

100KM
SURF COAST CENTURY

50KM
SURF COAST CENTURY



**THE FEEL
GOOD ULTRA**

Event Program

12 SEPTEMBER 2026
ANGLESEA

**SURF
COAST
EVENTS**

LA SPORTIVA

**BLACKMAN'S
BREWERY**

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GreatOceanRoad
HOLIDAYS

FENIX
LIGHTING FOR EXTREMES

**THE
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OR
OUTDOOR
RESEARCH

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Surf Coast Times

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**rapid
ASCENT**
Adventure Event Management



Welcome to the FEEL GOOD ULTRA!!

Running makes you feel good — and when you mix running with spectacular scenery, friendly faces from across Australia, and an electric race-day vibe, you get the FEEL GOOD ULTRA!

This year's event will see runners take on the stunning Surf Coast trails — running along wild ocean beaches to towering clifftops, coastal heathlands and tall eucalypt forests. Whether you're chasing a PB, sharing the journey with your team, or tackling your first ever ultra marathon (GO YOU!!), you'll be part of a warm and supportive trail running community that makes this event so special.

2026 brings even more to love, with our refreshed 50km course, expanded competitor services on course, and new club challenges bringing running groups together like never before.

Just like you, we can't wait for the big dance on Saturday 12th September and look forward to making this your most memorable run yet.

Rapid Ascent

Event Manager: Sam Maffett 0400 001 786. Race Director: John Jacoby 0408 035 261



Welcome from The Mayor of the Surf Coast Shire

An unforgettable course and an admirable athletic feat – it's easy to see why the Surf Coast Century is a standout event for so many people.

A warm welcome to the Surf Coast.

Council is delighted to be a long-time supporter of the Surf Coast Century, providing funding through our Event Grants Program.

We're excited that Anglesea and surrounds will be absolutely buzzing with competitors and supporters. As a certified ECO Destination, we're always keen to welcome people who love the outdoors and care for our environment – and Surf Coast Century competitors tick that box.

This event gives our local economy a boost in the off-peak visitor period, all while bringing people together for an incredible trail running experience.

The Surf Coast is the perfect place for a getaway at any time of year. Whether you're chasing another trail running goal or looking to recharge: our unique towns across the coast and hinterland would love to welcome you.

From markets, concerts and art exhibitions to major international events – the Surf Coast Events calendar (surfcoastevents.com.au) is overflowing with options to make your stay a memorable one.

Wishing you all the best for the Surf Coast Century. Enjoy soaking up our world-class natural environment, and that feeling when you cross the finish line.



Cr Libbyh Stapelton
Mayor, Surf Coast Shire



EVENT SCHEDULE

Friday 11th September

3:00pm – 7:00pm	Competitor Registration - Anglesea Green (next to the Anglesea Bowls Club)
4:00pm	La Sportiva community warm up run 5.5km - Anglesea Green
5:30pm	Elite Athlete Q&A - Anglesea Green
6:00pm	Competitor Briefing for ALL runners @ Anglesea Green - also streamed to Facebook HERE
6:30pm onwards	Pre-race pasta dinner at the Anglesea Hotel

Saturday 12th September

4:30am - 5:00am	Late Registration for 100km runners - Anglesea Main Beach
5:00am - 5:10am	WAVE STARTS 100km solo and relay runners - Anglesea Main Beach 5:00am fast runner, 5:05am mid pack runners 5:10am casual runners solos and relay teams
8:00am	RACE START for 50km solo runners - Anglesea Main Beach
9:00am – 6:00pm	Event Expo open including live music, food, massage and other entertainment
11:50am	Winning 50KM RUNNER expected to finish
12:00pm	Winning 100KM RELAY TEAM expected to finish
1:15pm	Winning 100KM SOLO RUNNER expected to finish

Sunday 13th September

8:30am - 9:00am	Registration for the Kids' Run in the event expo
9:00am	Celebration Sunday - Anglesea Lawn Bowling Club
9:00am – 10:30am	Breakfast and war stories - Anglesea Lawn Bowling Club
9:00am	RUN START for the 2.5km Kids' Run in the event expo
9:50am	Concrete Shoe wall-sit competition - Anglesea Lawn Bowling Club
10:00am	RACE PRESENTATIONS Surf Coast Century - Anglesea Lawn Bowling Club

EVENT CENTRE

Location: Anglesea Green, Anglesea Victoria. (Located directly opposite the main Anglesea shops on the Great Ocean Road)

Car Parking recommendations:

- The side streets surrounding the area
- The shopping area over the Great Ocean Road - short term parking only
- Public car parks beside the Anglesea riverbank and near the rivermouth

NOTE: It is illegal to park on YELLOW lines. Be conscious of local residents & traders and don't block anyone in

- Obey parking restrictions - especially near the tennis club

Facilities / Activities at Event Centre

- RACE FINISH line for the 100km, 50km races (the start line is on the Anglesea Main Beach approx. 1km away)
- Race Registration and Information marquee
- Check Point 4, being the 50km point of the 100km course with associated services
- An extensive sponsors expo with displays by Bogong, La Sportiva, Outdoor Research, Steigen, Blackmans Brewery, and others
- Free pasta taster bowls thanks to La Sportiva
- Move Beyond and Pro Feet Podiatry rehab station
- Medical assistance station





FLOW FOR THE DISTANCE.

PRODIGIO MAX | **XFLOW ENDURANCE**

Gravel routes. Rocky singletracks. Hours and kilometers piling up. Prodigio Max is the most cushioned shoe in the Prodigio series. Built for ultra distances, it features XFlow Endurance™ technology for maximum cushioning. It absorbs impact, reduces muscle fatigue, and delivers a smooth stride, hour after hour. Comfort Wire upper, with an even roomier, more accommodating fit. Stability and control on every surface, even through quick directional changes. More miles. More hours. Maximum comfort.

Test **Prodigio Max** here at Surf Coast Century with La Sportiva

COMPETITOR REGISTRATION (Race Pack Collection)

3:00pm – 7:00pm, Friday 11th September in the event centre

- Teams and solo runners: someone may collect your race pack on your behalf.

