Campsite. 11.5km point of the 80km course

Expected first solo runner / team runner: 7:10am / 8:45am

Access: This CP is restricted to one car per solo runner and one car per team as car parking is VERY LIMITED. All cars must park on the left hand side of Boranup Drive and must ensure that 2 way access to other cars is maintained at all times. Park as directed and be willing to walk up to 1-2km to get to the CP itself. When exiting the CP: drive north along Boranup Dr (ie. do not do a U-Turn on Boranup Dr).

General notes:

- This CP is restricted to one car per solo runner and one car per team. But unless you really need to come to this CP we encourage you to keep clear as it is very small and tight for space
- We recommend cars drive along Boranup Drive to exit the CP (rather than doing a U-turn) - but be aware that runners cross Boranup Drive 1.3km after exiting the CP - so WATCH FOR RUNNERS



CP2 - CONTO CAMPSITE (80KM COURSE)

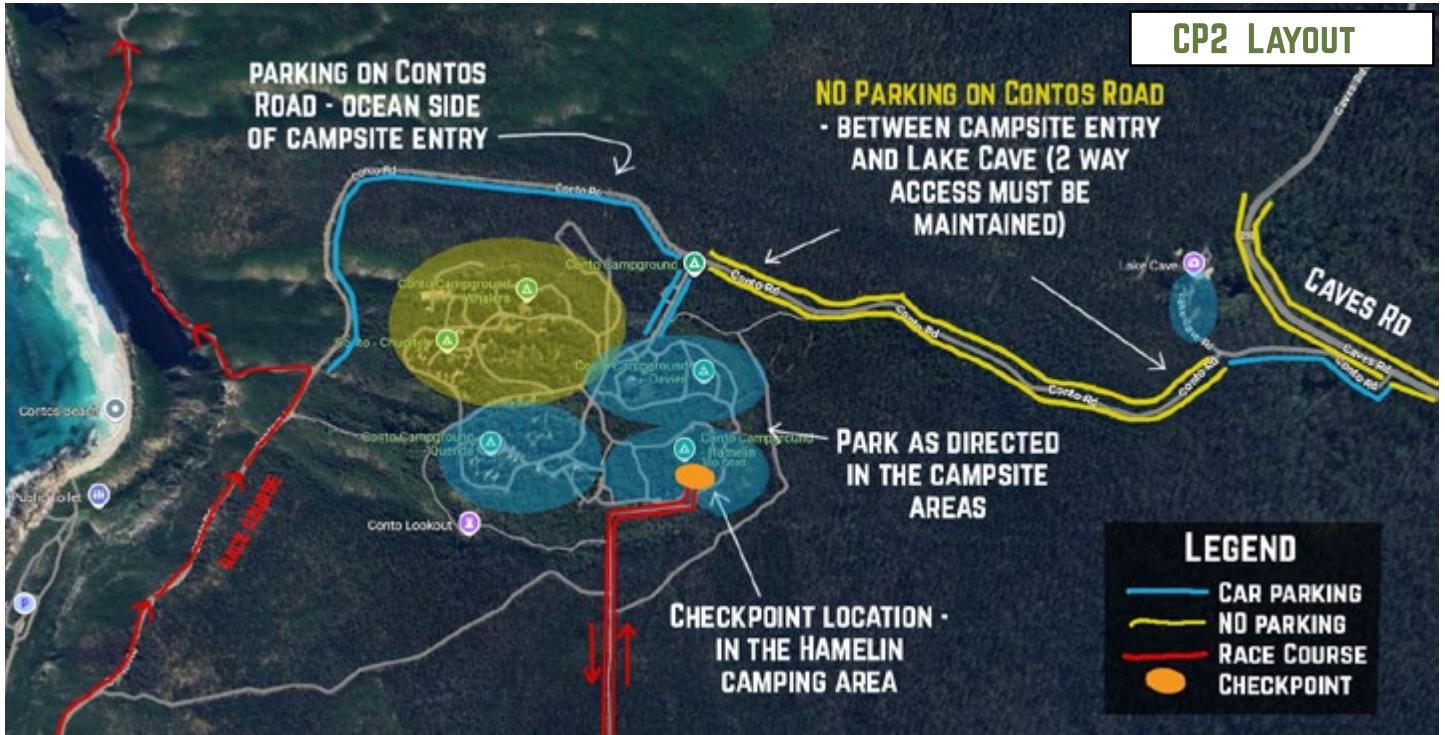
Where: Conto Campsite - 'Hamelin' camping area. 27.5km point of the 80km course

Expected first solo runner / team runner: 8:20am / 9:55am

Access: This CP is restricted to one car per solo runner and one car per team as car parking is VERY LIMITED. Cars will be directed to park in spare campsites, on road edges and other corners inside Conto Campsite. Parking is only permitted on Conto Road west (ocean side) of the Campsite entry. PLEASE PARK AS DIRECTED and ensure that two way access is maintained at all times. Be willing to walk up to 1-2km to get to the CP itself.

General notes:

- Once parked, follow the signs to the 'Hamelin' camping area which is where the runners will enter / exit the CP.
- BYO coffee / food. Sadly we are unable to have a coffee cart here as it is National Parks land.

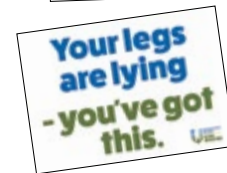


FAN ZONE #1 - REDGATE BEACH CAR PARK, 38.5KM PT.

Where: Redgate Beach car park, end of Redgate Beach Road.

Leg 3 is the toughest section of the course and runners really need a boost - so we strongly encourage support crews and team mates to head to the Fan Zone at Redgate Beach to give them a cheer. Bring your signs, your vuvuzelas and all your enthusiasm and give them a bit of love'n. NOTE: you cannot help them, touch or assist the runners - just encouragement only!

