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Event Team Welcome

Welcome to the 2025 edition of HOKA Ultra-Trail Australia by UTMB.

We hope you're excited for your upcoming adventure in the World Heritage Listed Blue Mountains. Our HOKA Ultra-Trail Australia by UTMB team are excited to welcome you to the 17th edition of the race, and the first year that UTA is a UTMB World Series Major event.

We are introducing several great changes to the event this year, including hosting the inaugural UTA Miler race. This will be an epic adventure for 400 lucky runners who will traverse through the Grose Valley before joining the UTA 100 route.

We are able to again access the famous 951 Furber steps for all our races in 2025. Your view on this will likely depend on whether you think Furber or Giant stairs are more difficult!

We look forward to welcoming spectators back to the Megalong Valley and know that it will be a great boost for our UTA100 and UTAMiler runners to be able to see friends and family again at this gorgeous location.

We ask that you look out for yourself and other runners, and pay attention to course markings and signage along the course. Tom, Alina and the course team will make sure your courses are well marked as always, and our course marshals will be out there to help guide you along your journey.

For those runners in the UTA Miler, UTA100 and UTA50 that have support crew, please make sure you review what support can be provided and where. We do need to make sure it is a level playing field for everyone, so you will see some more signage this year outlining areas your support person can and can't go. Noting that runners can have as many spectators as they wish, but only one support person can access the runner areas. We ask that you review this Runner Guide information with your support teams and follow all instructions of event staff, volunteers, local and emergency services.

As you begin your final preparations for race day, take time to thank those who have supported you getting to this point. Behind every trail runner is a support network that makes your race possible – from patient families, coaches, supportive friends, and fellow trail runners. These are the people who will be with you every step of the way. And remember, getting to the start line is a huge achievement, however your day unfolds it is just one small piece of the journey.

This year when you're out on the trails, remember to look around at this majestic Gundungurra country you are running through. Take in where you are, say thank you to our amazing volunteers, and hopefully you'll get to share some chats with your fellow runners. All your training and focus has brought you to this point, and these moments will likely stay with you forever.

Enjoy your HOKA Ultra-Trail Australia by UTMB experience, and we look forward to seeing you on the finish line.

Happy trails, Nick, Tanya & Team

Nick Christopher, Senior Operations Manager

Tanya Carroll, Regional Director





Welcome Message

Welcome from the NSW Government – HOKA Ultra-Trail Australia by UTMB

Welcome to the picturesque Blue Mountains for the Ultra-Trail Australia by UTMB, supported proudly by the NSW Government's tourism and major events agency, Destination NSW.

The Ultra-Trail Australia joins the ranks of the UTMB World Series Majors as one of the most prestigious trail running events in the world. With distances ranging from 11kms to 100 miler events, taking in spectacular views of the vast and expansive Blue Mountains, which include stunning cliff tops, large waterfalls, pure native bush, and interesting wildlife, the Ultra-Trail Australia provides something for everyone, from the first-time trail runner to the ultra-enthusiast.

Major events like the Ultra-Trail Australia are vital to our regional towns like Katoomba as it not only provides a great experience for local and visiting participants, officials and spectators, but is also an opportunity to shine a spotlight on the range of unique experiences that exist throughout the region.

Thousands of visitors will explore local attractions and spend locally, bringing substantial economic and social benefits to the community.

Best of luck to all competitors and take some time to explore the spectacular vistas and warm hospitality of the Blue Mountains region waiting to be discovered at visitnsw.com.





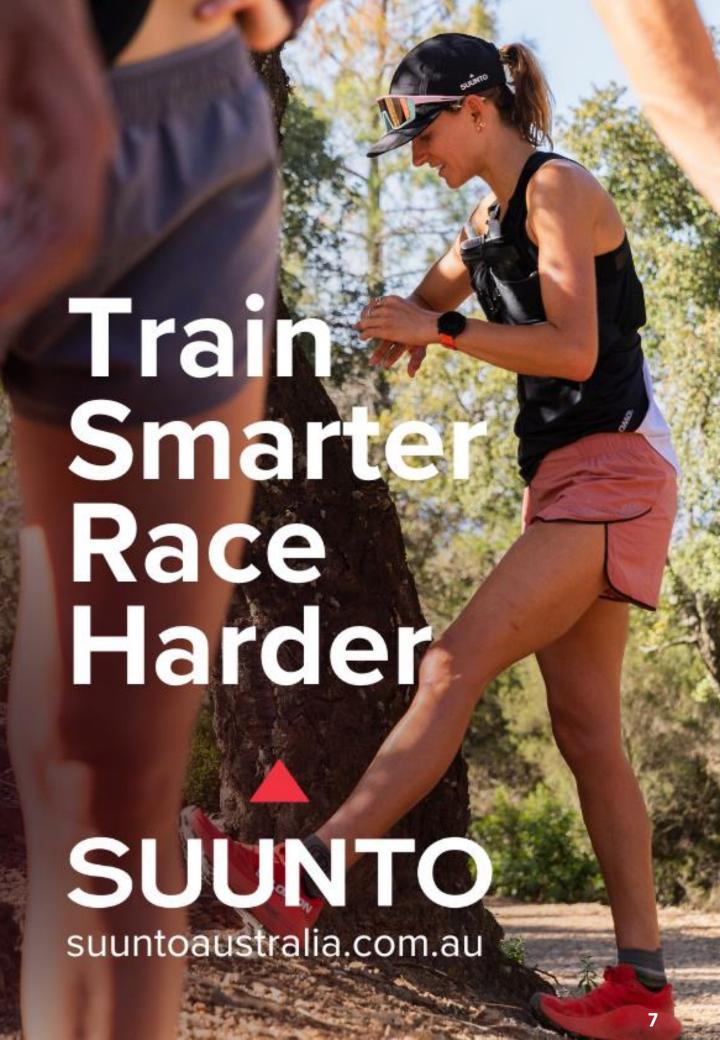


Event Schedule

Event Calendari					
Event Schedul	e				
	VIII				
	THURSDAY 15 MAY 2025				
EVENT	LOCATION	TIME			
Event Expo	KCC Plaza	07:30am - 07:30pm			
Event Information	Scenic World	07:30am - 07:00pm			
JTA Merchandise Store	KCC Auditorium	07:30am - 07:30pm			
JTA11/UTAMiler Race Check-In	KCC Auditorium	07:30am - 11:00am			
Food & beverage vendors	Scenic World	09:30am - 05:30pm			
JTA22/UTAMiler Mandatory Gear Announcement	Facebook/App/Website	10:00am			
START: UTA11 Race Starts	Scenic World	11:00am - 11:30am			
JTAMiler/UTA100/UTA50/UTA22 Race Check-In	KCC Auditorium	11:00am - 07:30pm			
JTA11 Race Finish	Scenic World	12:00pm- 04:10pm			
		(4hr 30 mins total allowable time)			
JTAMiler Q&A JTA11 Presentations	KCC Plaza	02:00pm - 02:45pm			
JIATT Presentations	Scenic World	04:30pm			
TVENIT.	FRIDAY 16 MAY 2025	TIME			
EVENT START: UTAMiler Race Start	LOCATION Grand Canyon Carpark	TIME 5:00am			
START: UTA22 Race Starts	Queen Victoria Hospital	06:40am - 09:40am			
Event Information	Scenic World	07:00am - 07:00pm			
JTA22 Race Finish	Scenic World	08:25am - 04:40pm (7hr total allowable tir			
Event Expo	KCC Plaza	10:00am – 07:00pm			
JTA Merchandise Store	KCC Auditorium	10:00am - 07:00pm			
JTA100/UTA50 Mandatory gear announcement	Facebook/App/Website	10:00am			
JTA100/UTA50 Race Check-In	KCC Auditorium	10:00am - 07:00pm			
JTA100 Checkpoint Drop Bags Drop Off	KCC Plaza	10:00am - 07:00pm			
JTA100/UTA50 Q&A - Session #1	KCC Plaza	11:00am - 11:45am			
Nomen in Trail	KCC Mountain Camp Dining Room	02:30pm - 04:00pm			
JTA100/UTA50 Q&A - Session #2	KCC Plaza	03:45pm - 04:30pm			
JTA22 Presentations	Scenic World	04:45pm			
JTAMiler Race Finish	Scenic World	From 10:52pm			
	SATURDAY 17 MAY 2025				
EVENT	LOCATION	TIME			
Event Information	Scenic World	05:30am - 11:00pm			
START: UTA100 Race Starts	Scenic World	06:20am - 07:44am			
START: UTA50 Race Starts	Scenic World	06:25am - 07:55am			
JTA Merchandise Store	Scenic World	10:00am - 07:00pm			
JTA50 Race Finish	Scenic World	From 10:27am			
JTA100 Race Finish JTA50 Finish Cut-Off	Scenic World Scenic World	From 02:44pm 10:15pm (14hrs 30 min allowable time)			
JTA50 FINISH CUT-OTT		10:15pm (14nrs 30 min allowable time)			
SUNDAY 18 MAY 2025					
YENT JTAMiler Finish Cut-Off	LOCATION Scenic World	TIME 01:30am (44hr 30 min allowable time)			
Event Information	Scenic World	01:30am (44nr 30 min allowable time) 08:00am – 12:30pm			
JTA Merchandise Store	Scenic World	08:00am - 12:00pm			
Race Check-In (1km-4-Kids)	Scenic World	08:00am - 09:30am			
START: 1km-4-kids	Scenic World	09:30am			
JTA50/UTA100/UTAMiler Presentations	Scenic World	10:30am - 11:30am			
JTA100 Finish Cut-off	Scenic World	11:44am (28hr total allowable time)			
		, , , , , , , , , , , , , , , , , , , ,			







Runner Checklist

PRE-EVENT

- Book/confirm Accommodation & Flights (if applicable).
- ☐ Ensure Event Registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with Event Schedule (know all check- in/drop off times).
- ☐ Photo ID.
- ☐ Ensure you have all mandatory gear items needed for your race.
- ☐ Familiarise yourself with the course it is your responsibility to know the course route on race day.
- □ Login to your Participant Dashboard to check all your details are correct and make any necessary updates to mobile phone number, medical conditions, support crew information and emergency contact information. Any changes must be done online by 7:00pm the day before your race.
- □ Check Runner List online & on event app. Note: Event app will be updated at close of Check-In prior to Race Day. Any late entries will not appear until check-in has closed. If any details are wrong contact us via email or phone.
- □ Any late person-to-person transfers must be completed online by 5:00pm Wednesday 14 May. Refer to the event website for details regarding <u>Late Entry</u> <u>Transfers.</u>

ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarise yourself with the Event Venue and key areas (Check-In, Start Line, Finish Line and Event Information).
- $\hfill \square$ Familiarise yourself with Road Closures.
- ☐ Check-In and collect Race Kit.
- ☐ Pack Mandatory Gear ready for race day.
- ☐ Drop Checkpoint Drop Bags half way up the hill to KCC expo (UTAMiler/UTA100).

RACE DAY

- □ Ensure you have all items for your race including, Race Bib, Timing Tag for Backpack on Pack (UTAMiler, UTA100, UTA50 Only), participant emergency instructions, mandatory gear.
- ☐ Drop off Finish Line Drop Bag
 - ☐ UTAMiler at Grand Canyon Start Line
 - □ UTA11, UTA50, UTA100 at CMS (near Scenic World Start/Finish)
 - ☐ UTA22 at Queen Victoria Hospital Start Line
- ☐ Start the race be at the start line at least 15 minutes prior.
- ☐ Finish the Race:
 - ☐ Receive your medal/buckle.
 - □ Collect your runner gift (not applicable for UTA11).
- ☐ Collect your items Drop Bag/s.