LATE REGISTRATION on Saturday 12th September (by prior arrangement only: e-mail events@rapidascent.com.au)

- 100km: 4:30am - 4:55am on the **Anglesea main beach** adjacent the start line
- 50km: 6:30 am - 7:30am in the **Event Centre on the Anglesea Green**

What you'll receive at Registration:

- Race number plate
- Timing chip on a velcro strap
 - Timing chip must be attached to your ankle for the duration of the event
 - There is only ONE timing chip per relay team – it is your relay “baton” that must be swapped over to your new runner within the designated checkpoint area
- Race pack with sponsor info and discounts
- Any pre-ordered items (eg, event t-shirts, merchandise or other mandatory items)



Timing chip on velcro strap

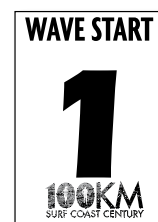
RACE STARTS at the Anglesea Main Beach

100km race start

To minimise congestion on the course we will start 100km solos and relay teams across 3 different waves, at 5 min intervals. Please choose the race start time that best suits your ability, as follows:

- 5:00am – 100KM fast start:** for 100km solos and relay runners who are fit, move well, and who are here for a solid effort (ie. the fastest 30% of the field).
- 5:05am – 100KM medium start:** for mid pack 100km solo and relay runners.
- 5:10am – 100KM slow start:** for more leisurely 100km solo and relay runners who know they have a big day ahead and understand the need to pace themselves. (ie. the slowest 30% of the field)

Gather at the appropriate wave start sign on the beach beforehand



Your race time does not start until you cross the start mat. So no matter what group you start in, it makes no difference to your overall results. Cut off times are calculated as of the last wave start in each race.

50km race start

8:00am mass wave start. The 50km race will commence with a single wave.

COMPETITOR IDENTIFICATION

Number Plates

RED: 100km solo runners

- Big number plate to go on the front of your outermost garment
- Small number plate to be pinned on your backpack facing backwards

YELLOW: 50km solo runners

- Big number plate to go on the front of your outermost garment
- Small number plate to be pinned on your backpack facing backwards

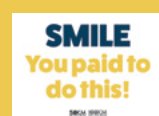
BLUE: 100km relay team of 2*

GREEN: 100km relay team of 3 or 4*

*TEAMS will receive a separate number plate for each runner but all number plates will have the same number on the front. It does not matter which number plate each team member wears.



PLACARD SIGNS! To help build on the energy and enthusiasm on the course we have printed 400x placards for teammates and supporters to hold up around the course. 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(?!). Collect at registration!



EVENT FUNCTIONS

La Sportiva warm up run. 4:00pm Friday

- from the Event Centre

Everyone is welcome to join the La Sportiva crew for a ~5km social / warm up run to help loosen up your legs before race day and get into the swing of things. All runners receive a **FREE T-SHIRT** and can test run a pair of their Prodigio Pros, Prodigio Max or Prodigio II shoes during the run, and one lucky runner will receive a pair of La Sportiva Prodigio Pros! Scan the QR Code to sign up! See you there...



Then soon after the community run finishes, the La Sportiva team will be serving cups of pasta and sauce to help build up your reserves of carbohydrates ready for race day. Drop past their tent in the Event Centre from 5pm onwards for a taster and to talk shoes!

Pre Race Pasta Dinner 6:30pm onwards Friday - at the Anglesea Hotel

Meet up with other runners at the Anglesea Hotel for a pre-race pasta meal. For \$30pp you receive a two course meal including garlic bread with a choice of pasta dishes - great for carb-loading before race day! Prebookings preferred by calling 03 5263 1210. (Located opposite the event centre and shops at 1 Murch Crescent).

Elite Athlete Q & A 5:30pm Friday in the event centre

Come and hear from elite athletes **Tom Batrouney and Jacqui Bell** as they talk through their training, race strategy and other aspects. Held immediately prior to the Competitor Briefing

Competitor Briefing 6:00pm Friday in the event centre

We will conduct an Acknowledgement of Country followed by the Race Directors' briefing on the course and share any changes or logistical considerations, weather details + more. All competitors are encouraged to attend, it will also be streamed to the [Rapid Ascent Ultra Running Events Facebook Page](#).

ULTRA BREATHABLE LIGHTWEIGHT

Echo Long Sleeve T-Shirt
bluesign® approved 100% Recycled Polyester
Quick Drying
Movement-Mirroring Stretch
ActiveFresh™ Odor Control
AirVent™
130 grams

OR OUTDOOR
RESEARCH

Celebration Sunday 9:00am - 10:00am Sunday at the Anglesea Lawn Bowls Club

Race day is great but sharing your stories with others afterwards is even better - and that's what Celebration Sunday is all about. Based at the Anglesea Lawn Bowls Club (immediately next to the finish line and expo), grab a coffee + muffin / egg and bacon roll... and relax! Activities include:

- Food, coffee from the local vendors and the Lawn Bowls Club – from 9:00am
- Recovery station with compression boots, massage guns: 9:00am - 10:00am
- 2.5km kids run – 9:00am in the event expo area (registration from 8:30am)
- Concrete shoe award to determine the strongest of all (see below!)
- Race presentations to conclude the event – at 10:00am in the Lawn Bowls Club

Concrete shoe award 9:50am Sunday at the Anglesea Lawn Bowls Club

The Concrete Shoe Trophy is our most prestigious award because the winner must endure the greatest amount of pain in order to win it!! Following on from the fun of 2025...

The 2026 Concrete Shoe will be awarded to the 100km runner who can maintain the longest 'wall sit' in a head to head battle with their counterparts! The contest is only open to those who raced the 100km the day before, and we'll line all the contenders up side by side and the winner is the last man / woman standing (or sitting!).

- **When:** 9:50am (immediately before presentations)
- **Where:** Anglesea Lawn Bowls Club
- **How:** Sitters must have their backs against the wall, hands by their side and knees at 90deg for the longest period. OUCH!

This will be a fun spectacle to watch and we encourage everyone to come down and cheer on contestants. [Previous winners of the concrete Shoe trophy include:



Concrete shoe HALL OF FAME:

Kristie Bower
Thomas Dade (x3!)
David Eadie
Jason Rawlings
Francesco Ciancio
Shona Stephenson
Brendan Davies
Andy Turner
Edward James
Stuart Hughes (x2!)