Remember to get one of our placard signs during race HQ, and/or prepare your own!



CP3 - RIFLEBUTTS RESERVE (80KM COURSE)

Where: Riflebutts Reserve, Prevelly. 46km pt of the 80km course

Expected first solo runner / team runner: 10:00am / 11:25am

Parking instructions: There are two event parking areas, 1) on the grass adjacent Mitchell Dr and 2) on the reserve itself, access via Vattos Way and follow the traffic marshals directions. Otherwise, park in the side streets, at Surfer's Point and other areas. Parking is NOT PERMITTED along Mitchell Dr itself.

General notes:

- We will have coffee and food vans on site, or visit the Sea Garden Cafe on Mitchell Drive to refuel or for lunch.



FAN ZONE #2 - ELLENSBROOK HOMESTEAD, 58KM PT.

Where: Ellensbrook Homestead, at the end of Ellensbrook Road.

Leg 4 is where solo runners are really starting to hurt - so why not give them a boost by cheering them on at the Fan Zone at historic Ellensbrook Homestead. Ring your cow bells, give them a high 5 or a few kind words to wish them on their way. NOTE: you cannot help them, touch or assist the runners - just encouragement only!

CP4 - GRACETOWN COMMUNITY HALL (80KM COURSE)

Where: Gracetown Community Hall off Salter St in Gracetown. 64km pt of the 80km course.

Expected first solo runner / team runner: 11:40am / 1:00pm

Access: It's OK to park on the playing surface of the footy ground and on the surrounding reserve. Overflow parking is on the side streets, please just respect the locals and don't park over their driveways or manicured verges! Checkpoint is at the hall itself.

General notes:

- Stop in at the local cafe 'Gracies' on your way in for any resupplies. 1km from the CP.



FINISH LINE - HOWARD PARK WINERY

Where: Howard Park Winery

80km Ultra - expected winning solo runner / team runner: 1:15pm / 2:00pm

42km Marathon - expected winning solo runner: 11:15am

Access: All cars must enter Howard Park via Fifty-One Rd and exit to the north via Miamup Rd - creating a one way system through the property. Do not enter from Miamup Rd.

There is considerable parking on either side of the main drive way into the winery, as well as in the large grassy areas surrounding the winery buildings.

General notes:

- Be aware that Howard Park is a working winery, please do not walk amongst the vines or the winery works buildings.
- **No Dogs permitted at Howard Park or at any of the Check Points.**



HOWARD PARK
MARGARET RIVER &
GREAT SOUTHERN



THE MAGNIFICENT HOWARD PARK FINISH LINE





CELEBRATING 40 YEARS

This year, Howard Park proudly celebrates forty years of winemaking.

While our story continues to evolve, our commitment remains unchanged; to craft wines of exceptional quality that reflect the character, heritage and terroir of Western Australia's great wine regions.



*Join us at the finish line for a glass of Jeté and
discover our wines at the Cellar Door.
Open Daily 10am - 5pm.*

42KM ULTRA - COURSE DESCRIPTION AND DETAILS (FOR RUNNERS)

SECTION 1: YALLINGUP LOOP BACK TO YALLINGUP (42KM COURSE)

Distance, elevation gain / loss: 6.3km, 235m / 220m

Terrain type: Varied running on beach, double track and paths. Includes a big climb and some sand.

Leg start point: On the Yallingup Beach.

Leg finish point: WP1 next to the Yallingup beach car park and playground – Support crew access point.

Cut off: you must depart WP1 by Start time + 1h45min

All runners start on the beautiful white sandy beach at Yallingup – with the turquoise water of the lagoon on one side and the cheering crowds of spectators on the other.

Runners head north along the beach for 500m and then onto the Cape to Cape track for 2km to the base of the famed Mt Duckworth climb, a challenging 1km ascent on a sandy 4WD track that'll truly get your heart and lungs pumping (if they weren't already!). The course then turns right and follows a range of 4WD tracks that generally go downhill as you do a series of right hand turns to effectively do a loop around the Yallingup village. Come down the footpath and then cross Valley Rd (watch for cars) to go around the car park and enter water point 1 (WP1) next to the car park.

SECTION 2: WP1 AT YALLINGUP TO WP2 AT WYADUP RD (42KM COURSE)

Distance, elevation gain / loss: 6.7km (13km total), 190m / 180m

Terrain type: A real mixture with some running on sandy beaches as well as rocky single track and a couple of hills.

Leg start point: WP1 next to the Yallingup beach car park and playground

Leg finish point: WP2 Wyadup Road road end car park – Support crew access point.

Cut off: you must depart WP2 by Start time + 3hr

Leaving the crowds at Yallingup behind, the course continues south on the Cape to Cape track, around the headland and along the length of iconic Smiths Beach on its silver sand (can be soft!). The next section includes some of the most spectacular (and technical) running of the entire Cape to Cape track as you weave through granite domes and boulders that feels like a game of hide and seek in a huge adventure playground!

Climb up hill and then cross over Canal Rocks Road (watch for cars) and continue along the technical trail with its various limestone outcrops around Wyadup Bay and into WP2 at the end of Wyadup Road – the last point where you can see your support crews before the finish.

SECTION 3: WP2 AT WYADUP RD TO WP3 AT MOSES ROCKS (42KM COURSE)

Distance, elevation gain / loss: 11km (24km total), 300m / 290m

Terrain type: Basically twisting single track and double track the whole way + one short beach section.

Leg start point: WP2 Wyadup Road road end car park – Support crew access point.

Leg finish point: WP3 Moses Rocks northern car park – NO Support crew access.

Cut off: you must depart WP3 by Start time + 5hr

After WP2 the course heads into more remote and untamed country as you continue south along the Cape to Cape Track. After a short section on Injidup Beach the trail rounds Cape Clairault with the next 7km providing spectacular running along an untouched coastline – past secret beaches and across the top of small limestone cliffs on a mixture of single track and double track. The views across the coastline here are outstanding!