POST RACE

- ☐ Have your medal engraved at the the UTA Merchandise Store .
- □ Upload your #medalmonday on your social media platforms. Remember to tag the event #ultratrailaustralia #UTAMiler #UTA100 #UTA50 #UTA22 #UTA11 #UTAFinisher #UTMBWorldSeries



Race Kit



This will be a double-sided A5 sheet. These instructions have the Event Control Centre phone number on it if you need to call them during your race.

DISPOSABLE TIMING TAG (UTAMiler/100/50)

This timing tag must be secured to the back of your backpack.

RACE KIT COLOURS

- Red UTAMiler
- Green UTA100
- Orange UTA50
- Yellow UTA22
- Teal UTA11
- Gold 10+ Year UTA100 Legends
- Silver 5+ Year UTA100 Legends

RACE NUMBER

Your race number must be visible at all times on the outside of your clothing and on the front of your body.

It must not be worn on your pants or leg. Do not cover your race number with any backpack strap or article of clothing as this can prevent your timing tag from registering at the timing points. Do not fold, bend or cut your race number. Consider using a race belt to attach your number to.











UTAMiler, UTA100 & UTA50 SUPPORT CREW STICKERS

If you have a support crew, this sticker must be stuck to the outside of the support crew vehicle on the top left hand side of the windscreen.

1234
SUPPORT CREW

*Note this sticker does not give access to the event parking area on the KCC Oval during the paid parking periods. UTA parking pass is required.

UTAMiler, UTA100 & UTA50 SUPPORT CREW WRISTBAND

You will receive one crew wristband per runner. This will allow access for one crew member into runner only sections at checkpoints.

Runners can have more than one support crew but they will need to move out of the runner only section at the Checkpoint if they want to have support from multiple crew members.

EVENT T-SHIRT (UTAMiler/100/50/22)

Whilst you are not able to swap sizes during Race Check-In, t-shirt size swaps will be available on Saturday or Sunday from Event Information located at Scenic World. Exchanges are not guaranteed as these are based on size availability.

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RACE CHECK-IN

Please see Event Schedule for time and location.

Please note, no race kits will be posted out prior to the event.

To Race Check-In, you should bring:

- Photo ID (valid driver's licence or passport)
- QR code email: You will receive you QR code for check-in during race week.
- Mandatory gear check certificate (UTAMiler and UTA100 only): Gear check will be available at check-in, or you can have an early gear check in the months prior to the event at one of our Gear Check Stores

Who can collect?:

- Only the person registered can pick up their Race Kit at Check-In. Please note that it
 is not allowed for someone else to compete under your name or for you to compete
 under someone else's name. This will result in banning both parties from future
 IRONMAN Group Races.
- Participants under 18 years old must attend check-in with a parent or guardian to sign the onsite waivers.

UTA100 & UTAMiler – GEAR CHECK

UTAMiler and UTA100 runners will need to pass gear check before Race Check-In.

- Prior to Race Week: To save time during Race week, you can complete an early gear check at one of the nominated gear check stores. Once your gear check has passed, you will be supplied with a certificate which you must bring to Race Check-In. If you forget to bring your certificate to Race Check-In, see the Help desk or Event Information staff for assistance.
- Race Week: If you haven't had your gear checked at a store prior to race week you can have your gear check completed at Race Check-In. Ensure you bring ALL of your mandatory gear to Race Check-In including the weather ruling dependent items (waterproof pants and fleece). Once passed, you will be given a certificate to present and be able to Check-In. The Event Expo and our UTA Official Merchandise Store will be open for any necessary last-minute purchases.

WEATHER DEPENDENT MANDATORY GEAR ANNOUNCEMENT

Notification of weather dependant mandatory gear items will be provided at:

- UTA11 10:00am on Wednesday 14th May
- UTAMiler and UTA22: 10:00am on Thursday 15th May
- UTA50 and UTA100: 10:00am on Friday 16th May

The weather dependent announcement will be provided by the Event App, Event Facebook page and on the <u>event website</u>.





On Thurs, Fri and Sat there are several ways to access the Event Village at Scenic World:

- Walk to an event bus stop and catch the <u>free event shuttle bus</u>.
- Limited pre-purchased parking at KCC/Scenic World please see Parking section for more info.

FREE EVENT SHUTTLE BUSES

Event shuttle buses operate on Thursday, Friday and Saturday between Katoomba Town & Scenic World/KCC or between Leura & KCC.

Maps click here * buses will be on a continuous loop during their operating times

Important: If starting in the first three start groups on Sat morning, ensure you are on the early buses (from 5am). Please use these buses as much as possible to limit event traffic.

LEURA TO/FROM KCC				
THURSDAY FRIDAY SATURDAY SUNDAY			FREQUENCY	
		5:00am – 9:00am		Approx. every 15mins *900m walk to Start
8:30am - 2:30pm				Approx. every 20mins
7:00am - 8:30am 2:30pm - 8:00pm	5:00am - Midnight	12:00am – 5:00am 9:00am – Midnight		Approx. every 40mins

KATOOMBA TO/FROM KCC				
THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTE
8:30am – 2:30pm		5:00am – 9:15am		Approx. every 5-10mins *900m walk to Start – Thurs 10am-12pm Sat 5am – 9:15am
7:00am – 8:30am 2:30pm – 8:00pm	9:15am – Midnight	12:00am – 5:00am 9:15am – Midnight		Approx. every 15mins
	5:00am – 9:15am			Approx. every 20mins



EVENT PARKING

A limited number of parking passes are available for pre-purchase until sold out. Where possible, please carpool or utilise event shuttles to limit the number of cars at the venue.

You can purchase parking via your registration through your <u>Participant Dashboard</u>. Please log into your registration and select 'Additional Purchases'.

KCC OVAL PARKING PASS TIMES AND PRICE INFO

Thursday 15 th May	Miler 2-Day Parking Pass	Friday 16 th May	Saturday 17 th May
7:30AM - 8:00PM	3:15AM (Fri) – Midnight Sat	3:15AM - Midnight	04:00AM (Sat) – Midnight
\$22.00	\$36.00	SOLD OUT	SOLD OUT
7:30AM - 10:00AM & 12:00PM - 8:00PM: Enter Parking Via Cliff Drive 10:00AM - 12:00PM: Enter Parking via the north (uphill end) of Violet Street			4:00AM - 6:00AM & 9:15AM - 12:00PM SUNDAY: Enter parking via Cliff Drive 6:00AM - 9:15AM: Entry to parking will be closed to facilitate race starts

Sunday 18th May

Parking is not reserved and is available on a first in basis. This means that runners who have a parking pass for Saturday 17th May or a Miler 2-day parking pass do <u>not</u> need to remove their cars from KCC Oval at Midnight on Saturday.

Please note: Access times to KCC Oval will be limited during race start times (as above) during the event week. Please plan to arrive during the scheduled entry times and plan your departure based on exit times. This is to ensure a safe race start for all runners. Re-entry is allowed but only for the day your parking pass is valid for.

CHANGED TRAFFIC CONDITIONS

Please take the time to make yourself aware of all changed traffic conditions on race day.

Parking will not be permitted at any time on the streets surrounding KCC and Scenic World. This includes no parking on Violet St, Oak St, Kamillaroi Rd, Acacia St, Cedar St, Fern St, Cliff Drive, Ficus St, Peckmans Rd or Neale St. Please obey all marshals and 'No Parking' signs. Note that **No Convention Parking signs also mean No Event Parking**. Take note of NSW General Parking Rules if parking on any other streets. Local traffic police will be doing checks and issuing fines for any illegal parking.





Refer to the Event Schedule for location and timings of the Q&A sessions. These are great opportunities for any questions you may have about course, markings, checkpoints, last minute tips, etc.

START GROUPS - UTAMiler

There are **no** pre-allocated start groups for the UTAMiler. Start groups will be self-seeded on race morning.

START GROUPS - UTA11, UTA50 & UTA100

Your approved start group will be shown on your race bib. You must start in the start group that appears on your race number.

- Whoops, skipped ahead to an earlier start group? You will automatically be <u>disqualified</u>. This cannot be contested.
- Missed your start group? Your time will start from the start group you started in. You will not be disqualified.
- If you find that your start group is much faster than you, you may find runners from the group behind catching up. **Please let faster runners pass you.**

Note:

Gun time for the first start group for all races will be used to determine overall winners.

Individual official finisher times and Age Group winners will be determined by net time (based on when you cross the start line).

For all but our first Pink start groups, we will reduce the size of the start chute to allow one runner through at a time. This helps spread runners out along the course to ensure the best possible race experience by reducing the chance of congestion.



Start Group	Start Time
Pink Group	6:20 AM
Red Group	6:26 AM
Green Group	6:40 AM
Blue Group	6:50 AM
Yellow Group	6:59 AM
Orange Group	7:38 AM
Purple Group	7:42 AM



Start Group	Start Time
Pink Group	6:25 AM
Red Group	6:34 AM
Green Group	6:45 AM
Blue Group	6:54 AM
Yellow Group	7:04 AM
Orange Group	7:44 AM
Purple Group	7:52 AM





Start Group	Start Time
Pink	11:00 AM
Red	11:01 AM
Green	11:07 AM
Blue	11:16 AM
Yellow	11:24 AM

START GROUPS - UTA22

Your approved start group will be shown on your race bib. Your Start Group will determine what bus group you will be able to select to get to the start.

UTA22 runners will soon be sent an email to select your Bus Pick up location (Scenic World/KCC, Katoomba, Leura, Fairmont). If you are in the Blue, Yellow or Orange start groups you will have the opportunity to select a Bus pick up time as there are multiple available. However please note the capacity for each Bus Group is limited, so you may not get your first choice in time slot. The UTA22 course has a lot of wide open fire trail so there is a lot of room to pass other runners should you be starting later than you wanted to. Please ensure you catch the bus at the right time, to ensure that we have enough buses for everyone.

Note that the nearest drop off location is on the intersection of Hordern Rd and Coronation Rd should you be driven by car, 2.7km from the start. Runners are then requested to walk to the end of Coronation Rd and follow the trail that is used in the UTA50/100/Miler course to get to QVH. Please do not walk on the road as there are more than 48 bus trips and it is very dangerous. Note there is no parking or spectator access to the UTA22 Start Line.

For UTA22, there will be starts at QVH every 20mins from 6:40am - 9:40am. Once you have been dropped off by the shuttle bus, you can take your time and use the portaloos etc. Then when you are ready line up in the start chute in preparation for a race start every 20min from 6:40am - 9:40am.

UTA22 – Gun time from the first start group for UTA22 will be used to determine overall winners. Individual official finisher times and Age Group winners will be determined by net time (based on the time when you cross the start line).



Start Group	Bus Departure Time	Start Time
	 buses are free but bookings required 	Queen Victoria Hospital (QVH)
Pink	5:30am	6:40 AM
Red	5:30am	6:40 AM
Green	5:30am	6:40 AM
Blue	5:30am, 6:10am or 6:50am	From 6:40 AM to 8:00AM
Yellow	7:30am, 8:10am	From 8:20 AM to 9:00AM
Orange	8:10am, 8:40am	From 9:20 AM to 9:40AM

Mandatory Gear

ALL Mandatory Gear must be carried by each runner at ALL times. The mandatory gear is the absolute minimum gear that must be carried. Click event distance below to read description and spec required for mandatory gear items on the event <u>website</u>.