Race presentations 10:00am Sunday 14th September at the Anglesea Bowls Club

The official presentations and award ceremony will be conducted in the Anglesea Lawn Bowls Club. Come and congratulate the winners as we read the results and award medals.



Wish you were here...

COMPETITOR SERVICES AND EXTRAS

Free beer / Seltzer in the event expo

Local brewery and event sponsors **Blackmans Brewery** is giving everyone a free beer at the finish line to help you celebrate your achievements. Enjoy a free beverage at the line and then head to one of their venues in Torquay, Grovedale or Ocean Grove to continue celebrations!



Solo recovery marquee - in partnership with Coastal Elements Landscaping

A dedicated recovery marquee will be set up adjacent the finish line for solos to rest in. We know that most solo 100km and 50km runners are utterly exhausted at the finish line, and the noise and jubilation of finishing can be overwhelming, so this marquee is designed as a quiet place for solos to recover and includes a range of food and drinks to help you become human again. The marquee is landscaped by our partner Coastal Elements Landscaping with plants from Wombat Gully Plant Farm.



Right beside the Solo recovery marquee is a sports rehab area manned by our friends at Beyond Movement and Pro Feet Podiatry. They'll be providing: free massages and injury advice, compression boots, massage guns, along with taping, podiatry and advice - open 11am-4pm on Saturday only.



weThreshold mobile sauna

We're excited to have weThreshold onsite to help runners recover, reset and transition out of race mode in a supported environment. They'll be offering 20-minute and 40-minute post-race sauna sessions as a warm, calming space to decompress after the trail. Alternate with a chilled shower (4deg) for maximum effect. \$20 for 20min / \$35 for 40 min. Bookings will be taken on-site. Session sizes are limited to 8 and will be allocated in order of arrival.



Change Rooms

A number of small pop-up shelters will be set up adjacent the expo as private change room spaces. These are unisex, self managing spaces designed to make it easier to freshen up after the race.

Live results and athlete tracking

Live race splits and predictive tracking will be available online so you can monitor the race remotely. The predictive tracking uses timing splits along each leg to estimate a runner's pace and expected time into each checkpoint. (It is an estimate only, do not be alarmed if your runner is slower than the predicted time).

Access live results and predictive tracking HERE: <https://tinyurl.com/3ed5uwfh>

Finisher awards

The following awards will be made to finishers - woohoo!:

- **1lt Beer Stein** – the “BELLS”: for 100km solo runners who finish in less than 12hrs for men and 13hr30 for women.
- **500ml Beer Stein** – the “ADDIS”: for 100km solo runners who finish between 12hrs and 16hrs for men and 13hr30 – 18hrs for women
- **Finisher Medal** - will be presented to all runners who complete their chosen race.



FIRST TIME ULTRA RUNNERS

Running your first ULTRA is a bloody great effort (50km or 100km) and we want to acknowledge your achievement by highlighting it far and wide. We're stoked you joined the ultra-club at the Surf Coast Century so here are a few ways we're going to help you celebrate:

- **Sound the Gong when you finish!** We've got a massive gong for you to ring at the finish line - you only get to ring it once so make it count!
- **First time ultra runner sticker** on your number plate – so we can share the kudos
- **Your name highlighted** on the Centurion Honour Board as a first time ultra runner
- Your finisher medal / stein **presented by a Race Director** and a warm congratulations
- Plus plenty of **love and support** on the trails to help get you through



YOU GOT THIS!!

ON COURSE NUTRITION & AID STATIONS

Food and drinks will be available at each of the following checkpoints on the 100km (and 50km) courses:

- CP1 – 10km** Point Addis car park – small aid station (100km course only)
- CP2 – 24km** at Torquay Surf Beach (Rotary Rotunda) – Big aid station (100km course only)
- CP3 – 34km** Ironbark Basin picnic area – small aid station (100km course only)
- CP3a – 40km** Eumeralla Scout Camp. Unmanned water point only. (100km course only)
- CP4 – 49km** next to the Event Centre – Big aid station. (100km course only)
- CP4a – 60km (10km)** jcn of Loves Track & Distillery Creek Road. Unmanned water point only. (100km & 50km)
- CP5 – 69km (19km)** Distillery Creek Picnic Ground – small aid station. (100km & 50km course)
- CP6 – 76km (26km)** at Moggs Creek Picnic Ground – Big aid station. (100km & 50km course)
- CP7 – 85km (35km)** Aireys Inlet Skate Park – small aid station. (100km & 50km course)

The following items will be provided to all runners at each type of aid station:

Small aid station: CP 1, 3, 5, 7

Items available:

- Skratch Hydration Sports Drink Mix - powder
- Sandwiches – sweet and savory
- Bananas and Oranges
- Fruit cake
- Oat slice
- Snakes and lollies
- Salty chips
- Savoy shapes (salty)

Big aid stations: CP 2, 4 and 6.

Items available:

- all the items listed in the small aid stations (above)
- PLUS
- Boiled potatoes with butter and salt
- Coke - CP6 and CP7
- Risotto - CP6 only
- Minestrone soup - CP6 only
- Two minute noodles - CP6 only
- Vege fried rice - CP6 only
- Hot water and cups so you can make your own tea and instant coffee - CP6 only

Unmanned water points: CP 3A and 4A

There will be drums of water and / or a tap with drinking water at these locations. There will be no marshals here and support crews cannot provide any assistance at these locations.

Support crews and external assistance

Competitors can only receive assistance from support crew and/or team mates in the immediate area of each Check Point. Supporters cannot enter the fenced area at CP2, 4 and 6 but can help by reaching over the fence. Runners seen receiving support or collecting pre-planted items outside of CPs will receive a 30min penalty.

CHECKPOINT SUMMARY TABLE

CHECKPOINT NUMBER	KILOMETER POINT 100km / 50km	SUPPORT CREW ACCESS?			DROP BAG SERVICE	SIZE OF AID STATION	TEAM CHANGE OVER PT
		100km SOLOS	100km TEAMS	50km SOLOS			
CP1	10km	YES	YES			small	
CP2 (leg end)	24km	YES	YES		YES	big	YES
CP3	34km	YES	YES			small	
CP3a (unmanned)	40km					water only	
CP4 (leg end)	49km	YES	YES		YES	big	YES
CP4a (unmanned)	60km / 10km					water only	
CP5	69km / 19km	YES	YES	YES		small	
CP6 (leg end)	76km / 26km	YES	YES	YES	YES	big	YES
CP7	85km / 35km	YES	YES	YES		small	

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



DROP BAGS (optional)

Runners without a support crew can use our drop bag service to transport your items from the event centre to the following CPs and back. (If you have a support crew who's visiting these CPs they can take your items for you!)