The trail crosses Quinninup Beach at the 21.5km pt before a sandy climb through a short technical section with some rocks leading to WP3 at Moses Rocks (no support crew access).

SECTION 4: WP3 AT MOSES ROCKS TO WP4 AT JUNIPER ROAD (42KM COURSE)

Distance, elevation gain / loss: 11km (35km total), 330m / 300m

Terrain type: Basically twisting single track and double track the whole way + two short beach sections.

Leg start point: WP3 Moses Rocks northern car park – NO Support crew access.

Leg finish point: WP4 Juniper Road junction – NO Support crew access.

Cut off: you must depart WP4 by Start time + 7hr15min

The trail continues south through this wild and remote section of the Cape to Cape coastline – on a near endless line of twisting single track with epic ocean views. Heading away from the Moses Rock WP, you climb away from the coastline (check the views to Honeycomb Beach below and North Point in the distance) and continue south along the track as it undulates up and down on a mixture of firm and soft sandy surfaces through the coastal heathland.

42km RACE START

WP1 - 6.3KM

AT YALLINGUP BEACH & PLAYGROUND

Park in car parks and along road verges
2-way access must be maintained. Cafes!
YALLINGUP FAN ZONE
Get the runners going!!

WP2 - 13km

AT WYADUP RD END

Strictly one car per solo /team. Park on road side. 2-way access must be maintained. Be prepared to walk up to 2km

WP3 - 24km

MOSES ROCKS CAR PARK

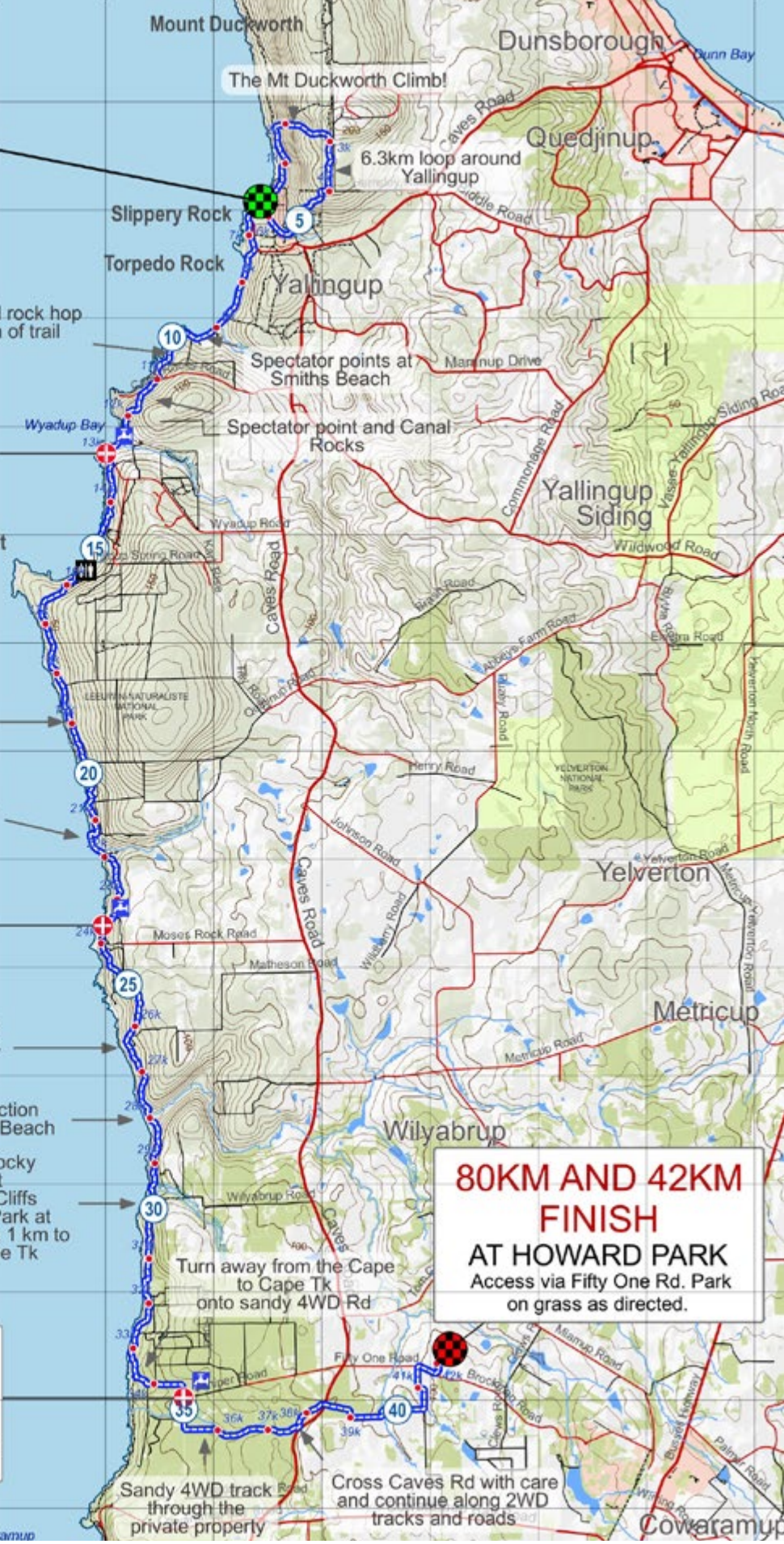
Strictly **NO SUPPORT CREW ACCESS** as there is no space. Race food and drop bags only.