Mandatory Item	UTA Miler	<u>UTA100</u>	UTA50	UTA22	<u>UTA11</u>
1x Long sleeve thermal top (polypropylene, wool)	Yes	Yes	Yes	Yes*	Yes*
1x Waterproof and breathable jacket	Yes	Yes	Yes	Yes*	Yes*
1x Beanie balaclava or head sock (Buff)	Yes	Yes	Yes	Yes	Yes
1x Mobile phone	Yes	Yes	Yes	Yes	Yes
1x A5 participants emergency instruction card (provided in race pack)	Yes	Yes	Yes	Yes	Yes
1x Whistle	Yes	Yes	Yes	Yes	Yes
1x Emergency space blanket (light bivvy sack or equivalent)	Yes	Yes	Yes	Yes	Yes
Compression Bandage	Yes	Yes	Yes	Yes	Yes
1x Water bottles or bladders with a capacity to carry 2 litres of water (1 litre for UTA11)	Yes	Yes	Yes	Yes	Yes
2x food bars/food portions	Yes	Yes	Yes	Yes	Yes
1x Ziplock bag (for personal rubbish)	Yes	Yes	Yes	Yes	Yes
1x Race Number (provided in race pack)	Yes	Yes	Yes	Yes	Yes
1x Timing Bag Tag (provided in race pack)	Yes	Yes	Yes	No	No
1x High Visibility Vest	Yes	Yes	Yes*	No	No
1x Headlamp	Yes	Yes	Yes	No	No
1x Compass	Yes	Yes	Yes	No	No
1x Lightweight Dry Sack (or new ziplock bags to keep gear dry)	Yes	Yes	Yes	No	No
1x Long Leg Thermal Pants (polypropylene, wool)	Yes	Yes	No	No	No
1x Full-fingered Lightweight Thermal Gloves (polypropylene, wool)	Yes	Yes	No	No	No
1x Small Back Up Light	Yes	Yes	No	No	No
1x Long Leg Waterproof Pants*	Yes*	Yes*	No	No	No
1x 100-weight (min) Long Sleeve Synthetic Fleece Top*	Yes*	Yes*	No	No	No

Please note: Those marked with a * in the table above are weather dependent items.

Weather Dependent Ruling: Weather dependent rulings for items marked with an * will be made at the following times:

- UTA11 10:00 AM Wednesday 14th May
- UTA Miler & UTA22 10:00 AM Thursday 15th May
- UTA100 & UTA50 10:00 AM Friday 16th May
- This ruling will be posted on socials and on the Event Website.

<u>Questions?</u> – Prior to event contact: <u>ultratrailaustralia@service.byutmb.world</u>

Race week: please speak to a member of the event services team at Race Check-In.



Mandatory Gear

PENALTIES

Random gear checks will be performed during the event. For fairness to all runners, penalties apply for any items that are missing, which may include disqualification.

Full details of the penalties that apply can be found here at <u>RACE REGULATIONS</u> Please also refer to the UTA Race Rules for further information on penalties. <u>RACE RULES</u>. For on-course gear checks, this time penalty will be served at the location of the gear check point so a runner will not be able to proceed on course until the time penalty is served. During this time, the runner must arrange for the missing items(s) to be replaced, or they will not be allowed to continue oncourse even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event staff, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the runner's overall race time.

OTHER RECOMMENDED ITEMS

- Collapsible/reusable cup. No cups are provided at Aid Stations.
- · More substantial first aid kit
- Spare socks
- Sunscreen

- Your favourite trail snacks!
- · Cap or sun hat
- · Body glide/body lubricant
- · Spare headlight batteries

HIGH VISIBILITY SAFETY VESTS

UTAMiler & UTA100

The high visibility safety vest must be carried at **ALL** times and you **MUST** wear it when running on any bitumen road, dirt road, or fire trail, regardless of distance on course, **any time between 5:30pm and 6:30am**. Specific locations where this applies are listed below:

- On the bitumen roads through Medlow Bath (UTAMiler only)
- On the bitumen roads through Katoomba including:
 - Narrow Neck Road & Cliff Drive down to Narrow Neck Lookout (UTAMiler only)
 - Farnells Rd to Katoomba Aquatic Centre, through until you cross Cliff Drive.
- On the bitumen roads through Leura including :
 - Along Olympian Pde through to Gordon Falls.
 - Along Willoughby Rd and Sublime Point Rd until you get to the Fairmont Resort Checkpoint.
- On the bitumen roads through Wentworth Falls including:
 - Hordern Rd and Coronation Rd.
 - From Queen Victoria Hospital Checkpoint through to Emergency Aid Station.
- Whenever an event staff member requests you to wear your vest. This could include any time driver visibility is poor such as in late afternoon/night or in fog during day or night. This will apply to travel on any bitumen road or dirt fire trail.

UTA50

The high visibility safety vest must be carried by UTA50 runners only if it is deemed necessary. A decision will be publicised at **10am on Fri 16th May** and updated via the event app and Facebook Page. If deemed a requirement on course, the vest must be worn as detailed in the Friday announcement or whenever event crew or a course marshal requests you wear it.



Finish Line Drop Bags

FINISH LINE DROP BAG - ALL DISTANCES

All runners for all distances may leave a Finish Line Drop Bag in the drop bag area (near the start line of each race) on the morning of your race. Please ensure your bag is clearly marked using the Finish Line Drop Bag Sticker Tag included in your race pack. This bag should contain warm, dry clothing and footwear to change into at the finish.

- UTA11, UTA50, UTA100 Finish Line Drop Bag drop off at CMS near start line at Scenic World
- UTA22 Finish Line Drop Bag drop off at Queen Victoria Hospital please bring your Finish Line Drop Bag with you on the shuttle bus and drop off before the start of your race. Event staff will collect Finish Line Drop bags at the UTA22 start line and transport them back to CMS near the finish line at Scenic World – ready for you to collect post race.
- UTAMiler Finish Line Drop Bag drop off at Grand Canyon Carpark please bring your Finish Line Drop
 Bag with you on the shuttle bus and drop off before the start of your race. Event staff will collect
 Finish Line Drop bags at the UTAMiler start line and transport them back to CMS near the finish line at
 Scenic World ready for you to collect post race.

ONE Finish Drop Bag per runner is permitted.

It is the responsibility of runners to collect their Finish Drop Bag from the drop bag location at the completion of their race.

Any Finish Line Drop Bags bags not collected by 2:00 PM Sunday 18th May 2025 will be donated or disposed of. Your race number must be shown to collect your finish drop bag from the CMS Drop Bag location.

- Bag Type/Material: must be closable and SOFT (recommend Grocery cooler bags). Plastic/garbage bags and plastic boxes will <u>not</u> be accepted.
- Drop Bags must not contain glass bottles and valuable items.

Marking your Finish Drop Bag

Please use the provided Finish Line Drop Bag Sticker Tag included in your race pack

At every location, drop bags will be lined up in numerical order. Any bags without a clearly written/visible name and race number, will be placed at the end of the number range.



Race Day Information



UTAMiler, UTA100, UTA50 and UTA22

Any withdrawal must be at a checkpoint unless you are assisted from the course by the event Medical Team. To withdraw at a checkpoint:

- 1. Notify the **checkpoint staff** that you are withdrawing from the event.
- 2. Complete and sign the checkpoint withdrawal form.

After you have withdrawn, the event team will facilitate getting you back to the venue from the check points. Please note that it may take 1-2+ hours to be returned to the venue after pulling out at a checkpoint. Event staff may ask that you try and contact your support crew to come collect you if you have withdrawn at a support crew/spectator friendly location.

If you withdraw from the event at any other safe location and are unable to go to the nearest checkpoint to complete the withdrawal form, you must **immediately phone the Event Control Centre phone number** (on the back of your race bib) and state that you are withdrawing from the race.

UTA11

If you can't continue to the next marshal point and need first aid / medical assistance on the course, **phone the Event Control Centre phone number** (on the back of your race bib). The Safety Team will arrange to retrieve you. Spectators are not allowed to enter the event course to collect runners.

CONTINGENCY PLAN

The course team is continually monitoring the condition of the tracks. If/when contingency plans are needed you will be notified by the Event team. This will be communicated by email, the event app, or by the commentators.

MEDICAL

Medical assistance will be available at every checkpoint and at the Finish Line. There will be roaming first aid vehicles on the course for emergencies.

As you prepare for the weekend, please keep the following in mind:

- Don't pre-load your nutrition or hydration leading up to the event
- Don't drink to a schedule during your race. Drink when you are thirsty
- Overuse of NSAIDs can cause issues during your race

Each runner is responsible for their own wellbeing and basic first aid and should carry their own blister pads/band-aids, body lubricant, sunscreen and strapping tape. Please be aware of the effects of dehydration, hypothermia and extreme fatigue. If you are not fit to continue, please withdraw from the race at the approaching checkpoint.

You should familiarise yourself with the correct use of a space blanket. If you need to stop, seek shelter from the elements, put on all your dry clothing and wrap the space blanket as tightly as possible around your whole body.

If you pass an injured runner, please stop to assist them and follow the Participant Emergency Instructions card. Record how long you stopped to assist and notify the staff at Event Information, and they will organise to adjust your time accordingly.

Race Day Information

RUBBISH (LEAVE NO TRACE)

NO LITTERING on course. This is a World Heritage listed area that we are very lucky to have permission to use. Please use the bins provided at each checkpoint to dispose of your waste. If you see rubbish out on course, please pick it up and dispose of it accordingly.

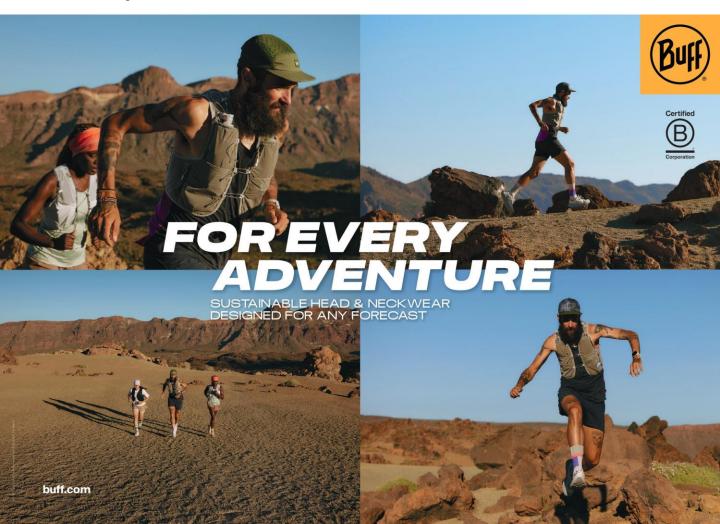
TOILETS/HUMAN WASTE (LEAVE NO TRACE)

There are toilets at the start, finish and every checkpoint. Public toilets are available at Gordon Falls Reserve and Echo Point (close at 9pm).

If you do need to release your bowels while on course, move at least 15 metres from the track and away from any watercourses, make a hole at least 15cm deep and cover it up afterwards. Instead of toilet paper, wash using water. If using toilet paper, put this in a zip lock bag and take it with you.

INSURANCE

Runners are responsible for any costs incurred resulting from a medical incident, this includes but is not limited to, ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all runners hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Runners are responsible for understanding the terms and conditions of insurances held.