- To / from CP2 – 24km point at Torquay Surf Beach (100km course only)
- To / from CP4 – 48km point at Anglesea Green (or drop them off on race morning yourself) 100km course only
- To / from CP6 – 75km at Moggs Creek (100km and 50km course)

Drop bag procedure:

1. Collect the appropriate bag tags for your gear in the Event Centre during registration on Friday:
 - Red (CP2) / Green (CP4) / Blue (CP6)
2. Write your race number on the bag tag(s). Attach to your bag and seal your bag so nothing falls out
3. Put your labelled bags in the correct drop bag area in the Event Centre between 3:30pm and 7:00pm on Friday

NOTE:

- Bags will NOT be transferred between CPs (ie, not from CP2 to CP6).
- Bags must be closed, max 5kg, no bigger than 50cm x 50cm (We recommend supermarket cooler bags).
- Bags will be transported back to Event Centre during the course of the event. Support crews can also collect your bags from Check Points on your behalf.

MAPS ON YOUR PHONE WITH AVENZA

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.

Note: we use and recommend the Avenza mapping ap. Follow these steps to load the course map on your phone:

1. 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 100km and 50km courses).
2. open the appropriate map when you're on course your position will be identified with a blue circle.

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.



100km

<https://tinyurl.com/2s4b9r7s>



50km

<https://tinyurl.com/3k9mkjps>

THE COURSE

Course Markings. It is up to the runner to KEEP AN EYE OUT FOR, AND FOLLOW THE COURSE MARKINGS as described below. The course will be marked with:

- RED and/or ORANGE ARROWS (pegged into the ground and fixed to trees or bushes)
- FLUORO PINK surveyor's tape or PINK PLASTIC reflective tags (tied to trees or bushes)
- 'wrong way' is indicated by RED and WHITE barrier tape across a track / road at ground level.
- In the DARK: Sections of the course will also be marked with SILVER and / or RED reflective tape tied to trees, as well as (infrequent) reflective arrows.

Course GPS file and FREE mapping app

We encourage all runners to have the course map on your phone using the Avenza App - as described on page 8.



COURSE DESCRIPTION - SUMMARY

A more detailed explanation and video of each leg is published on the event website [Course Description page](#).

Great Ocean Road Holidays Leg 1: 0km – 24km (100km runners only)



Distance: 24km **Elevation gain / loss:** 625m

Terrain style: Along the beach and inter tidal zone with some technical terrain over reefs and rocks. It includes 2 moderate hills interspersed with plenty of flat running on the beach and intertidal zone. You WILL get wet and should expect to cross pools up to knee deep.

Leg start / finish: Race Start (Anglesea Main Beach) / CP2 at Torquay Surf Beach Rotary Rotunda

Check Points: A small aid station at CP1 (10km)

Cut off: all 100km runners must have departed CP2: Start time + 4h45min

100km Start Procedure: The 100km race for solos and relay teams will start in 3 wave starts. Summary below:

- 5:00am : 100km fast start – for the fastest 30% of the field, solos and relay teams
- 5:05am : 100km medium start – for mid pack solos and relay teams
- 5:10am : 100km slow start – for more leisurely solo and relay runners

Once under way, all runners complete a 4km loop going up past the Surf Life Saving Club, along Surf Coast Walk to Point Roadknight and back along the beach past the start. After crossing the rivermouth runners continue on the Surf Coast Walk up and over the Eumeralla Hill to CP1 at Pt Addis.

Continue to follow the Surf Coast Walk inland & uphill through the beautiful Ironbark Basin, before descending back to the beach at Southside. Run around the iconic Bells Beach headland and then follow long sections of beach and intertidal zone through to Torquay and CP2.

HIGH TIDE DETOUR: Depending the size of the swell on race day, some slower runners may be re-directed away from the original course on the waters edge at the ~20.5km pt. This will be marked as a 'High Tide Detour' and will be marked with blue arrows. The detour is just 3km long, is equal distance to the original route and still leads to the same checkpoint. Race Officials will direct affected runners - all others carry on the marked and promoted route.

Coastal Elements Landscaping Leg 2: 24km – 49km (100km runners only)



Distance: 25km **Elevation gain / loss:** 455m / 455m

Terrain style: A mixture of gravel footpaths and narrow single track through the bush. Whilst not exactly hilly, this section is undulating and includes a lot of single track (that at times feels endless!).

Leg start / finish: CP2 at Torquay Surf Beach Rotary Rotunda / CP4 at Anglesea Green

Check Points: A small aid station at CP3 (34km pt), and an unmanned water station CP3A (40km pt).

Cut off: all 100km runners must have left CP4 by start time + 9hrs.

Leg 2 gets up to speed on the Surf Coast Walk, running the cliff top track through Jan Juc with plenty of ocean views to the left. Descend down and climb back out of Bells Beach at the 30km pt and carry on through the flat and fast running around the Ironbark Basin to CP3.

After CP3 the leg's character changes and now follows weaving and twisting single track through endless bushland. There are lots of junctions in this section so keep an eye out for course markings and enjoy the flow. Descend downhill beside the cricket ground and into Anglesea to reach half way!

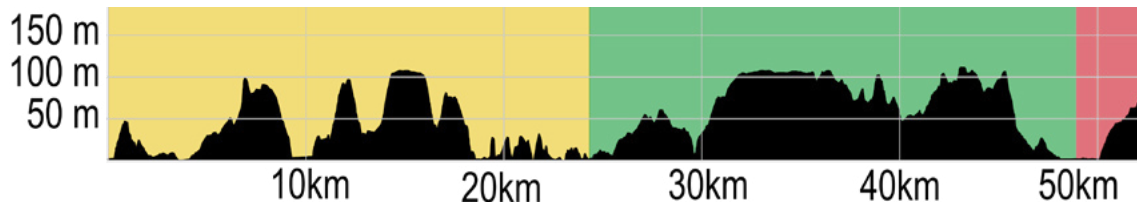
Note: runners must stop and wash the soles of your shoes at the 3 x Parks Victoria Phytophthora wash stations on Leg 2. This is a mandatory shoe hygiene procedure to assist in the control of 'Die Back'.