WP4-35KM
AT JUNIPER RD

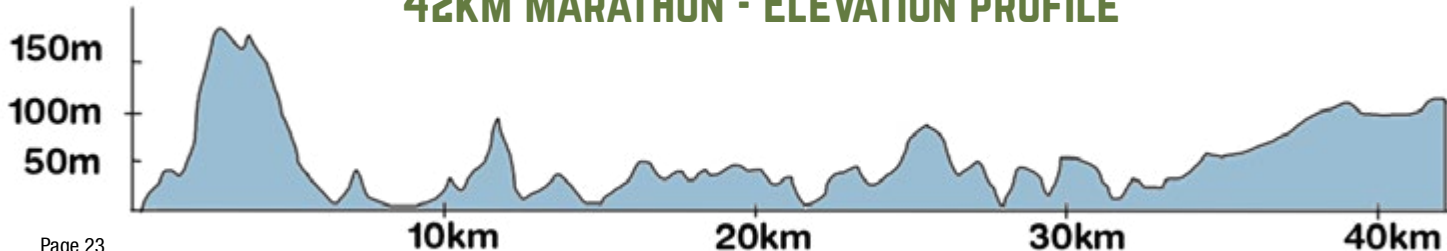
Strictly **NO SUPPORT CREW ACCESS** as there is no space. Race food and drop bags only.

80KM AND 42KM
FINISH

AT HOWARD PARK
Access via Fifty One Rd. Park on grass as directed.



42KM MARATHON - ELEVATION PROFILE



Cross Wilyabrup Beach at the 28km pt and then climb up and around the Wilyabrup Sea Cliffs on a section of more technical trail with rocks and other obstacles that will eat at your energy this late into the course. At the 33.8km pt the 42km course joins the 80km course as you turn away from the Cape to Cape Track and commence a 1.2km gradual climb on a sandy double track leading to WP4 at Juniper Road (no support crew access).

SECTION 5: WP4 AT JUNIPER ROAD TO THE FINISH AT HOWARD PARK (42KM COURSE)

Distance , elevation gain / loss: 7.4km (42km total), 110m / 50m

Terrain type: A mixture of sandy double track and firm 2WD roads in the closing stages.

Leg start point: WP4 Juniper Road junction – NO Support crew access.

Leg finish point: THE FINISH LINE! At Howard Park.

Cut off: The finish line closes at Start time + 8hr30

After the checkpoint the course weaves through some private property that includes ~1.5km of very soft sand that drains the life from your soul – but you're within spitting distance of the finish line and will get through it! The trail soon enough turns to hard pack tracks and then you cross Caves Road at the 38.5km pt (watch for cars). NOTE: The Caves Road crossing is in a 'time-out-zone' so you can wait for a safe time to cross without impacting your final race time - up to a maximum of 2mins. From here on it's easy running along some scenic country roads through the farmland leading to the winery grounds itself.

Entering into the Howard Park winery, the course goes alongside their famous vines and then into the celebratory finish chute on the grass right in front of the cellar door. WOW – congratulations on completing an amazing run.

42KM MARATHON - SPECTATORS AND SUPPORT CREWS

We strongly encourage support crews and spectators to get involved with the 42km Marathon. The best opportunity is at Yallingup then it gets a bit harder, with limited or no access at other water points. Refer to the details below.



Please do not bring dogs to the event - not to the start, not to any checkpoints, or at the finish line due to National Parks' and local laws. Thank you.

RACE START – YALLINGUP BEACH (42KM COURSE)

Where: Yallingup Beach.

What: 42km Marathon Race start.

Parking instructions: Park in the beach car park and/or along the side roads. Be considerate and don't block the locals!

Coffee: Yes – there are a couple of cafés adjacent to the car park.

General notes:

The 42km Marathon starts on the beach and then runners basically do a 6.3km lap of Yallingup and come right back past the start line. (You don't have to go anywhere to see them!)

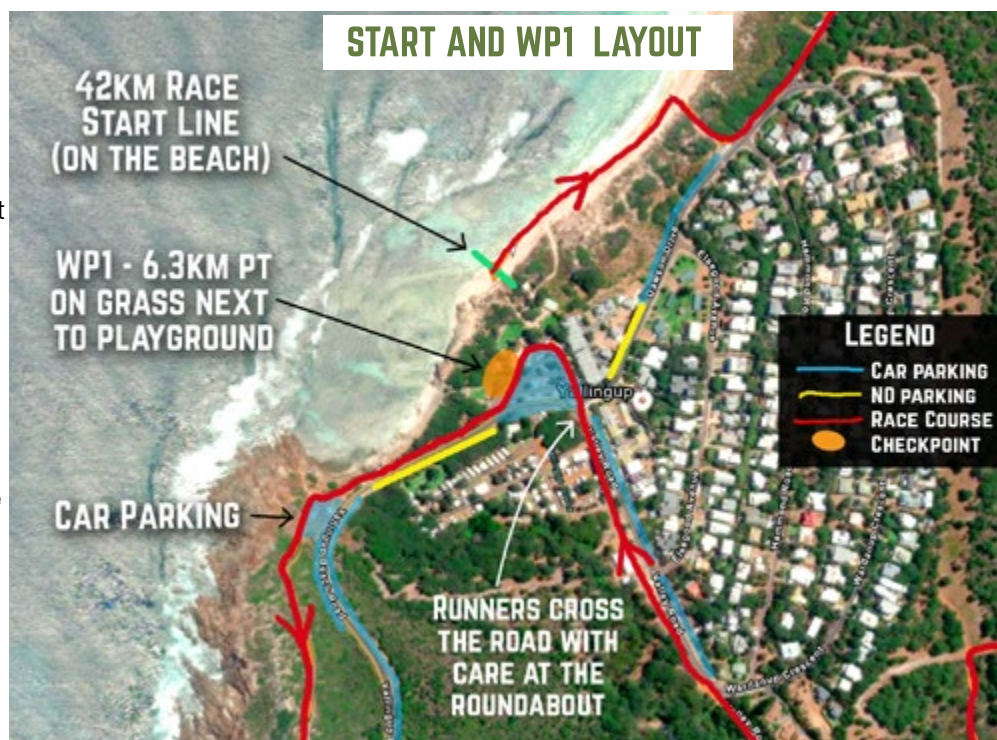
WP1 AND FAN ZONE YALLINGUP PLAYGROUND (42KM COURSE)

Where: Yallingup car park / playground (the same location as the start). 6.3km pt of the 42km course.