Race Day Information



Please ensure you have read and are familiar with both the **UTA Race Rules** and **UTMB Race Regulations**. In instances where these differ, the UTA Race Rules will prevail.

- UTA Race Rules
- UTMB Race Regulations

RECOVERY

After passing the finish line arch, you will collect your finisher items.

You will then follow the recovery process and have the below available to you:

- Water, electrolyte, fruit
- Hot food option (UTA100 and Miler only)
- · Medical support (if required)
- Official finisher photo by Sportograf

Important: Before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy. After exiting, please make your way to the drop bag marquee located at CMS to collect your Finish Line Drop Bag.

MASSAGE

Massage will be available for runners during the following times:

- Thursday 15th May: 1:00pm 6:00pm
- Friday 16th May: 10:00am 6:00pm
- Saturday 17th May: 12:00pm 6:00pm
- Sunday 18th May: 9:00am 1:00pm

Massage is free to runners and will be on a first come first serve basis. Runners will need to bring 2 large towels with them to massage. Your towels can be left with your finish line drop bag on the morning of your race.

RESULTS

All results will be available online at <u>Ultra-Trail Australia by UTMB</u> and on the Event App.

PHOTOS

The official event photographer will be Sportograf. Post event, photos will be available for purchase within 48hrs – 72hrs via the <u>Sportograf Website</u>.

Ensure your race number is always completely visible on your front during the race.

Any runners who pre-purchased photos during the registration process will be contacted via email within 48hrs – 72hrs.

MEDAL & BUCKLE ENGRAVING

Available at the UTA Merchandise store. View the Event Schedule for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the UTA Merchandise Store. No medals will be posted.





Course Information

COURSE ROUTE - GENERAL INFORMATION

Indicators: All courses are marked with a combination of pink flagging tape with reflective strips and red on white background arrows and blue on white background crosses (A5 size).

Intersections: An arrow will indicate the direction to travel followed by two pieces of pink flagging tape. This will continue for a short distance along the correct course. A blue cross will be within 20m along any of the incorrect routes out of each intersection.

Along the course: Pink flagging tape will be displayed at least every 500m along the entire route and distance signs every 5km.

It is the responsibility for each runner to know the course and follow the course map for a general idea of where they are at all times. Refer to race pages on the event website for maps, course descriptions, GPX files of the course.

COURSE MAPS

UTAMiler UTA100 UTA50 UTA22 UTA11

COURSE SAFETY – GENERAL INFORMATION

This is a long event and contains walking tracks and fire roads. You will be travelling through remote areas that are not easily accessible. The temperature in the Blue Mountains can vary widely from below zero, snow and rain, to pleasant sunny days. The nights are always cold so expect a night maximum of 5 degrees Celsius.

The mandatory gear requirements are for your safety and are the **bare minimum** that you will need. Please check forecasts and be prepared for all conditions. Consider carrying, or having accessible, extra warm gear if the weather requires.

If you are injured or lost, you may have to wait out in the open for several hours at a time. Medical teams will reach any injured participant as soon as possible but depending on the location this may take up to 2 hours. View the Medical page in this guide for more information.

The walking tracks can be rough, uneven and slippery (especially in wet conditions). Please take care, especially around the unguarded cliff edges. It is your responsibility to proceed with caution.

The walking tracks are not closed to other users. Be aware of tourists and other walkers on the walking trails.



Course Information

ADVERSE WEATHER CONDITIONS.

We have several mechanisms and stakeholders, in place to monitor weather forecasts, understand distance, direction and foreseeable adverse weather including extreme/high wind, lightning storms and fire danger that could impact the lead up or during an event. However, in mountainous areas, weather conditions can change rapidly.

If there are any environmental or weather risks, or apparent adverse weather events we will notify you via pre-event race briefings, social media and website updates, text message, event team members and aid stations.

If you see weather patterns changing or feel at risk, it is essential you monitor your phone and/or seek an event staff member for any updates. If caught in an adverse weather event, there are a few key actions we need you to follow.

Lightning safety

- If you hear thunder, and see lightning is not too far away, get prepared to seek shelter.
- Find shelter in a substantial enclosed building or vehicle where possible.
- Avoid peak or exposed ridge, make your way lower as quickly and safely as possible.
- Avoid sheltering under metal framed tents, tall trees, rocks,
- Move away from metal stairs, equipment, power poles, and water.
- If caught in an open area crouch down on the ground, with feet together, separate slightly from other individuals

High and extreme winds

- Stop & assess risk
- · Move away from danger, high tree areas, drops or cliffs,
- Stay on main road or track
- · Be mindful of overhanging or large trees on over the trail.
- Continue to communicate location and wellbeing

Fire and smoke

- Find shelter, a road or clearing i.e., large rocks, or creek bed, or an area with low foliage or fuel for the fire.
- If there is not shelter, lie face down in a hole/dug out and cover your face.



Course Information

COURSE CONGESTION – GENERAL INFORMATION

Walking tracks: There is limited opportunity to pass on walking tracks/large sets of stairs. It is very important that you let people pass especially if the next start group catches up to you.

In front of a long line of runners:

- If you hear someone yell out advising they'd like to pass, please move to the side where possible. (This isn't them being rude, rather the only way they can advise).
- · Yell back from time to time to ask if anyone wishes to pass.

When going up or down large sets of stairs (eg. Grand Canyon, Giant Stairs, Furber)

- Please continuously check to see if there are other runners who would like to pass you
 when going up/down large sets of stairs.
- If you are not confident when going down large sets of stairs, that's ok, but we ask that
 you make every effort possible to allow others behind you to pass. Walking down stair
 section is totally acceptable, but be aware that other runners may need/want to pass
 when the opportunity is available.
- UTA50 runners When travelling down Giant Stairs, course team staff may be monitoring this section. If they ask you to step aside and let other runners pass, please follow their directions. This is done to ensure a smooth flow of runners down the very long and technical section of the course.
- If you need a few extra minutes to mentally prepare for the stairs, please step to the side and stay clear of the track until you are ready to continue.

This is a long and challenging race which encourages camaraderie and respect between runners. We ask that you are courteous to each other and allow others to pass when requested.





UTAMiler Course Information

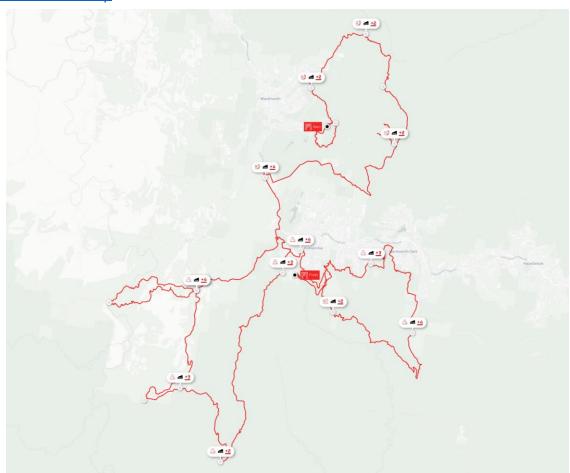
UTAMiler COURSE

The Grose Valley, Grand Canyon, Perrys Lookdown, Blue Gum Forest, Lockleys Pylon – just a few of the new additions ready to welcome you as you embark on your journey through the Blue Mountains National Park. Alongside Narrow Neck, Ironpot Ridge, Leura Forest, Wentworth Falls, Kedumba Pass, Furber Steps – names that have become trail running legend as part of the iconic UTA100 course.

You start at Blackheath as you descend and climb your way through the majestic Grose Valley. Highlighted by a trip through Grand Canyon and unmatched 360 degree views from the top of Lockleys Pylon. A pit stop at the Hydro Majestic Hotel overlooking the Megalong Valley, giving you a glimpse of what's to come. Then, you''ll connect with the UTA100 course at Narrow Neck Lookout as you experience a mix of terrain – from single track to wide trails – and a mix of emotions as you continue to run through the very special World Heritage listed national park of the Blue Mountains.

After some lush bushland, beautiful escarpments, epic ridgelines and about 99 miles, you'll stand at the bottom of the most famous set of steps in trail running...just 951 of them are between you and the finish line back to Scenic World.

UTAMiler Course Map





UTAMiler Course Information

COURSE SPLITS

Please note there are two split points between the UTAMiler and UTA100 routes, one at Farnells Rd in Katoomba on the first pass for the Miler, and the second on private farmland at Six Foot Track. However all Milers will have passed through both these locations before the first UTA100 runner arrives, and the splits will be well marked.

COURSE SAFETY

Please note these points on course are of particular concern for runner safety. If it has been raining tracks may be very wet and slippery and rougher than expected. Use caution and be sure of your footing while out on course.

LOCATION	NOTES
Grand Canyon steps, Perrys Lookdown steps, Climb to Du Faur Head/ Lockleys Pylon, Bruces Walk	Descending the Grand Canyon steps, Perry's Lookdown steps, climbing up to Du Faur Head and Lockleys Pylon, and going across the two creeks and climbs in Bruces Walk can become very slippery in wet conditions. Please take extreme care and use the ropes or rails where they exist.
Medlown Bath & Narrow Neck Rd /Cliff Drive	You will need to run on a number of streets in Medlow Bath and Katoomba as part of the miler course. We will have marshals in key locations, but wherever you encounter a road crossing or are running in a runner laneway on the road please ensure that you are aware of your surroundings. Please ensure that you are not wearing headphones in these sections.
Duncan's Pass	Descending Duncan's Pass in wet conditions track can become very slippery. Please take extreme care and use guide ropes provided. Keep moving through this section – DO NOT STOP.
Ironpot Ridge	Walking Tracks can be narrow rough and uneven, and there is a steep scrambly downhill section. Many runners will be travelling across Ironpot in the dark. Please use caution and walk rather than run where necessary.
Six Foot Track from the Coxes River to Megalong Rd	There are some very narrow paths, with steep drops. Please ensure you take this section slowly where needed, and pay attention to the signs by keeping to the right of the path.
Giant Stairway	Be aware of safety of tourists and yourselves. Stairs are very steep, narrow, and slippery when wet.
Leura Forest/ Fern Bower	Please take care when running through the Leura Forest/ Fern Bower/ Amphitheatre section of course. Use caution and ask to pass. Trails likely to be very slippery.
Furber Steps	Steep and narrow. Please ask to pass if needed.

UTAMiler Course Information

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **44hr 30min** time limit to complete the full UTAMiler course. The following cut-off times are for leaving the relevant location. Runners arriving after the cut-off time will not be permitted to continue the course.

LOCATION	DISTANCE (KM)	FIRST EXPECTED (estimate)	CUT-OFF (Time of Day)
Govett's Leap	9.8km	5:47 AM	-
Perrys Lookdown	16.7km	6:16 AM	9:25 AM
Fortress Ridge	27.3km	7:26 AM	1:00 PM
Hydro Majestic Hotel	46.6km	9:03 AM	6:00 PM
Narrow Neck Lookout	54.5km	9:46 AM	8:00 PM
Medlow Gap	69.7km	11:22 AM	-
Foggy Knob	77.1km	12:11 PM	1:10 AM (SAT)
Six Foot Track Outbound	90.7km	1:44 PM	5:00 AM (SAT)
Six Foot Track Inbound	106.5km	3:35 PM	9:00 AM (SAT)
Katoomba Aquatic Centre	116.9km	4:52 PM	11:50 PM (SAT)
Fairmont Resort	128.7km	6:28 PM	3:35 PM (SAT)
Queen Victoria Hospital	139.7km	7:46 PM	7:10 PM (SAT)
Emergency Aid Station	152.8km	9:21 PM	-
FINISH	161.5km	10:52 PM	1:30 AM (SUN)

Please note: The above table represents estimated first expected runners through the timing points listed above. First expected timings should be used as a guide only.