COURSE MAP

LEG 1 AND LEG 2



ELEVATION PROFILE LEG 1 AND LEG 2



La Sportiva Leg 3: 49km – 76km (100km runners) // 0km – 27km (50km runners)

Distance: 27km **Elevation gain / loss:** 715m / 690m



Terrain style: A mixture of 2WD, 4WD and single tracks through more remote sections of the coastal bushland (with extensive wildflowers all around). This is the hilliest leg of the race and the crux of the course.

Leg start / finish: CP4 at Anglesea Green / CP6 at Moggs Creek Picnic Ground

Check Points: Unmanned water point CP4A (58km // 8km pt) and intermediary race kitchen at CP5 (69km // 19km pt)

Cut off: 50km: all runners must have departed CP6 by start time + 5h 15min

100km: all runners must have departed CP6 by start time + 14h 15min

50km Start Procedure: all 50km runners start together in the one mass start at 8:00am.

50km runners start on the beach heading away from the SLSC, running across the Anglesea Rivermouth and on to the gravel footpath on the NORTH side of the Anglesea River towards CP5 and beyond. 50km runners will go over the Great Ocean Road (not under the bridge) at the 2km pt.

Leg 3 is the hilliest of the course with the climbs starting with an ascent of Heartbreak Hill followed by a descent down the 'Gilbert Street slip-and-slide' (take care if wet!) into the heathland. More 4WD track running through the wattles follows and then there's a lovely descent to the unmanned water point at the 60km // 10km pt.

Turn right and follow the beautiful Currawong Falls single track circuit with the biggest single climb of the whole course past wildflowers and waterfalls - then descending down to CP5 for a much needed refuel. Carry on up the Painkalac valley for a final climb over the ridge and into the popular CP6 at Moggs Creek.

Great Ocean Road Bridge: all 100km runners must go under the GOR bridge at the 49.5km mark immediately after leaving CP4.

Fenix Headlamps Leg 4: 76km – 99km (100km runners) / 27km – 50km (50km runners)



Distance: 23km **Elevation gain / loss:** 490m / 515m

Terrain style: Another mixture of 2WD, 4WD tracks and single track that returns you to the beach for a stint along the sand to the finish. This has a hilly start but a flat finish.

Leg start / finish: CP6 at Moggs Creek Picnic Ground / The FINISH LINE at the Anglesea Green!

Check points: a small aid station at CP7 (85km / 35km pt) at Aireys Inlet Skate Park

Cut off: 50km: all runners must have finished by start time + 9h30min

100km runners: There are three cut off times incrementally along leg 4 (designed to give you a target to keep moving to). These cut off times are as follows:

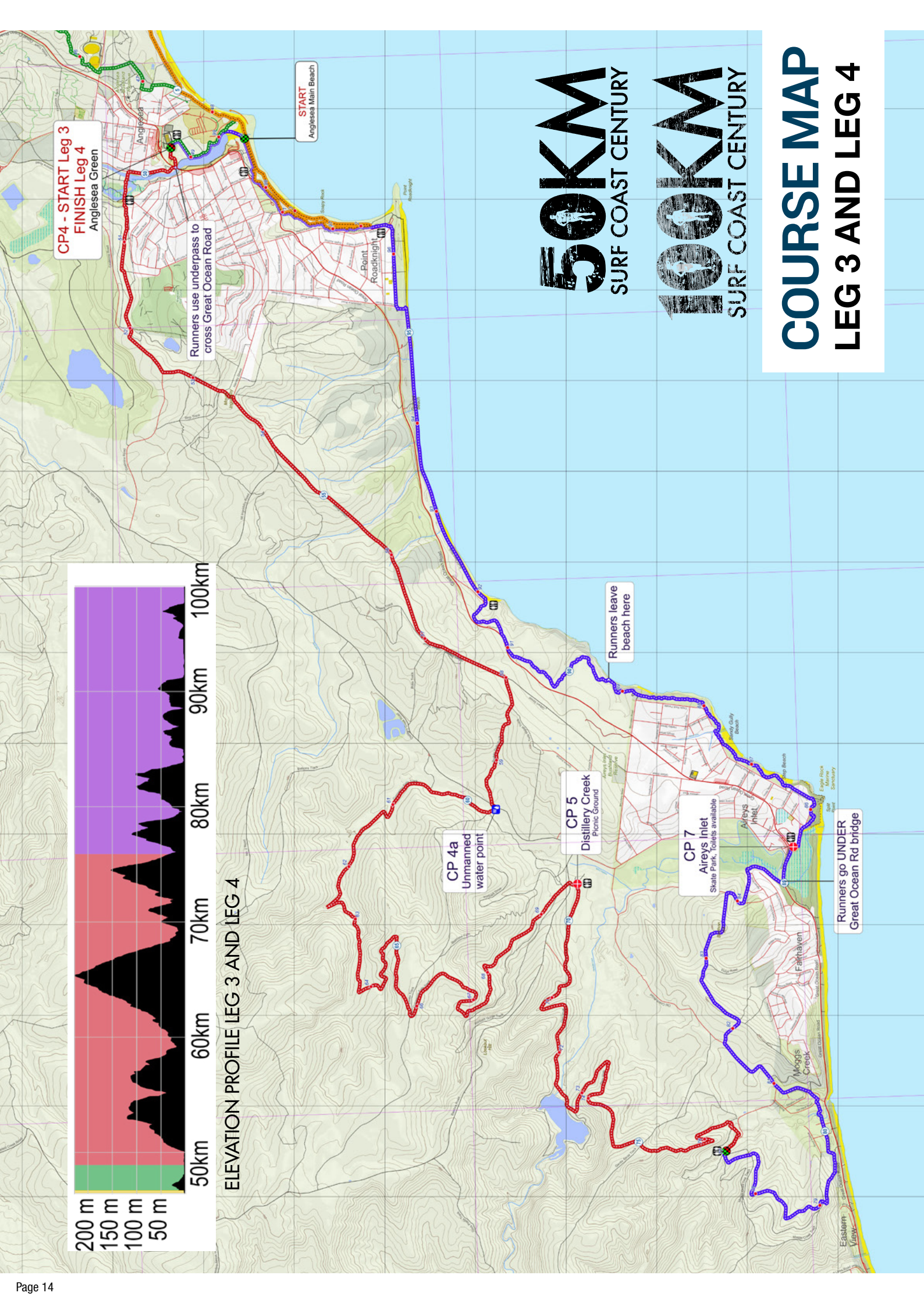
- you must depart CP7 at the Aireys Inlet Skate Park (86km mark) by published start time + 16h
- you must depart Urquharts Bluff Beach carpark (92km mark) by published start time + 17h
- you must depart Cnr Melba Pde and O'Donahues Rd (96km mark) by published start time + 18h