Expected first solo runner / last runner: 8:00am / 9:15am

As a designated FAN ZONE this is the best location to cheer and support runners on their way past. Ring your signs, cow bells, blow your vuvuzelas and give them plenty of love'n as they go past the checkpoint!

- Support crews can only service your runners within 50m of the playground area.



WP2 - WYADUP RD (42KM COURSE)

Where: Wyadup Road end car park. 13km point of the 42km course

Expected first solo runner / last runner: 8:30am / 10:30am

Access: This WP is restricted to one car per runner as car parking is VERY TIGHT. Park in the small car park at the end of Wyadup Rd and/or along the road verge – park well off the side of the road and ensure that 2-way access is maintained. Be willing to walk up to 1-2km to get to the WP itself. See diagram.

General notes:

- A section of the car park will be fenced off to create the Water Point area - this is the only area where support crew may service your runners.
- BYO coffee / food. Sadly we are unable to have a coffee cart here as it is National Parks land.
- NO DOGS. National Parks declare this a no dogs area and will enforce it on the day.

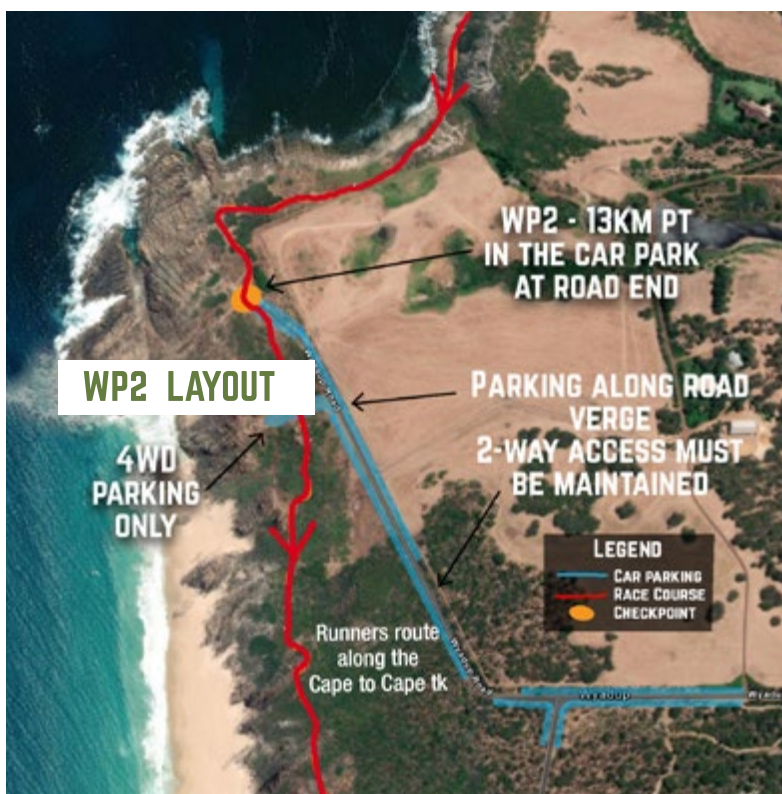
WP3 - MOSES ROCKS (42KM COURSE)

Where: Moses Rocks. 24km point of the 42km course
NO SUPPORT CREW ACCESS at this point due to the very limited space available. Please do not come here!

WP4 - JUNIPER RD (42KM COURSE)

Where: Juniper Road. 35km point of the 42km course
NO SUPPORT CREW ACCESS at this point due to the very limited space available. Please do not come here!

THE FINISH - HOWARD PARK – See the details on Howard Park on page 19.
Open to all! - access via Fifty-One Rd.



KIDS' RUN - SUNDAY AT 9:30AM

We love seeing active kids enjoying their sport and recreation - and are happy to host a 1.8km kids run on Sunday.

When: 9:30am, Sunday (30mins before the 80km Ultra presentations)

Where: Start / Finish at the Howard Park

Who: For kids aged up to 13 years

How:

- \$12 entry, includes race plate, ribbon and fruit/food at the finish
- Enter on the day at Registration, between 9:00am - 9:30am.
- A parent / guardian will be required to attend registration to complete the entry form

The Course: The 2km Kids Run starts in the event expo and then follows a fun and achievable course around the Howard Park winery and through the vines before finishing back where you started in the event centre. The course is not at all technical, is on a mix of gravel double-track and grassy trails.

Parents can run with kids and marshals will be positioned in key places to assist kids along the way. Please note, this run is NOT A RACE! It is purely participation-based to get the kids involved in this inspiring event weekend. Participants will receive a race plate however the event is NOT timed.

All finishers receive a voucher for a FREE gourmet truffle from the Margaret River Chocolate Co! So head along to their outlet at 415 Harman's Mill Rd, Metricup after the race to collect your reward!





ENJOY A CHEEKY 10% OFF WITH US!

JUST LOOK OUT FOR THE CHEEKY FLYER IN YOUR PARTICIPANT PACK AND REDEEM IT AT THE EVENT OR ANY OF OUR CHEEKY VENUES!

GOOD LUCK TO ALL PARTICIPANTS!
Cheers and cheeky beers!