Cut-off times are based on the estimated slowest expected times throughout the course and are for leaving the relevant location on course. Event staff and Sweep Runners will communicate these times to runners throughout the race. If you do not meet the cut-off times at the locations listed above, you will not be allowed to continue along the course. Please listen to instructions of Event Staff and Sweep Runners who advise if/when you have not met the required cut-off times. If course changes are required, cut-off times will be adjusted and communicated via social media, email, and on the event website.



UTAMiler Checkpoints

CHECKPOINTS

The UTAMiler has 13 checkpoints along the course, with differing levels of service, support crew access, and supplies. The UTAMiler checkpoints offer you the opportunity to refuel, rehydrate, see your support crew, pick up your pacers, and prepare for the next leg of your journey!

CHECKPOINT	DISTANCE	DROP BAGS	SUPPORT CREW ACCESS	PACER PICK UP POINT
Govetts Leap	9.8km	-	Yes	-
Perrys Lookdown	16.7km	-	Yes*	-
Fortress Ridge	27.3km	-	No	-
Hydro Majestic	46.6km	Yes	Yes	-
Narrow Neck Lookout	54.5km	Yes	Yes	-
Medlow Gap	69.7km	-	No	-
Foggy Knob	77.1km	-	No	-
Six Foot Track Outbound	90.7km	Yes	Yes	Yes
Six Foot Track Inbound	106.5km	Yes	Yes	Yes
Katoomba Aquatic Centre	116.9km	Yes	Yes	Yes
Fairmont Resort	128.7km	-	Yes	Yes
Queen Victoria Hospital (QVH)	139.7km	Yes	Yes	Yes
Emergency Aid Station	152.8km	-	No	No (Pacers from QVH carry on to finish)

CHECKING IN AND OUT OF CHECKPOINTS

- On arrival, please follow the bunting to ensure you pass through the entry and exit timing points.
- There are timing points at the exit of ALL Checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

*Only accessible by shuttle bus. Noting that the nearest parking location is over 4kms away due to the narrow dirt road.

UTA MILER	Water	NAAK Electrolyte	NAAK Waffles or Bars	Cola	Gels	Lollies	Chips/Pretzels	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Hot Food*	Sunscreen / Vasoline	Hygiene Products
Govett's Leap																	
Perrys Lookdown																	
Fortress Ridge																	
Hydro Majestic																	
Narrow Neck Lookout																	
Medlow Gap																	
Foggy Knob																	
Six Foot Track (1&2)																	
Katoomba Aquatic Centre																	
Fairmont Resort																	
QVH																	
Emergency Aid Station																	
FINISH																	



UTAMiler Information

PACERS

Pacers are companion runners that can accompany a UTAMiler runner from various points along the course. They can provide moral support and assistance for runners out on course. However, they are not allowed to assist their runners in any way physically or by providing items whiles outside of supported checkpoints. The pacer's role is to accompany their athlete, provide moral support, pacing advice, and companionship in the later stages of the event.

PACER LOCATIONS

Pacers may only join runners at specific Pacer Pick Up Locations at designated checkpoints along the UTAMiler course. Pacer Pick Up Locations for the UTAMiler are:

- Six Foot Track Outbound
- Six Foot Track Inbound
- · Katoomba Aquatic Centre
- Fairmont Resort
- Queen Victoria Hospital (QVH)

PACER RULES

- Pacers MUST register themselves online as they will be required to sign a waiver.
- ALL Pacer(s) must wear a compulsory race bib number.
- ALL Pacer(s) must attend Runner Check-In to collect their pacer bib.
- The minimum age for pacers is 18 years old.
- Pacer race bibs will be red and match the number of your runner. This is so we know who you are pacing for the UTAMiler event.
- Pacers MUST carry their own set of mandatory gear items to match what is required by the UTAMiler runners. Pacer mandatory gear must also be checked pre-race.
- Pacers cannot meet their runner before or after the designated Pace Pick Up Locations, or at any intermediate points along the course. Doing so will result in disqualification.
- UTAMiler runners can use up to three pacers but only one at a time. Pacers must change over at one of the designated Pacer Pick Up Locations listed above.
- If you plan to change pacers, the pacer race bib must be handed over to and attached to the next pacer.
- Pacers are responsible for their own transport
- There are NO pacers for UTA100, UTA50, UTA22 or UTA11 runners.
- Pacers cannot carry extra water, food, or equipment that can be passed to their runner.
- With the exception of an emergency or medical situation, Pacers cannot provide any material or physical assistance to their runners.



UTAMiler Checkpoint Drop Bags

CHECKPOINT DROP BAGS (UTAMiler)

There is a Checkpoint Drop Bag service for ALL UTAMiler runners at select Checkpoints on course. Runners may use a combination of both Checkpoint Drop Bags and support crew where allowed. Drop bags are available at Hydro Majestic, Narrow Neck Lookout, Six Foot Track, Katoomba Aquatic Centre and Queen Victoria Hospital. **NO** drop bags allowed at Govett's Leap, Perrys Lookdown, Fortress Ridge, Medlow Gap, Foggy Knob, Fairmont Resort or the Emergency Aid Station.

The drop bag service should not be used if you have support crew at the Checkpoint. We strongly recommend your support crew bring your extra required items with them to the Supported Checkpoints on Course.

CHECKPOINT DROP BAG DROP OFF

Checkpoint Drop Bags must be delivered to the Drop Bag Trucks at Race Check-In on Thursday 15th May between **11:00am – 7:30pm**.

Marking your Drop Bag

Please put the corresponding Drop Bag Sticker Tag on the bag you would like to access at each of the applicable checkpoints listed above (1 bag at each checkpoint).

Your Checkpoint Drop Bag Sticker Tag must be attached when delivering your drop bags. You must not leave Checkpoint Drop Bags prior to 11:00am Thursday as they need to be placed directly into the correct drop bag trucks. It is the responsibility of the runner to ensure Checkpoint Drop Bags are placed into the correct drop bag trucks on the Thursday. All Checkpoint Drop Bags must be in by 7:30pm.

- Bag Type/Material: must be closable and SOFT (recommend Grocery cooler bags). Plastic/garbage bags and plastic boxes will not be accepted.
- Checkpoint Drop Bag: less than 20 litre volume / 10 kg weight.
- Drop Bags must not contain glass bottles and valuable items.





UTAMiler Checkpoint Drop Bags

CHECKPOINT DROP BAG LOCATIONS (UTAMiler)

Drop bags can be useful for extra food, gels, body lubricant, spare socks, clothing, batteries and spare headlamp (in addition to mandatory gear) at the checkpoints and for warm, dry clothing and footwear at the finish. Checkpoint drop bags will be taken to the following locations:

- Checkpoint 4 Hydro Majestic
- Checkpoint 5 Narrow Neck Lookout
- Checkpoint 8/9 Six Foot Track
- Checkpoint 10 Katoomba Aquatic Centre
- Checkpoint 12 Queen Victoria Hospital

Checkpoint Drop Bags can be collected at each of the above locations by the runner when entering the Checkpoint. Once each checkpoint drop bag is finished with, it must be taken to the used drop bag area within the Checkpoint.

Plese be careful at Six Foot Track as you will use the same drop bag twice. Please only put it in the used drop bag area once you have been back through the Checkpoint on the second pass.

All Checkpoint Drop Bags will be lined up numerical order, in all locations. Any bags without or clearly written/visible with a name and race number, will placed at the end of the number range.

CHECKPOINT DROP BAG COLLECTION

Due to access along sections of the course, there may be delays in returning used Checkpoint Drop Bags back to CMS for your collection. However, we will be collecting used Checkpoint Drop Bags from checkpoints throughout the day and night to get them ready for collection at CMS.

It is the responsibility of each runner to collect their Checkpoint Drop Bag from the Drop Bag tent at CMS starting from 10:00pm on Friday 16th May through to the completion of the event on Sunday 19th May. The contents of any Checkpoint **Drop Bags not collected by 2:00pm on Sunday 18th May 2025 will be donated or disposed of,** with valuables logged in lost property. Your **race number or authority to collect card must be shown** to collect your finish drop bag from the CMS drop bag location.





UTAMiler Support Crew

SUPPORT CREW ASSISTANCE

Support crew assistance is available for UTAMiler runners. Runners may only receive support crew assistance at the designated checkpoints.

UTAMiler support crew can assist runners within 500m either side of the Checkpoint location. We ask that crew follow the instructions of event staff and volunteers and to respect other runners and crews trying to assist in the same area.

Outside of these checkpoints, support crew cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes but is not limited to nutrition and hydration support, passing of any items including food and gear, and any form of pacing .

RUNNER ONLY ZONES

As runners arrive at Checkpoints, they will be within a bunted off area which contains the race food marquee and drop bag marquee where applicable. One member of your Support Crew who is wearing the Support Crew wristband is permitted to enter this runner area of the checkpoints. However, runners are allowed to exit the bunted checkpoint area to meet their Support Crew. When they are finished being supported, runners should re-enter the checkpoint to cross the timing mat and continue on course. It is important for runners to re-enter the checkpoint before they continue on course, otherwise they may miss crossing the timing mats at the exit of the Checkpoint.



UTAMiler Support Crew



Please do not travel to the above Checkpoints using Mt Hay Rd, Megalong Valley Rd past the entrance to the Six Foot Track Checkpoint, Glenraphael Drive (Narrow Neck) or Kedumba Valley Rd.

For safety reasons these areas are **STRICTLY NO SPECTATOR OR SUPPORT CREW ACCESS**. **THERE ARE NO EXCEPTIONS TO THIS RULE**.

These Checkpoints are only accessible to runners, event staff and medical/emergency services.

GOVETTS LEAP LOOKOUT (Checkpoint 1) - ACCESS ALLOWED

Checkpoint 1 is located at Govetts Leap Lookout at the end of Govetts Leap Road in Blackheath. The nearest street parking is around 10 mins walk from the Lookout, just prior to arriving at the Blue Mountains Heritage Centre. Please note you must not park on Govetts Leap Road from the roundabout down to the Lookout, either on the road down or on the way back up. This will cause traffic congestion and will make it too narrow for buses to pass. You must obey all 'No Parking' signs.

There will be Spectator shuttle buses to get to this location, tickets will be available for purchase shortly. There are also public buses available.

PERRYS LOOKDOWN (Checkpoint 2) - ACCESS ALLOWED VIA BUS ONLY

Checkpoint 2 is located on Perrys Lookdown Road, off Hat Hill Rd in Blackheath. There is no spectator access here other than by shuttle bus as runners will be on road in this section of the course. The nearest parking is over 4kms away from the checkpoint.

There will be limited Spectator shuttle buses to get to this location, tickets will be available for purchase shortly.

HYDRO MAJESTIC (Checkpoint 4) – ACCESS ALLOWED

Checkpoint 4 is located at the Hydro Majestic Hotel on the Great Western Highway in Medlow Bath. There is a carpark to near to the Boiler House Restaurant/ Pavillion that you can access. Alternatively if it is full we recommend going to the other side of the highway (access via Railway Parade) and park on the street. You can then use the pedestrian bridge that runners will also be using to walk across to the Hydro Majestic (just follow the runners markings). Please do not park in the hotel carpark that is directly in front of the Hydro Majestic entrance, as that is reserved for guests.

