

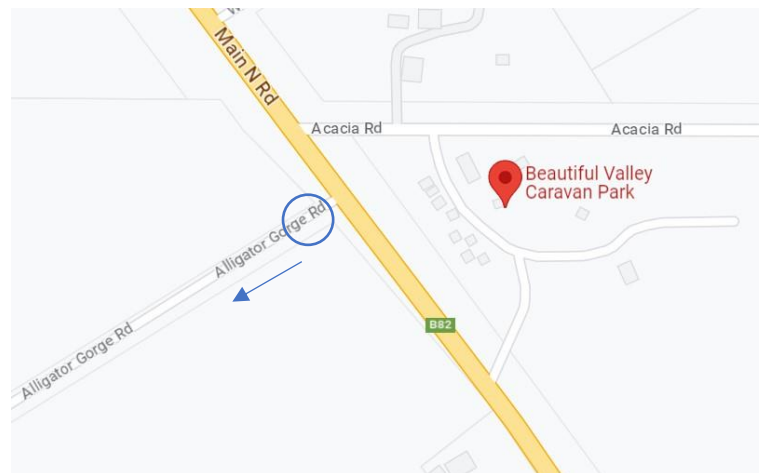
MELROSE RUNNING FESTIVAL

EVENT BRIEFING 2023

Start Line – Alligator Gorge Rd, Wilmington. (50km & 32km ONLY)

The starting area for the 50km & 32km is at the start of Alligator Gorge Rd, directly opposite the Beautiful Valley Caravan Park in Wilmington. This is a simple 23km drive (about 20 minutes) from Melrose, straight up the Horrocks Highway, to the north. Below is a link to Google Maps for Beautiful Valley Caravan Park. The exact start line is shown in blue.

<https://goo.gl/maps/wpRAjgprin6KL6ra8>



Start Line – Melrose Caravan Park. (15km ONLY)

The starting area for the 15km is at the Melrose Caravan Park, Melrose. This is where all races finish. Below is a link to Google Maps for Melrose Caravan Park. The start & finish is opposite the camp kitchen on the other side of the creek.

<https://goo.gl/maps/ukDR1FbiRU7j2Zv7A>

Bus Transfers (50km & 32km)

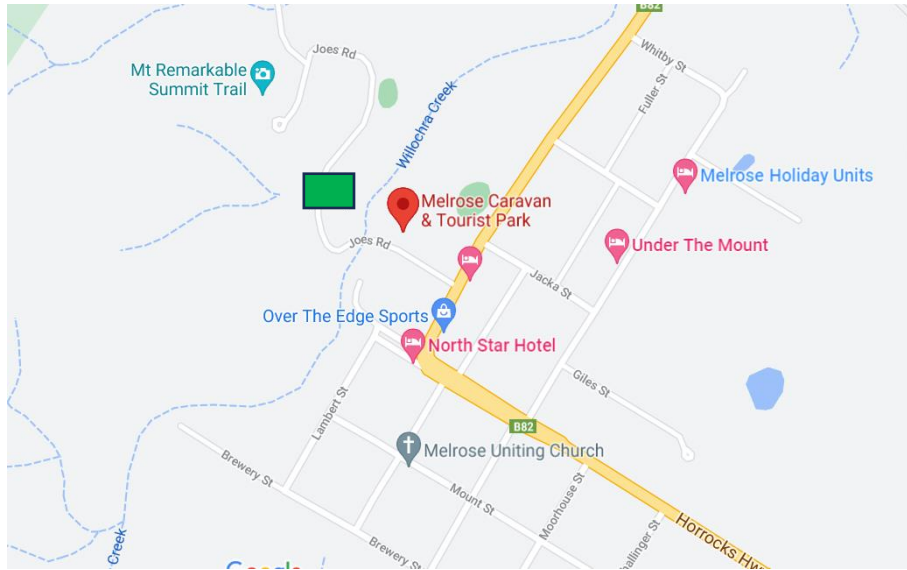
Bus transfers for the 50km will depart at 6:00am. Bus transfers for the 32km will depart at 6:30am. Both depart from the North Star Hotel in Melrose and will transport runners to the Beautiful Valley Caravan Park in Wilmington. Runners may use the toilet facilities at the caravan park. There are also public toilets located about 50m from the North Star Hotel. There is NO return bus service to Wilmington.

Runners can leave a bag at the start line that will be transported back to the finish line.

Toilets & Showers

There are toilets & showers available within the Melrose Caravan Park that we have access to and are located right at the finish line, next to the camp kitchen. .

The Start (15km) & Finish (all distances) is shown on the map below in green.



Bib Collection

Bib collection for all distances will be from the North Star Hotel from 5:30pm-7:00pm on Friday night as well as on race morning if you are unable to make it on Friday night.

Friday & Saturday Night

We now only have spots available for the 7:00pm dinner sitting at North Star Hotel on the Friday night. Please email ATR to reserve a spot. If you would like to join us at the after-party & medal presentations at Jacks Bros. Brewery, please make a reservation directly on their website. Links are attached below

Email ATR – info@adelaidetrailrunners.com.au

Jacka Bros. Brewery - [Jacka Brothers Brewery](http://www.jackabrothersbrewery.com.au)

Mobile Phone Coverage

Mobile Phone coverage will be very limited. In parts of the 50km & 32km course there will be no reception through the middle parts of the course. Phone coverage should kick in again at the summit of Mt. Remarkable. Sometimes you will have more chance to send a message via an app like Messenger or WhatsApp than a normal text or call.