CAVES ROAD BREWPUB
4259 CAVES RD WILYABRUP
@CHEEKYMONKEYBEER

VASSE HQ TAPHOUSE
44 COMMERCE RD VASSE
@CHEEKYMONKEYHQ

ROCKINGHAM TAPHOUSE
T217 SYREN ST ROCKINGHAM
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EQUIPMENT REQUIREMENTS

Mandatory equipment for all runners at all times (for 80km solos & teams and 42km solo runners):

- **Race number plate.** This must be worn on your front, as the outermost garment at all times. Individual 80km and 42km runners must also attach the smaller number plate to your backpack so it can be seen from behind.
- **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)
- **Space blanket** - full size and un-altered
- **A whistle** - pea-less recommended
- **Mobile phone** (Telstra recommended)
- **Windproof jacket** - Goretex or similar waterproof / breathable fabric strongly recommended
- **Torch** if on the course after 5:40pm. See notes below.
- **Water container** minimum 750ml capacity (may be a water bottle or bladder in a backpack)
- **Long sleeve thermal top** – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any ‘compression’ garments. Weather permitting**

** This item will be confirmed as mandatory if the weather is going to be cold, wet and/or windy. The announcement if mandatory or not will be communicated at the Competitor Briefing on Friday night and on the event website.

Mandatory Gear list for all runners on the course after sunset 5:40pm irrespective of category:

- Headtorch must be bright enough to light the track at least 50m ahead of you. We recommend the [Fenix HM55R](#).

Recommended Gear List:

- Strongly recommended: 1 long sleeve thermal top (polypropylene, wool or similar). Note: cotton, lycra or any ‘compression’ garments do not qualify.
- Additional clothing to match the conditions expected on the day – this may vary from water proof pants to a sun hat and sunscreen.
- The course map on your phone - recommended the Avenza Mapping App.
- Beanie or balaclava / hat and sunglasses
- Water proof bag or snaplock for your mobile phone
- Food and additional water / hydration
- Squirrels Nut Butter, Vaseline or other body lubricant, and sports injury tape (like Elastoplast).

Visit our retail partner for any last minute gear purchases.



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



RACE RULES

The following rules apply to all participants in all categories of the Margaret River Ultra Marathon:

- (all participants) must read and sign (electronically) the Terms and Conditions form.
- Juniors only - (under 18 on race day) must have their parent or guardian advise the Rapid Ascent race directors 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).
- Races numbers are non-transferable. Times and prizes will not be recognised if racing under another entry/name.
- Competitors may only receive external assistance on the course from their support crews and/or team mates at the designated checkpoints as described in the event program. Competitors may receive support from race organisers and officials (but not their support crews) at any additional water points. External support may not be provided anywhere else on the course, this includes the supply of water bottles or food.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor in another category except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Runners 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.
- Relay teams can only change over at the designated checkpoint locations – after their team mate has arrived.
- 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, including parking in unauthorised locations.
- Support crews and team mates are not permitted to run with or pace runners for greater than 500m.
- 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 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 sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.



*- 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 !!

- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

CUT OFF TIMES

The following cut off times apply to all competitors and will be strictly enforced as follows:

80km Ultra cut off times:

- **Complete Leg 1** – you must depart CP1 by Start time + 3hr30min for solos OR Start time + 2hr15min for teams.
- **Complete Leg 2** – you must depart CP2 by Start time + 6hr15min for solos OR start time + 5hr for teams.
- **Complete Leg 3** – you must depart CP3 by Start time + 9hrs45 for solos OR start time + 8hr30min for teams.
- **Complete Leg 4** – you must depart CP4 by Start time + 13h15min for solos OR start time + 11hr30 for teams.
- The Course closes at the **finish line** at 2230 Saturday for ALL competitors

42km Marathon cut off times:

- **Complete Section 1** – you must depart WP1 by Start time + 1hr45min.
- **Complete Section 2** – you must depart WP2 by Start time + 3hrs.
- **Complete Section 3** – you must depart WP3 by Start time + 5hrs.
- **Complete Section 4** – you must depart WP4 by Start time + 7hrs15.
- The Course closes at the **finish line** at start time + 8hr30min (4:00pm) Sunday for ALL competitors

Cut off procedures:

- For teams who do not make the published cut off time, the next team member will be allowed to continue at the published cut off time but will be an 'unranked competitor' with no official result recorded.
- Individuals who miss a cut off must miss the next leg but they may re-continue from the following checkpoint.
- If the last cut off is missed, then competitors must make their way via alternative means to the finish line.

If you cannot complete a leg or are forced to stop or withdraw from a leg the following procedures will be followed:

- You will now be an 'unranked' competitor. You cannot return to that leg but you can recommence with the next leg
- When you get to the next checkpoint, advise an official that you did not complete the leg and hand over to your team mate who can continue the rest of the course.
- Your team will be unranked, but you can still continue the event.

80KM SOLO FINISHER AWARDS

As part of our ongoing commitment to provide a more equitable environment for women at our events, we will be awarding different time based finisher awards for men and women who complete the 80km course as a solo runner.

The 'Leeuwin' wine glass awarded to:

- Men who finish in less than 10hrs
- Women who finish in less than 11hrs

The 'Naturaliste' wine glass awarded to:

- Men who finish in a time between 10hrs and 14hrs
- Women who finish in a time between 11hrs and 15hrs30min

All finishers who complete the 80km or 42km courses will receive a medal – solos and relay teams.



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WHERE DREAM EVENTS HAPPEN

Step into a dreamscape of wondrous events and embark on unforgettable adventures. Experience the Margaret River Region, Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

- Catch world class waves with over 135 km of coastline and 75 breaks to choose from — there's a wave here for everyone.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves — Jewel, Lake, Mammoth and Ngilgi.
- Recharge your spirit and try coastering, stand up paddle boarding or horse riding.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Picnic or camp among the karri trees in Boranup Forest.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and taste the flavours and learn the stories of this region.
- Walk a section of the 135km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Taste the region's finest drops on a winery, distillery or brewery tour.