There will be Spectator shuttle buses to get to this location, tickets will be available for purchase shortly. There are also public buses and trains available to Medlow Bath, where you again cross the pedestrian bridge to access the Checkpoint.

NARROW NECK LOOKOUT (Checkpoint 5) - ACCESS ALLOWED

Checkpoint 5 is located on Cliff Drive, a 900m walk from Scenic World. There will be a free shuttle bus running on a continuous loop to and from Scenic World. It will depart from the usual Event bus stop next to KCC Oval on Violet St. Alternatively you can walk up the path to the UTA Expo, through the StayKCC campground to Laurel St and then turn right onto Cliff Drive. Note that the campground is closed as it is used for our Exhibitor parking so please be careful of moving vehicles.



UTAMiler Support Crew

SIX FOOT TRACK (Checkpoint 8 & 9) – ACCESS ALLOWED

Checkpoint 3 is on private farmland just after Aspinal Road intersection on Megalong Valley Road. Please obey the traffic controller and drive carefully as you enter as runners will be on road in this section of the course. Miler runners will come here twice, but they have to run 16kms in between visits so it could be a long wait.

KATOOMBA AQUATIC CENTRE (Checkpoint 10) - ACCESS ALLOWED

Checkpoint 10 is located at Katoomba Sports and Aquatic Centre on Catalina Ave, Katoomba. There is special event parking in the Gully (Catalina Raceway). Follow event parking signs. You must not park on Catalina Ave, Peckmans Rd or Gates Ave in the vicinity of where the runners cross the road. You must obey all 'No Parking' signs. After parking, enter the Aquatic Centre via the normal front entrance and follow the directions to the basketball courts. The Aquatic Centre facilities close at 6pm however the basketball courts will remain open while the checkpoint is still operational. Support crews may bring their own food and fluids into the Aquatic Centre for supporting their runners.

FAIRMONT RESORT (Checkpoint 11) - ACCESS ALLOWED

Checkpoint 11 is located at Fairmont Resort, Leura. Please drive carefully as you enter Fairmont Resort from Watkins Rd/Sublime Point Road as runners will be on road in this section of the course. Please obey all traffic controllers, 'No Parking' signs, and respect the driveways and lawns of the residents in this area. Parking on lawns or in front of resident driveways along any road on the UTA course is prohibited.

Once you enter Fairmont Resort there is ample parking in the bottom Fairmont Resort Carpark. Please be mindful of resort guests, children, and patrons of Leura Golf Course when finding a place to park at Fairmont Resort. After you have parked, please walk and make your way into the Fairmont Resort. Once inside the resort walk to the stairs and head down to the checkpoint area. Please be mindful of resort and restaurant guests. Once at the checkpoint location make your way outside to the support crew/spectator zone. Do not congregate inside the checkpoint area. This space is only for runners and one support crew member with a wristband. Fairmont Resort and services are open to the public.

QUEEN VICTORIA HOSPITAL (Checkpoint 12) - ACCESS ALLOWED

Checkpoint 12 is located at Queen Victoria Hospital at the end of Kings Tableland Road, Wentworth Falls. This is the last checkpoint you can see your runner before the finish.

We suggest that you leave early to allow for delays, and carpool with other Support Crews/ Spectators where possible. The parking is predominantly on rough uneven surfaces, and a couple of sections will be 4WD only. Note that if it rains on race day many parking areas will become boggy and unusable, so we would request that you consider whether you need to visit this Checkpoint in those circumstances.

Note that you must **not** park alongside King Tableland Road on the way into and out of the Checkpoint. Parking here means that two way traffic is no longer possible, causing huge delays for everyone. Cars that park here will be towed away. Please proceed down to the Checkpoint as there is almost always sufficient parking. A traffic controller is on site to assist spectators in finding available car spaces.



UTA100 Course Information

UTA100 COURSE

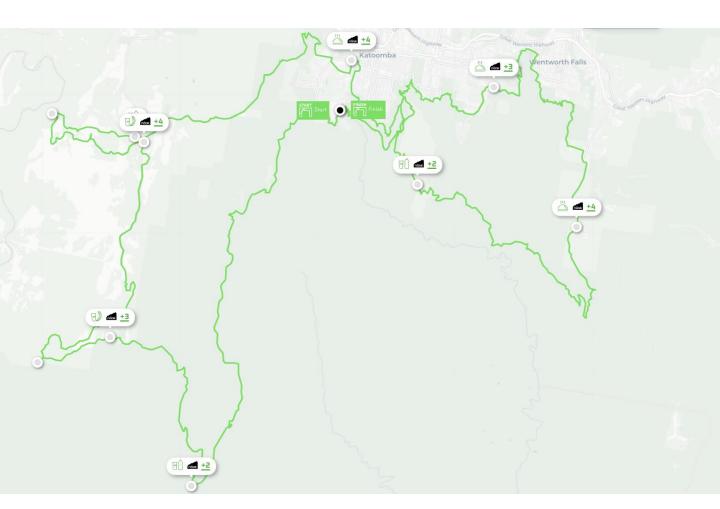
Narrow Neck, Ironpot Ridge, Leura Forest, Wentworth Falls, Kedumba Pass, Furber Steps – names that have that become trail running legend as part of the iconic UTA100 course.

It's the race that every trail runner in Australia aspires to do at least once ... but all too often, once is never enough.

You start at the famous Scenic World in the idyllic town of Katoomba and experience a mix of terrain - mostly single track and wide trails - and a mix of emotions as you run through the very special World Heritage listed National Park of the Blue Mountains.

After some lush bushland, beautiful escarpments, epic ridgelines and about 99kms you'll stand at the bottom of the most famous set of steps in trail running... just 951 of them are between you and the finish line back at Scenic World.

UTA100 Course Map







UTA100 Course Information

COURSE SPLITS

Please details below of where there are splits in the course for UTA100. Split points will be clearly marked, but it is the responsibility of runners to know which route to follow.

LOCATION	UTA100	UTAMiler	UTA50
Glenraphael Drive	Continue straight along Glenraphael Drive	Continue straight along Glenraphael Drive	Turn around and head back along Glenraphael Drive towards Cliff Drive
Megalong Valley West Loop	Continue straight along marked course	Veer left at split point heading in a southerly direction along UTAMiler Course	-
Junction of Aspinal Road and Megalong Valley Road	Continue along Six Foot Track towards Katoomba Aquatic Centre	Turn right for your second visit to the Six Foot Track Checkpoint	-

COURSE SAFETY

Please note these points on course are of particular concern for runner safety. There are many sections of track that will look and run differently to what you have run in previous years or when out training. Tracks may be very wet and slippery and rougher than expected. Use caution and be sure of your footing while out on course.

LOCATION	NOTES
Duncan's Pass	Descending Duncan's Pass in wet conditions track can become very slippery. Please take extreme care and use guide ropes provided. Keep moving through this section – DO NOT STOP .
Ironpot Ridge	Walking Tracks can be narrow rough and uneven, and there is a steep scrambly downhill section. Many runners will be travelling across Ironpot in the dark. Please use caution and walk rather than run where necessary.
Six Foot Track from the Coxs River to Megalong Rd	There are some very narrow paths, with steep drops. Please ensure you take this section slowly where needed, and pay attention to the signs by keeping to the right of the path.
Giant Stairway	Be aware of safety of tourists and yourselves. Stairs are very steep, narrow, and slippery when wet.
Leura Forest/ Fern Bower	Please take care when running through the Leura Forest/ Fern Bower/ Amphitheatre section of course. Use caution and ask to pass. Trails likely to be very slippery.
Furber Steps	Steep and narrow. Please ask to pass if needed.



UTA100 Course Information

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **28hr** time limit to complete the full UTA100 course.

- Male & Female Winner = Gold Buckle
- Male Under 14 hours / Female Under 16 Hours = Silver Buckle
- Male Under 20 hours / Female Under 22 Hours = Bronze Buckle

The following cut-off times are for leaving the relevant location. Runners arriving after the cut-off time will not be permitted to continue the course.

LOCATION	DISTANCE	FIRST EXPECTED	CUT-OFF
		(estimate)	
Medlow Gap	16.5km	7:16 AM	11:45AM
Foggy Knob	24km	7:45 AM	1:45 PM
Six Foot Track	37.6km	8:47 AM	4:35 PM
Katoomba Aquatic Centre	56.3km	10:18 AM	9:35 PM
Fairmont Resort	68km	11:27 AM	1:20 AM (SUN)
QVH	79km	12:23 PM	5:10 AM (SUN)
FINISH	100.8km	2:44 PM	11:42 AM (SUN)

Please note: The above table represents estimated first runners through the timing points listed above. First expected timings should be used as a guide only.

Cut-off times are based on the estimated slowest expected times throughout the course and are for leaving the relevant location on course. Event staff and Sweep Runners will communicate these times to runners throughout the race. If you do not meet the cut-off times at the locations listed above, you will not be allowed to continue along the course. Please listen to instructions of Event Staff and Sweep Runners who advise if/when you have not met the required cut-off times. If course changes are required, cut-off times will be adjusted and communicated via social media, email, and on the event website.



UTA100 Checkpoints

CHECKPOINTS

The UTA100 has 7 checkpoints along the course, with differing levels of service, support crew access, and supplies. The UTA100 checkpoints offer you the opportunity to refuel, rehydrate, see your support crew, and prepare for the next leg of your journey!

CHECKPOINT	DISTANCE	DROP BAGS	SUPPORT CREW ACCESS
Medlow Gap	16.5km	-	No
Foggy Knob	24km	-	No
Six Foot Track	37.6km	Yes	Yes
Katoomba Aquatic Centre	56.3km	Yes	Yes
Fairmont Resort	68km	-	Yes
Queen Victoria Hospital	79km	Yes	Yes
Emergency Aid Station	92.1km	-	No

CHECKING IN AND OUT OF CHECKPOINTS

- On arrival, please follow the bunting to ensure you pass through the entry and exit timing points.
- There are timing points at the exit of ALL Checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

UTA 100	Water	NAAK Electrolyte	NAAK Waffles or Bars	Cola	Gels	Lollies	Chips/Pretzels	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Hot Food*	Sunscreen / Vasoline	Hygiene Products
Medlow Gap																	
Foggy Knob																	
Six Foot Track																	
Katoomba Aquatic Centre																	
Fairmont Resort																	
QVH								Ī	·		·						
Emergency Aid Station																	
FINISH																	



UTA100 Checkpoint Drop Bags

CHECKPOINT DROP BAGS (UTA100 ONLY)

There is a Checkpoint Drop Bag service for ALL UTA100 runners at select Checkpoints on course. Runners may use a combination of both Checkpoint Drop Bags and support crew where allowed. Drop bags are available at Six Foot Track, Katoomba Aquatic Centre, and Queen Victoria Hospital. **NO** drop bags allowed at Medlow Gap, Foggy Knob, Fairmont Resort or the Emergency Aid Station.

The drop bag service should not be used if you have support crew at Six Foot Track, Katoomba Aquatic Centre, or QVH. We strongly recommend your support crew bring your extra required items with them to the Supported Checkpoints on Course.

CHECKPOINT DROP BAG DROP OFF

Checkpoint Drop Bags must be delivered to the checkpoint trucks at Race Check-In on Friday 16th May between **10:00am – 7:00pm**.

Marking your Drop Bag

Please put the corresponding Drop Bag Sticker Tag on the bag you would like to access at each of the applicable checkpoints listed above (1 bag at each checkpoint).