Leg 4 covers a huge variety of terrain and is our personal favourite. It starts with some magnificent single track running to Eastern View lookout and then along a mix of trails through the Moggs Creek village and along the ridge leading to Painkalac Bridge at Aireys Inlet.

Run through CP7 and carry on past the lighthouse, then it's along a spectacular trail along the cliff tops with beaches, reefs and rockpools far below you. Run the length of Urquharts beach (later runners enjoy low tide!) and leave the sand to resume along the Surf Coast Walk through Pt Roadknight. Then it's just a final climb over the SLSC hill before a flat and fast finish beside the Anglesea River into the event centre to finish it off. WELL DONE!

Great Ocean Road Bridge: all runners come to a bridge at the Great Ocean Road at the 85km // 35km point. You must do the following at this bridge:

- if you arrive at the bridge before 6:30pm you must follow the markings and go under the bridge and continue.
- if you arrive at the bridge after 6:30pm you may cross the river on the pedestrian bridge and then cross over the Great Ocean Road to continue. Take extreme caution to watch for traffic and stay safe.



CP4 - START Leg 3
FINISH Leg 4
Anglessea Green

START
Anglessea Main Beach

Runners use underpass to
cross Great Ocean Road

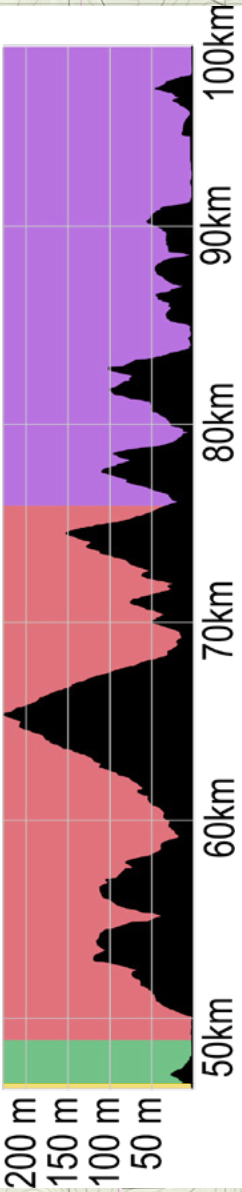
Runners leave
beach here

CP 4a
Unmanned
water point

CP 5
Distillery Creek
Picnic Ground

CP 7
Aireys Inlet
Skate Park, Toilets available

Runners go UNDER
Great Ocean Rd bridge



ELEVATION PROFILE LEG 3 AND LEG 4

50KM
SURF COAST CENTURY

100KM
SURF COAST CENTURY

COURSE MAP

LEG 3 AND LEG 4



skratch LABS

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DESIGNATED SUPPORT AND VIEWING AREAS:

There are numerous opportunities and locations for support crews and team mates to see your runners, principally at each checkpoint as described below, but also at many other additional points.

NOTE: Parking is very limited at all checkpoints. Many checkpoints are located at the end of dirt roads. Access is restricted to ONE CAR PER RUNNER - so please car pool and park sensibly. Thank you.

Race Start 0-4km (50km and 100km runners)

Where: Start line on Anglesea Main Beach, beside the river mouth.

Time: Separate wave starts for each race as described on page 4.

- 100km race start times: 5:00am / 5:05am / 5:10am
- 50km race start time: 8:00am



NO DOGS are permitted at the checkpoints or other areas in the National Park. Thank you.

CP1 – 10km (100km runners)

Where: Point Addis road end

What: Small aid station, not a team change over point

Expected times: first runner: 5:40am // mid field runner: 6:15am // last runner: 7:15am

Cut off: n/a

Parking: Car park at the end of Point Addis Rd, or park on the road verge before the road end. Limited parking.

CP2 – 24km (100km runners)

Where: Torquay Surf Beach Rotary Rotunda, at the southern end of Surf Beach Drive

Google maps location: 'Surf Beach Drive Rotary Rotunda and BBQ'

What: Leg end, team change point and big aid station. With DJ, coffee and thousands of people this will be a great CP to visit.

Expected times: first runner: 6:40am // mid field runner: 7:50am // last runner: 9:30am

Cut off: all runners must have departed CP2 by Start time + 4h45min

Parking: Car parking available on the grass beside Surf Beach Drive and on Bell St. We strongly recommend the parking in the large sealed car parks at the southern end of The Esplanade and at Pt Danger. Two way access must be maintained on Surf Beach Drive.



CP3 – 34km (100km runners)

Where: Ironbark Basin Picnic Area, Point Addis Road

What: Small aid station, not a team change over point

Expected times: first runner: 7:20am // mid field runner: 9:00am // last runner: 10:30am

Cut off: n/a

Parking: The checkpoint is in a small gravel car park 500m in from the Great Ocean Road. The car park will only fit 10 cars, all other cars must park on the Point Addis Road verge. Park well off the road and ensure 2 way access is maintained at all times. Be prepared to walk up to 1km to the CP.

SUPPORT CREWS

RECOMMENDED COFFEE / ICE-CREAM / CHOCOLATE STOP!

The Great Ocean Road Chocolaterie is located right beside the race course on the Great Ocean Road and makes for a perfect mid morning coffee stop on your way between Anglesea and Torquay (while your runners are on leg 1 and 2). Stop in for some food, drinks, chocolate anytime between 9am and 4pm.