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RACE HONOUR BOARD

80km Solo runners

Year	Rank	Time	Runner
2018	1st	7:58.14	Josh O'Hart
	2nd	8:45.38	Michael Taylor
	3rd	8:51:54	Chris Henderson
2019	1st	7:46.21	Justin Scarvaci
	2nd	8:00.22	Shane Johnson
	3rd	8:25.22	Jon Pendse
2020	1st	7:16.45	Justin Scarvaci
	2nd	7:32.03	Joshua Chugg
	3rd	7:35.15	Michael Dimuantes
2021	1st	7:15.48	Matt Crehan
	2nd	7:36.26	Joshua Kuhn
	3rd	7:46.32	Mark Hunter
2022 (adjusted leg 2 course due to fires)	1st	6:40.32	Josh Chugg
	2nd	7:08.07	Justin Scarvaci
	3rd	7:57.17	Adrian Castle
2023 (adjusted leg 2 course)	1st	6:36.17 cr	Josh Chugg
	2nd	7:24.00	Richard Schwalb
	3rd	7:44.15	Sjoerd Algera
2024 (adjusted leg 2 course)	1st	7:19.42	Josh Tighe
	2nd	7:51.56	Andrew Walker
	3rd	7:53.49	Simon Coxhead
2025 (adjusted leg 2 course)	1st	7:12.28	Carl Harison
	2nd	7:20.50	Jack Davidson
	3rd	7:27.44	Jack Valentine

80km Relay Teams

Team of 4 or 5 Male

2018	7:03.33	Team Old Timers
2019	6:53.05	Team Trail Thursdays
2020	5:54:17	Ogging Squad
2021	6:19:00	Settlers Express
2022	6:09.17	Ogging Squad
2023	6:17.46	Settlers Express
2024	5:22.11	Ogging Squad
2025	5:21.34	Ogging Squad

Team of 4 or 5 Female

2018	8:12.16	Team RIOT
2019	8:14.55	Team Sole Sisters
2020	8:56:51	Running For Life
2021	7:51:52	Running For Chocolate Milk
2022	8:28:20	Star Gazers
2023	7:36.08	Agony of DeFeet
2024	7:24.25	Runners Ultra Connected
2025	7:22.28	Runners Ultra Connected

Team of 4 or 5 Mixed

2018	7:27.40	Team 3 x 2 x 3
2019	7:41.32	Camper ! Lori
2020	7:17:11	Scrambled Legs And Achin'
2021	7:03:17	Fast World Problems
2022	7:11.43	Lori Family
2023	6:04.30	Lori Family
2024	6:40.46	Smiles for Miles
2025	6:25.13	Dawesville Dynamites

Team of 2 or 3 Male

2018	7:22.33	Team OCR Plodders
2019	6:34.07	Team Sub Seven
2020	8:02:09	Team Pao
2021	7:27:41	Perth Trail Trio
2022	7:04:13	Enter (Ben the) Sandman
2023	6:25:11	Enter (Liam the) Sandman
2024	7:30:53	Mud Sweat and Beers
2025	6:48:04	Joe's Fencing

Team of 2 or 3 Female

2018	10:46.38	Team Worst. Wine Tour. Ever.
2019	8:38.47	Team Got the Runs
2020	8:31:23	Team PRC Duo
2021	7:42:27	Team Pacebabes
2022	7:39:24	Team Pacebabes
2023	7:02:49	Team Pacebabes
2024	7:44:44	Trail Friends
2025	7:58:37	Thriving in Motion

Team of 2 or 3 Mixed

2018	7:59.14	Team VFuel Australia 1
2019	7:55.46	40 B4 40
2020	9:04:37	Team Titans
2021	8:27:09	Scrambled Legs
2022	7:45.30	The Extra Mile
2023	7:19.23	The Clumsies
2024	7:16.46	FSF Running
2025	6:52.02	Rampant Swans

2018 OVERALL FEMALE

1st	8:39.38	Deb Nicholl	
2nd	9:38.44	Ashley Ritson	
3rd	9:51.39	Sarah Wiese	
2019	1st	8:52.45	Deb Nicholl
	2nd	8:56.34	Arian Huston
	3rd	9:14.08	Lauren French
2020	1st	9:14.38	Claire O'Brien-Smith
	2nd	9:21.32	Meghann Coffey
	3rd	10:21.49	Jessica Smith
2021	1st	8:24.58	Meghann Coffey
	2nd	8:39.44	Scarlett Duncan
	3rd	9:23.15	Felicity Pidgeon
2022 (adjusted leg 2 course due to fires)	1st	7:09.55 cr	Anna McKenna
	2nd	7:47.07	Sarah Ludowici
	3rd	8:08.08	Lisa Manix
2023 (adjusted leg 2 course)	1st	7:49.01	Jayme Bergman
	2nd	7:55.29	Pretja Jerejian
	3rd	8:12.52	Kirsten Buist
2024 (adjusted leg 2 course)	1st	7:45.56	Jayme Bergman
	2nd	7:58.43	Pretja Jerejian
	3rd	8:07.11	Kirsten Buist
2025 (adjusted leg 2 course)	1st	7:23.01	Holly Ranson
	2nd	7:30.29	Kate Baker
	3rd	7:55.15	Pretja Jerejian

42km Solo runners

2024 OVERALL MALE

1st	3:48.23	Ben Leeson
2nd	3:49.49	Daniel Colley
3rd	3:51.35	Joel Gray

2025

1st	3:28.35 cr	Ben Leeson
2nd	3:53.50	Matthew Duncan
3rd	3:54.36	Jake Nowicki

2024 OVERALL FEMALE

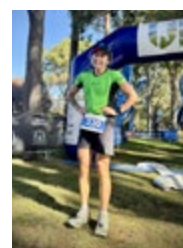
1st	4:07.24 cr	Kate Baker
2nd	4:29.00	Arian Huston
3rd	4:41.37	Georgia Seed