Your Checkpoint Drop Bag Sticker Tag must be attached when delivering your drop bags. You must not leave Checkpoint Drop Bags prior to 10:00am Friday as they need to be placed directly into the correct checkpoint trucks. It is the responsibility of the runner to ensure Checkpoint Drop Bags are placed into the correct checkpoint trucks on the Friday. All checkpoint drop bags must be in by 7:00pm.

- Bag Type/Material: must be closable and SOFT (recommend Grocery cooler bags). Plastic/garbage bags and plastic boxes will not be accepted. .
- Checkpoint Drop Bag: less than 20 litre volume / 10 kg weight.
- Drop Bags must not contain glass bottles and valuable items.





UTA100 Checkpoint Drop Bags

CHECKPOINT DROP BAG LOCATIONS (UTA100 ONLY)

Drop bags can be useful for extra food, gels, body lubricant, spare socks, clothing, batteries and spare headlamp (in addition to mandatory gear) at the checkpoints and for warm, dry clothing and footwear at the finish. Checkpoint drop bags will be taken to the following locations:

- Checkpoint 3 Six Foot Track
- Checkpoint 4 Katoomba Aquatic Centre
- · Checkpoint 6 Queen Victoria Hospital

Checkpoint Drop Bags can be collected at each of the above locations by the runner when entering the Checkpoint. Once each checkpoint drop bag is finished with, it must be taken to the used drop bag area within the Checkpoint.

All Checkpoint Drop Bags will be lined up numerical order, in all locations. Any bags without a bag tag or clearly written/visible with a name and race number, will placed at the end of the number range.

CHECKPOINT DROP BAG COLLECTION

We will be collecting used Checkpoint Drop Bags from Checkpoint 3, 4, and 6 throughout the day to get them ready for collection at CMS for after your race.

It is the responsibility of each runner to collect their Checkpoint Drop Bag from Finish Line Drop Bags at CMS starting from 3:00pm on Saturday 18th May through to the completion of the event on Sunday 19th May. The content of any Checkpoint **Drop Bags not collected by 2:00pm on Sunday 18th May 2025 will be donated or disposed of,** with valuables logged in lost property. Your **race number or authority to collect card must be shown** to collect your finish drop bag from the CMS drop bag location.



UTA100 Support Crew

SUPPORT CREW ASSISTANCE

Support crew assistance is available for UTA100 runners. Runners may only receive support crew assistance at the designated checkpoints.

UTA100 support crew can assist runners within 500m either side of the Checkpoint location. We ask that crew follow the instructions of event staff and volunteers and to respect other runners and crews trying to assist in the same area.

Outside of these checkpoints, support crew cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes but is not limited to nutrition and hydration support, passing of any items including food and gear, and any form of pacing.

RUNNER ONLY ZONES

As runners arrive at Checkpoints, they will be within a bunted off area which contains the race food marquee and drop bag marquee where applicable. One member of your Support Crew who is wearing the Support Crew wristband is permitted to enter this runner area of the checkpoints. However, runners are allowed to exit the bunted checkpoint area to meet their Support Crew. When they are finished being supported, runners should re-enter the checkpoint prior to continuing on course. It is important for runners to re-enter the checkpoint before they continue on course, otherwise they may miss crossing the timing mats at the exit of the Checkpoint.

MEDLOW GAP, FOGGY KNOB & EMERGENCY AID STATION (Checkpoint 1, 2 & 7) – NO ACCESS

You must not attempt to travel anywhere on Glenraphael Drive as runners make their way to Medlow Gap. Additionally, you must not attempt to drive along Megalong Valley Road past the entrance to the Six Foot Track Checkpoint, or on Kedumba Valley Rd after the Queen Vic Hospital Checkpoint. For safety reasons these areas are STRICTLY NO SPECTATOR OR SUPPORT CREW ACCESS. THERE ARE NO EXCEPTIONS TO THIS RULING.

Medlow Gap, Foggy Knob and the Emergency Aid Station are only accessible to runners, event staff and medical/emergency services.

SIX FOOT TRACK (Checkpoint 3) - ACCESS ALLOWED

Checkpoint 3 is on private farmland just after Aspinal Road intersection on Megalong Valley Road. Please obey the traffic controller and drive carefully as you enter as runners will be on road in this section of the course.



UTA100 Support Crew

KATOOMBA AQUATIC CENTRE (Checkpoint 4) - ACCESS ALLOWED

Checkpoint 4 is located at Katoomba Sports and Aquatic Centre on Catalina Ave, Katoomba. There is special event parking in the Gully (Catalina Raceway). Follow event parking signs. You must not park on Catalina Ave, Peckmans Rd or Gates Ave in the vicinity of where the runners cross the road. You must obey all 'No Parking' signs. After parking, enter the Aquatic Centre via the normal front entrance and follow the directions to the basketball courts. The Aquatic Centre facilities close at 6pm however the basketball courts will remain open while the checkpoint is still operational. Support crews may bring their own food and fluids into the Aquatic centre for supporting their runners.

FAIRMONT RESORT (Checkpoint 5) - ACCESS ALLOWED

Checkpoint 5 is located at Fairmont Resort, Leura. Please drive carefully as you enter Fairmont Resort from Watkins Rd/Sublime Point Road as runners will be on road in this section of the course. Please obey all traffic controllers, 'No Parking' signs, and respect the driveways and lawns of the residents in this area. Parking on lawns or in front of resident driveways along any road on the UTA course is prohibited.

Once you enter Fairmont Resort there is ample parking in the bottom Fairmont Resort Carpark. Please be mindful of resort guests, children, and patrons of Leura Golf Course when finding a place to park at Fairmont Resort. After you have parked, please walk and make your way into the Fairmont Resort. Once inside the resort walk to the stairs and head down to the checkpoint area. Please be mindful of resort and restaurant guests. Once at the checkpoint location make your way outside to the support crew/spectator zone. Do not congregate inside the checkpoint area. This space is only for runners and one support crew member with a wristband. Fairmont Resort and services are open to the public.

QUEEN VICTORIA HOSPITAL (Checkpoint 6) - ACCESS ALLOWED

Checkpoint 6 is located at Queen Victoria Hospital at the end of Kings Tableland Road, Wentworth Falls. This is the last checkpoint you can see your runner before the finish.

We suggest that you leave early to allow for delays, and carpool with other Support Crews/ Spectators where possible. The parking is predominantly on rough uneven surfaces, and a couple of sections will be 4WD only. Note that if it rains on race day many parking areas will become boggy and unusable, so we would request that you consider whether you need to visit this Checkpoint in those circumstances.

Note that you must **not** park alongside King Tableland Road on the way into and out of the Checkpoint. Parking here means that two way traffic is no longer possible, causing huge delays for everyone. Cars that park here will be towed away. Please proceed down to the Checkpoint as there is almost always sufficient parking. A traffic controller is on site to assist spectators in finding available car spaces.



UTA50 Course Information

UTA50 COURSE

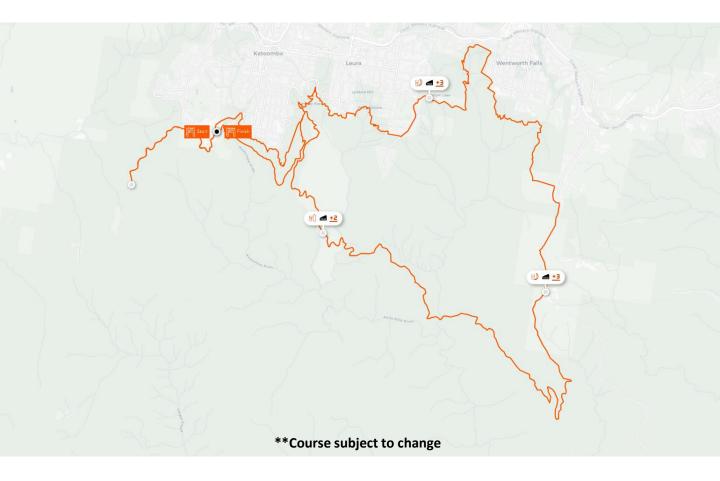
The UTA50 course traces the second half of the UTA100 course and does not lack in the beauty or stunning landscapes of its longer counterpart.

You'll start at Scenic World in Katoomba and be heading along the cliff tops, checking out the breath-taking views of Mt Solitary and the escarpments before you know it.

The spectacular Wentworth Falls is another highlight, before cruising down the epic Kedumba Pass.

The only way is up from there, culminating with those infamous 951 steps and the finish line back at Scenic World!

UTA50 Course Map





UTA50 Course Information

COURSE SPLITS

Please details below of where there are splits in the course for UTA50. Split points will be clearly marked, but it is the responsibility of runners to know which route to follow.

LOCATION	UTA50	UTA100	UTAMiler
Glenraphael Drive	Turn around and head back along Glenraphael Drive towards Cliff Drive	Continue straight along Glenraphael Drive	Continue straight along Glenraphael Drive

COURSE SAFETY

Please note these points on course are of particular concern for runner safety. Tracks may be very wet and slippery and rougher than expected. Use caution and be sure of your footing while out on course.

LOCATION	NOTES
Giant Stairway	Be aware of safety of tourists and yourselves. Stairs are very steep, narrow, and slippery when wet.
Leura Forest/ Fern Bower	Please take care when running through the Leura Forest/Fern Bower/Amphitheatre section of course. Use caution and ask to pass. Trails likely to be very slippery.
Furber Steps	Steep and narrow. Please ask to pass if needed.

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **14hr 30min** time limit to complete the full UTA50 course.

The following cut-off times are for leaving the relevant location. Runners arriving after the cut-off time will not be permitted to continue on the course.

LOCATION	DISTANCE	FIRST EXPECTED (estimate)	CUT-OFF
Fairmont Resort	18km	7:41 AM	12:50 PM
Queen Victoria Hospital	29km	8:27 AM	3:40 PM
Emergency Aid Station	42.1km	9:25 AM	-
FINISH	50.8km	10:22 AM	10:22 PM



UTA50 Checkpoints

CHECKPOINTS

UTA50 has 3 checkpoints along the course, with differing levels of service, support crew access, and supplies. The UTA50 checkpoints offer you the opportunity to refuel, rehydrate, see your support crew, and prepare for the next leg of your journey!

CHECKPOINT	DISTANCE	DROP BAGS	SUPPORT CREW ACCESS
Fairmont Resort	18km	No	Yes
Queen Victoria Hospital	29km	No	Yes (limited parking)
Emergency Aid Station	42.1km	No	No

CHECKING IN AND OUT OF CHECKPOINTS

- On arrival, please follow the bunting to ensure you pass through the entry and exit timing points.
- There are timing points at the exit of ALL Checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

ита 50	Water	NAAK Electrolyte	NAAK Waffles or Bars	Cola	Gels	Lollies	Chips/Pretzels	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Hot Food*	Sunscreen / Vasoline	Hygiene Products
Fairmont Resort																	
QVH																	
Emergency Aid Station																	
FINISH																	

UTA50 Support Crew

SUPPORT CREW ASSISTANCE

Support crew assistance is available for UTA50 runners. Runners may only receive support crew assistance at designated checkpoints. Please refer to UTA100 Support Crew pages for Support Crew Rules that apply to both UTA100 and UTA50 runners.

UTA50 support crew can assist runners within 500m either side of the Checkpoint location. We ask that crew follow the instructions of event staff and volunteers and to respect other runners and crews trying to assist in the same area.