Start Times

50km at 7:00am – Alligator Gorge Rd, Wilmington

32km at 7:30am – Alligator Gorge Rd, Wilmington

15km at 10:00am – Melrose Caravan Park, Melrose

Aid Stations

We will have 3 Aid Stations on the course for the 50km, 2 for the 32km and 1 for the 15km.

Here are the distances that each course will have travelled upon arriving at the Aid Stations -

Aid Station #1 (50km only) - Blue Gum Flat - 15.5km

Water, Huma Hydration Drink, Lollies & Salted Snacks.

Note: Family & Friends CAN meet you at this point to cheer you on and provide supplies. It is easily accessed by driving up Alligator Gorge Rd to the very end and is a bitumen road the whole way.

Aid Station #2 (50km & 32km Only) – Corner Pine Track & Centre Track

50km Runners – 36km mark 32km Runners – 17.7km mark

Water, Huma Hydration Drink, Coke, Lollies, Cookies & Salted Snacks.

Aid Station #3 – ALL RUNNERS – Mt Remarkable Summit

Water, Huma Hydration Drink, Coke, Lollies, Cookies & Salted Snacks.

It is very important to note the distance gaps between drink stations. Here are some to take special note of.

The gap for the 50km runners from Aid Station #1 to #2 is 20.5km and there is a lot of elevation in this section. The 32km runners will not see their first Aid Station until the 17.7km mark

ALL DRINK STATIONS ARE CUP-FREE. YOU MUST PROVIDE YOUR OWN CUP, BLADDER or FLASK.

All 50km & 32km runners are recommended to carry their own hydration and food with a minimum of 2L of fluid for 50km & 1L for 32km. There will also be water, bananas, watermelon, soup, and some home-baked goodies available at the finish. Coke & Lemonade can also be purchased via cash or card.

Drop Bags

Yes, the 50km & 32km runners can provide their own drop bags that can be used at Drink Station #3 at the summit of Mt. Remarkable. These MUST be delivered to us at bib collection on the Friday night. These must be clearly marked with your name and bib number. ATR takes no responsibility for lost or damaged goods.

Cut-off Times

Cut-off times will be enforced at Drink Station #3 at the summit of Mt. Remarkable for all 50km & 32km runners. The cut-off times for Mt. Remarkable Summit and the finish can be seen below.

Summit Cut-off Times

50km – 4:00pm (9 hrs - 12:30 mins/km pace)

32 km – 3:00pm (7.5hrs - 18 mins/km pace)

Final Cut-off Times

50km - 5:30pm (10 hrs 30 mins - 12:30 mins/km pace)

32 km - 4:30pm (9 hrs - 18 mins/km pace)

15km - 4:00pm (6 hrs - 24 mins/km pace)

Race Numbers

At the time of print we have 107 registered runners. Here is the breakdown –

50km – 37, 32km – 33, 15km – 37

Race Day Entries

Unfortunately, we are not able to accept entries on the day, but we can except entries up until midnight on Thursday night prior.

Course Markers

Please look for Blue & White direction markers (arrows) on course. There will also be some blue & white marking ribbon attached to trees along the way. We have Red & White X's to signal a wrong way.

What if I am injured and need to withdraw?

The phone numbers for the race director are printed on the back of your race bibs. If you are very severely injured and cannot move i.e., broken leg or ankle etc it is best to phone 000 first. The phone numbers to save in your phone are –

Race Director (Brett) 0432 062 255, Emergency (Police) 000, First-Aid TBA

Medal Presentations and Random Prize Draw

All finishers in the 50km, 32km & 15km will earn a finishers medal upon completion. At our after-party at Jacka Bros. Brewery we will be awarding our winners medals. The top-5 male & female in the 50km, plus the top-3 place getters, male & female in the 32km & 15km will also be presented with commemorative medals. The exact timing of the medal presentations will be decided on the day. We will also conduct our random prize draws at this function. Please make your own booking for the Saturday night function directly on the Jacks Bros. Brewery website. Link is attached below.

[Jacka Brothers Brewery](#)

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RUNNING



Animals on Course

Dogs or any other household pets are **NOT** permitted during the race for the safety of all runners. The only exception to this is for Assistance Dogs.

Volunteers

We have an amazing team of volunteers who are very generously giving up their time to help make this event happen. Please treat them with the respect they deserve. Any verbal or physical abuse towards a volunteer will not be tolerated and can result in disqualification.

Trail Etiquette

Please always keep to the LEFT, just as if you were driving a car. When passing another runner, always pass on the RIGHT and please give a clear verbal indication of your approach and of your intentions. We do NOT have exclusive access of the trails so please show courtesy to all other users.

Course Maps

All Course maps are available on the Adelaide Trail Runners website. Here is the link >

[Melrose Running Festival 2023 | AdelaideTrailRunners](#)

Bag Drop

Yes, we will be able to look after bags for you. Adelaide Trail Runners will take no responsibility for lost or damaged items, and it is highly recommended that you have a clearly marked name tag.

Bag Drop – 50km & 32km Runners (Start)

If you are running in the 50km or 32km race, you are welcome to take a small bag with you to the start line at Wilmington. We will then transport this back to Melrose for you. This might come in handy to keep a warm jacket or food and drink to have before the start.

Bib Numbers

The link below will show your bib number.

[Melrose Running Festival 2023 | Start lists | Webscorer](#)

Race Results

The link below will show your race results at the conclusion of the event

[Results | AdelaideTrailRunners](#)

End of the Race

We will have loads of homemade soup, baked goodies as well as the usual fruit and drinks. Please consider packing a chair, a blanket and sit around the camp fire, enjoy the atmosphere, and cheer on your fellow runners, I'm sure they would really appreciate it.

Race Bib Information

Please ONLY wear your allocated bib. You cannot swap or wear someone else's bib.