CHECKPOINT LOCATIONS AND 100KM NOTES

 **Race Start** - 0km and 4km
Where: Anglesea main beach.

 **CP1 - 10km Point Addis car park (100km only)**
What: Small aid station, not a team change over point
First / last runner: 5:40am / 7:00am

 **CP2 - 24km at Torquay Surf Life Saving Club (100km only)**
What: Leg end, team change over and big aid station
First / last runner: 6:45am / 9:45am

 **CP3 - 34km Ironbark Basin picnic area (100km only)**
What: Small aid station, not a team change over point
First / last runner: 7:20am / 12:00pm

 **CP4 - 49km at Anglesea Lions Park (100km only)**
What: Leg end, team change over and big aid station
First / last runner: 8:30am / 2:00pm

 **CP5 - 69km Distillery Creek Picnic Ground (100km & 50km)**
What: Small aid station, not a team change over point
First / last runner: 9:30am / 6:00pm

 **CP6 - 76km at Moggs Creek Picnic Ground (100km & 50km)**
What: Small aid station, not a team change over point
First / last runner: 10:00am / 7:15pm

 **CP7 - 85km Aireys Inlet Skate Park (100km & 50km)**
What: Small aid station, not a team change over point
First / last runner: 10:50am / 9:00pm

 **Race Finish - 100km Anglesea Lions Park (50km FINISH LINE!)**
First / last runner: 12:00pm team & 50km winner.
1:15pm individual 100km winner / 12:00am last to finish!

MAP LEGEND

-  Race course
-  Recommended spectator locations
-  Major Checkpoints and team interchange
-  Minor Checkpoints
-  Surf Coast Walk

Base map provided by the Surf Coast Shire



50KM
SURF COAST CENTURY

100KM
SURF COAST CENTURY

SUPPORTERS MAP

CP4 – 49km (100km runners) - Hosted by the Surf Coast Trail Runners

Where: Anglesea Green (Event Expo area)

What: Leg end, team change point and big aid station

Expected times: first runner: 8:30am // mid field runner: 11:00am // last runner: 2:00pm

Cut off: All 100km runners must have departed CP4 by Start time + 9hr

Parking: Car park options include in the gravel car park in front of the Lawn Bowls club, in shopping area over the road or on Cameron Road near the caravan park.



CP5 – 68km // 18km (50km and 100km) - Hosted by the Mad Rabbit Crew

Where: Distillery Creek Picnic Ground, Bambra Rd

What: Small aid station, not a team change over point

Expected times: 100km (50km) first runners: 10:00am (9:35am) // mid field: 1:00pm (11:15pm) // last: 6:00pm (12:15pm)

Cut off: n/a

Parking: The checkpoint is in a small car park on the left of Bambra Rd where there is space for ~10 cars. There is additional parking in the picnic areas on the right of Bambra Rd, or park along along the Bambra Road verge. Parking is tight, please ensure 2-way access is maintained.



CP6 – 76km // 27km (50km and 100km) - Hosted by the Skratch Crew

Where: Moggs Creek Picnic Area, end of Boyd Ave

What: Leg end, team change point and big aid station

Expected times:

100km (50km) first runners:

- first runner: 10:30am (10:00am)
- mid field: 2:00pm (12:00pm)
- last: 7:30pm (1:15pm)

Cut off: All runners must have departed CP6 by Start time + 14hr15

Access limitation: We ask that only one car per runner visits this CP due to limited parking.

Parking: The checkpoint is at the road end where there is space for approx 20 cars. Otherwise park on the roadside and along Boyd Ave and be willing to walk up to 1km to the CP. This is a busy area, please respect the locals, drive slowly and park sensibly so you do not block access for others.

CP7 – 85km // 35km (50km and 100km)

Where: Aireys Inlet Skate park, opposite the 'bottom shops' in Aireys Inlet (Google maps: (Aireys Inlet Skate Park Public Toilet'))

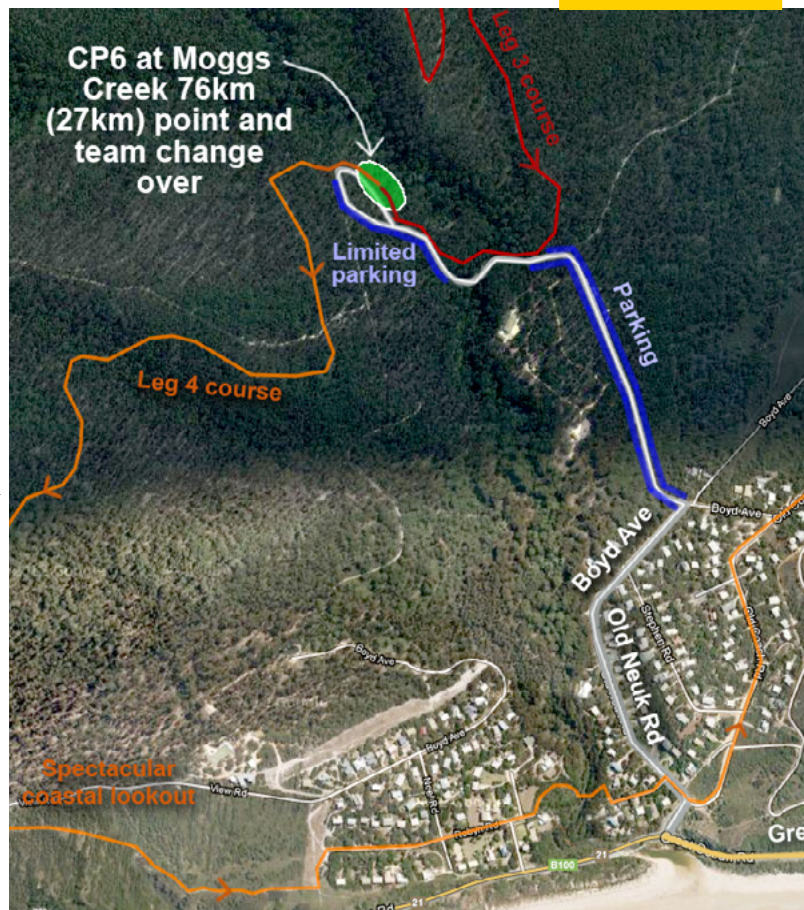
What: Small aid station, not a team change over point

Expected times: 100km (50km) first runners:

- first runner: 11:10am (10:50am)
- mid field: 2:40pm (1:00pm)
- last: 9:00pm (2:15pm)

Cut off: all runners must have departed CP7 by start time + 16h

Parking: The checkpoint is in the public shelter next to the skate park and public toilet. Park beside the skate park, on Inlet Crescent or in front of the shops on the opposite side of the Great Ocean Road.