2025

1st	4:10.19	Meluka Bancroft
2nd	4:28.01	Martha Mellor
3rd	4:33.51	Alessia Floyd



Carl Harison
2025 race
winner 80km



Holly Ranson
2025 race
winner 80km

Steve McKean, Jon Pendse, Will Withers, Paul Gnovese, Evan Kolbe.
Ben Hannah, Eddie Still, Sam Herrmann, James Richardson, Juan Moreno.
Declan Tingay, Jonathan Sammut, Nick Thompson, Justin Ghosh, Leighton Cook.
Jake Loffman, Neil Berry, Ethan Heywood, Sam Maxwell, Niall Tuohy.
Nick Thompson, Sam Lade, Reece Harris, Jonathan Sammut, Agostino Xurzolo.
Jake Loffman, Neil Berry, Ethan Heywood, Sam Maxwell, Niall Tuohy.
Lachie Tweedle, Reece Harris, Nick Thompson, Jonathan Sammut, Agostino Xurzolo.
Luke Burrows, Nick Thompson, Reece Harris, Jack Crago.

Deirdre McPhee, Kate Fitzsimons, Marie Turner, Lisa Rowe.
Edwina Sutton, Rachel Scott, Amy Couanis, Kristie Orchard.
Fiona Duyvestein, Diana Barnett, Kim Scott, Lisa Delaurentis, Jenelle Schuit.
Emily Honey, Anna Gannett, Stef Simnadis, Geri Daube.
Claire Schwier, Robyn Chapman, Kirstie MacGregor, Renee Do Voogd.
Nicola Hayes, Melissa McSkimming, Loralee Worrall, Helen Morgan, Anthea Brown.
Shelley Smith, Laura Rutherford, Gillian Power, Sarah Paduano, Kathryn Watt.
Laura Rutherford, Laura French, Gillian Power, Sarah Paduano, Shelley Smith.

Kate Shryock, Sandy Franco, Gervase Vlahov, Ben McRobb, Scott Biffen.
Andrea Lori, Christie Lori, Erika Lori, Michael Lori, Philip Lori.
Matti Mikkonen, Stephen Stockwell, Pete Zafiroopoulos, Katherine Stockwell, Joel Crossing.
Kieren Bell, Matti Mikkonen, Stephen Stockwell, Katherine Stockwell, Joel Crossing.
Ollie Page, Erika Lori, Kyle Christie, Christine Lori, Mark Lori.
Andrea Kierath, Christie Godfrey, Michael Lori, Erika Lori, Mark Lori.
Kelley Hill, Eban Kolbe, Adrian Castle, Amy Thomson, Matt Wisniewski.
Nick Moore, Debbie Donald, James Gill, Gareth Morgan, Wade Jarvis.

Matt Wisniewski, Adrian Castle.
Matthew Wisniewski, Evan Kolbe, Adrain Castle.
Paul Berson, Oliver Dartnall, Adam Passmore.
Matt Campbell, Mitchell Crook, Andrew Kowald.
Liam Sherwin, Ben Tray, Rob Collins.
Ben Tray, Matthew Kiem, Liam Sherwin.
Eamonn Bochat, Kieran Bochat, Vincent Bochat.
Ethan Aird, Joe Lovrich.

Hilliary Greene, Emily Larkins.
Meg Howard, Phip Hughes.
Mel Hanger, Sabina Spencer.
Kim Solomons, Alessia Floyd, Carly Bache.
Kim Solomons, Alessia Floyd, Carly Bache.
Kim Solomons, Alessia Floyd, Kim Servaas.
Phoebe George, Stefanie Simnadis, Georgie Smith.
Marion Mundt, Sofia Erhard, Amy Ross

Dan Robertson, Tegyn Angel, Kellie Emmerson.
Jess Reynolds, Rhys Thomas.
Jacinta Berlinger, Tim Trent.
Phip Hughes, Hamish Nicholls.
Emma Donlon, Kevin Deery, Justine Grohs.
Georgia Swinton, Ben Fitzsimmons.
James Mcquillan, Martha Mellow.
Chris Hazell, Rhodri Simmonds, Maja Simmonds.

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WANT MORE ACTION?

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

The Trail Running Series

Blackwood 31 May, Anglesea 5 July, Silvan 2 August 2026, 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 (~15km) / and long (~25km) course runs through spectacular wilderness.



Run Larapinta **SOLD OUT**

Alice Springs, NT. 14 - 17 August, 2026 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.



Shimano Gravel Muster

Alice Springs, NT. 20 - 23 August, 2026 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. 12 September, 2026. www.SurfcoastCentury.com.au

A spectacular 100km and 50km trail run along Victoria's surf coast and wildflower hinterland with an incredible race atmosphere - known as the Feel Good Ultra! Do it 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. 23 - 25 October, 2026 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 breath-taking running along rugged coastlines, remote beaches, protected bays.



Run Tasmania Stage Race **NEW ONLY 10 SPOTS REMAIN**

Hobart and the Tasman Peninsula, WA. 25 - 28 November, 2026 www.RunTasmania.com.au

A new 4 day stage race through Tasmania's wild heart. Racing through a spectacular mix of coastal, alpine, rainforest and clifftop terrain then returning to the comforts of civilisation each night. Two course options with the Devil running ~22km a day and the Quoll running ~17km a day.



Otway Odyssey and Great Otway Gravel Grind presented by Shimano

Forrest, VIC. 27 - 28 February, 2027. www.OtwayOdyssey.com.au

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 50km 30km and 10km courses on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind with 97km or 49km gravel grinds on gravel roads through the region's magnificent tall timber forests.



XTERRA Asia Pacific Championships

Dunsborough WA. 3 - 4 April, 2027 www.XTERRAdunsborough.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.



Rapid Ascent Journeys

Stay tuned for our next off-road adventure holiday... 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.



www.RapidAscent.com.au