



Melrose Running Festival 2023

50km Qualifying Events

The below is a list of qualifying events that you can complete in order to gain entry to the 50km Ultra at The Melrose Running Festival in 2023. *Note: This is ONLY applicable for the 50km.*

1	Adelaide Trail Runners - 2022-23 Summers Series LONG COURSE - Race #3 at Belair, Race #4 at Onkaparinga River or Race #5 at Cleland Conservation Park
2	Robe Run 2023 - 42.2km (February 2023)
3	TRSA - Five Peaks 2023 - 26km, 42km or 58km (April 2023)
4	Melrose Running Festival 2022 - 30km or 50km (July 2022)
5	Punkt Zu Punkt 2023, Barossa Valley - 33km (April 2023)
6	Heysen 2022 - 37km, 50km, 70km or 115km (October 2022)
7	Tower Trail Run, Mt Gambier 2022 - 21km or 55km (June 2023)
8	Yurebilla 2022 - 28km or 56km (September 202)
9	Other: If you are unable to compete in any of these events, please submit evidence of a training run or completion of another event that is on Trails of at least 30km in distance and it will be considered.