Race Finish – 100km and 50km

Where: Anglesea Green (Event Expo area)

Expected times: 100km (50km) first runners:

- 100km (50km): first runner: 12:30pm (11:50am)
- mid field: 6:00pm (2:30pm)
- last: 12:00am (5:30pm)

Cut off: all 50km runners must have finished by start time + 9hr30. 100km runners should be aware of the incremental cut off times on leg 4.

Additional locations to spectate:

There are numerous additional locations that spectators can see runners outside of these listed CPs:

100km course:

- Bells Beach, 18km point on their way to Torquay and 30km point on their way back (they come past here twice)
- Jan Juc beach and car park, 22km and 25km points (they come past here twice)
- Coogoorah Park in Anglesea, 50km point

100km course (and 50km course)

- The end of Harvey Street on Mt Ingoldsby in Anglesea, 54km point (4km pt)
- Crossing Distillery Creek Rd behind Aireys Inlet, 60km point (10km pt)
- Moggs Creek foot bridge, 81km point (31km pt)
- Aireys Inlet lighthouse and along the cliff top walk, 87km point (37km pt)
- Urquhart Bluff Beach car park, 92km point (43km pt)



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KIDS RUN

The popular Kids Run is back again for 2026, giving our little champions a chance to be part of the fun of event weekend – held as part of our Celebration Sunday activities. The Kids Run is held immediately before the presentations it's a great kick start to Sunday morning.

When: 9:00am, Sunday 13th September

Where: Start / Finish in the event expo area (same location as the adult finish line)

Who: Designed for kids 4 -12 years old

Distance: 2.5km on a well-marked course – untimed!

How:

- \$13 for one child or \$20 for two. Entry, includes finisher's ribbon, race plate and fruit at the finish
- Enter online, or in person at the Registration marquee in the Event Centre on race morning.



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EQUIPMENT

Mandatory Gear List (for 100km and 50km competitors)

For ALL runners at all times - solo and relay team members:

- Race number plate. To be worn on your front, attached to the outermost garment at all times.
- 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*
- Whistle*
- Mobile phone
- 1 x windproof jacket – Goretex or similar waterproof / breathable fabric strongly recommended.
- Water container minimum 750ml capacity (may be a water bottle or bladder in a backpack)
- A head torch when on the trail before sunrise at 6:30am or after sunset at (6:10pm)
- Long sleeve thermal top – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any 'compression' garments. *To be confirmed if mandatory in race week when weather forecast is known.*

*These items are also for sale at Race Registration, or via Merchandise page

Recommended Gear List

- Long sleeve thermal top (polypropylene, wool or similar).
- Additional clothing to match the conditions expected on the day
- Beanie or balaclava, thermal gloves and more thermal gear
- Spare running shoes and socks after Leg 1 (you WILL get wet feet!)
- Water proof bag or snaplock for your mobile phone
- Food and additional water / hydration
- Hat and sunglasses
- Vaseline, Body Glide or other body lubricant, Sports injury tape (like Elastoplast)
- A copy of the GPS course route on your phone (eg. Avenza app recommended as explained on page 8).



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CUT OFF TIMES

Cut off times listed in the course and checkpoint descriptions above will be strictly enforced. You must DEPART the relevant checkpoint by the time listed. Cut off times are described as an amount of time after the race start (allowing for variable race start times). Cut off procedures if missed:

- 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.
- Individuals who miss a cut off must miss the next leg but they may re-continue from the following aid station as an unranked runner
- If the last cut off is missed, then competitors must make their way via alternative means to the finish line.
- If a runner continues on the course despite missing a cut off, they must realise that the course will not be marked or monitored by race officials. ie. you are on your own and not part of the race.

The 100km cut off times will be calculated as of the last wave start, ie: 5:10am.

EVENT WITHDRAWAL INCLUDING INJURY

SMS OR CALL THE EVENT DIRECTORS: Sam Maffett 0400 001 786 or John Jacoby 0408 035 26. (These phone numbers are on the BACK of your race bib for reference.)

RULES

The following rules apply to the 2026 Surf Coast Century:

- (all participants) must read and sign the Participant Indemnity
- Juniors only – (under 18 on race day) must have their parent or guardian advise the organisers, Rapid Ascent, of their intention to enter, must comply with the Under 18 entry requirements as published on the event website and the parent or guardian must read and sign an authorisation and indemnity.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Race numbers are non-transferable. Times 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 within the designated area at Checkpoints. Competitors may also receive support from race organisers and officials. External support may not be provided anywhere else on the course and this includes the supply of water bottles or food by non competitors.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing / pacing, or give 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.
- You must carry the Mandatory Gear as specified in the equipment list. A 30 minute penalty will apply for any (and every) item found missing during any random gear checks and you will not be allowed to continue until the item is replaced. You can expect random gear checks to be made during the race.
- Relay teams can only change over at the designated checkpoint locations – after their team mate has arrived.
- Relay teams must transfer their timing chip within the designated checkpoint area.
- Competitors are responsible for the actions of their support crew and may be penalised for actions or breaches of the rules by their support crew.
- Support crews and team mates are not permitted to run with or pace runners.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- All 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 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.
- 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.



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WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2026 - 2027.

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 EVENT - 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 106km and new 50km races on gravel roads through the region's magnificent tall timber forests. Entries open in September.



XTERRA Asia Pacific Championships

Dunsborough WA. 3 - 4 April, 2027 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. 8 - 9 May, 2027. 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. With a capacity of 2,000 this event sells out fast. Entries open in mid October.



The Trail Running Series

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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 2027.



Run Larapinta Stage Race

Alice Springs, NT. 18 - 21 August (dates tbc), 2027 www.RunLarapinta.com.au

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience in the heart of Australia. With a capacity of just 200 runners this event sells out fast. Entries open late October.



Shimano Gravel Muster

Alice Springs, NT. 24 - 27 August (dates tbc), 2027 www.GravelMuster.com.au

Australia's 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.



Rapid Ascent Journeys 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