Outside of these checkpoints, support crew cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes but is not limited to nutrition and hydration support, passing of any items including food and gear, and any form of pacing.

RUNNER ONLY ZONES

As runners arrive at Checkpoints, they will be within a bunted off area which contains the race food marquee and drop bag marquee where applicable. One member of your Support Crew who is wearing the Support Crew wristband is permitted to enter this runner area of the checkpoints. Runners are also allowed to exit the bunted checkpoint area to meet their Support Crew. When they are finished being supported, runners should re-enter the checkpoint prior to continuing on course. It is important for runners to re-enter the checkpoint before they continue on course, otherwise they may miss crossing the timing mats at the exit of the Checkpoint.

FAIRMONT RESORT (Checkpoint 1 for UTA50) - SUPPORT ALLOWED

Checkpoint 1 is located at Fairmont Resort, Leura. Please drive carefully as you enter Fairmont Resort from Watkins Rd/Sublime Point Road as runners will be on road in this section of the course. Please obey all traffic controllers, 'No Parking' signs, and respect the driveways and lawns of the residents in this area. Parking on lawns or in front of resident driveways along any road on the UTA course is prohibited.

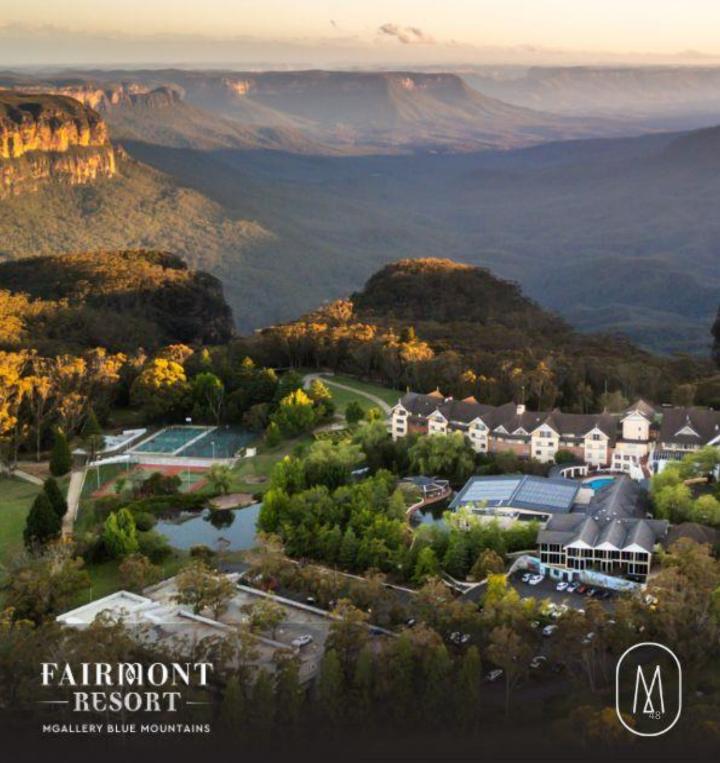
Once you enter Fairmont Resort there is ample parking in the bottom Fairmont Resort Carpark. Please be mindful of resort guests, children, and patrons of Leura Golf Course when finding a place to park at Fairmont Resort. After you have parked, please walk and make your way into the Fairmont Resort. Once inside the resort walk to the stairs and head down to the checkpoint area. Please be mindful of resort and restaurant guests. Once at the checkpoint location make your way outside to the support crew/spectator zone. Do not congregate inside the checkpoint area. This space is only for runners and one support crew member with a wristband. Fairmont Resort and services are open to the public.

QUEEN VICTORIA HOSPITAL (Checkpoint 2 for UTA50) - SUPPORT ALLOWED

Checkpoint 2 is at Queen Victoria Hospital at the end of Kings Tableland Road, Wentworth Falls. Traffic controllers and a pedestrian walkway will also assist in making this area safer for everyone. We suggest that you leave early to allow for delays, and carpool with other Support Crews/ Spectators where possible. The parking is predominantly on rough uneven surfaces, and a couple of sections will be 4WD only. Note that if it rains on race day many parking areas will become boggy and unusable, so we would request that you consider whether you need to visit this Checkpoint in those circumstances.

Note that you must **not** park alongside King Tableland Road on the way into and out of the Checkpoint. Parking here means that two way traffic is no longer possible, causing huge delays for everyone. Cars that park here will be towed away. Please proceed down to the Checkpoint as there is almost always sufficient parking. A traffic controller is on site to assist spectators in finding available car spaces.

A world away, Just hours away



UTA22 Course Information

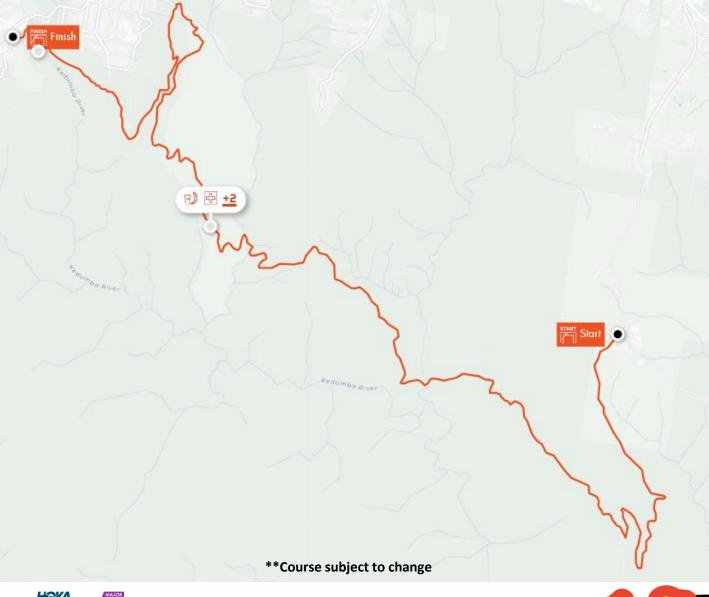
UTA22 COURSE

UTA22 is a challenging and super-fun point to point course that takes in all the beauty of the Blue Mountains but is still achievable for those newbies to trail running.

Your start is at Queen Victoria Hospital, at the intersection of Tableland Rd and Kedumba Valley Rd in Wentworth Falls. The route takes you through the Kedumba Valley, with a great view of the Three Sisters before heading up the final section of the Furber Steps to your finish line at Scenic World.

Whether you're new to trail running or looking to take in some of the UTA highlights without going ultra distance - the UTA22 is perfect for you!

UTA22 Course Map





UTA22 Course Information



Please note these points on course are of particular concern for runner safety. Tracks may be very wet and slippery and rougher than expected. Use caution and be sure of your footing while out on course.

LOCATION	NOTES
Furber Steps	Steep and narrow. Please ask to pass if needed.

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **7 hr** time limit to complete the full UTA22 course.

LOCATION	DISTANCE	FIRST EXPECTED (estimate)	CUT-OFF
Emergency Aid Station	13km	7:31 AM	-
FINISH	21.7km	8:25 AM	4:40 PM

CHECKPOINTS

UTA22 has 1 checkpoints along the course. The UTA22 checkpoint will offer you the opportunity to refuel and rehydrate, and prepare for the next leg of your journey!

CHECKPOINT	DISTANCE	DROP BAGS	SUPPORT CREW ACCESS
Emergency Aid Station	13km	No	No

UTA 22	Water	NAAK Electrolyte	NAAK Waffles or Bars	Cola	Gels	Lollies	Chips/Pretzels	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Hot Food*	Sunscreen / Vasoline	Hygiene Products
Emergency Aid Station																	
FINISH																	



UTA11 Course Information

UTA11 COURSE

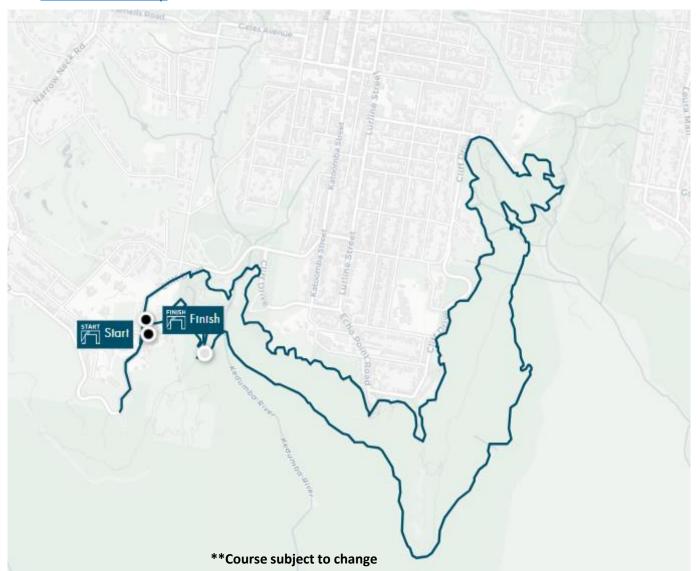
UTA11 is a great introduction to Ultra-Trail Australia by UTMB and trail running. The course traverses some of most stunning tracks of the Blue Mountains and while you encounter some good climbs along the way, it is achievable for all abilities.

You'll start at Scenic World. The route takes you out Prince Henry Cliff Walk through Echo Point.

Descend Amphitheatre Track and the bottom section of Fern Bower into Leura Forest, then follow Federal Pass to the base of Furber Steps.

To get the real taste of UTA, you'll get to take on all of the 951 Furber Steps up to the finish at Scenic World.

UTA11 Course Map





UTA11 Course Information

COURSE SAFETY

Please note these points on course are of particular concern for runner safety. Tracks may be very wet and slippery and rougher than expected. Use caution and be sure of your footing while out on course.

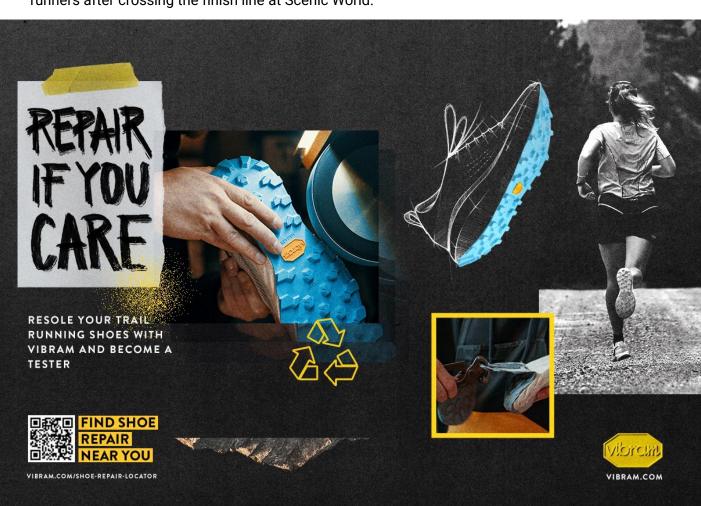
LOCATION	NOTES					
Lila Falls Bridge to Leura Forest	Please ask to pass if needed. Use caution in this section.					
Base of Furber Steps	Steep and narrow. Please ask to pass if needed.					

CUT-OFF TIMES

There is a **4hr 30min** time limit to complete the full UTA11. The cut off time is 4:00pm at the finish line. The expected first finisher is at 11:55am.

CHECKPOINTS

There are **NO** checkpoints for UTA11. Runners are required to bring their own nutrition and hydration to consume while out on course. There will be a recovery area available to all runners after crossing the finish line at Scenic World.



Spectators + Support Crew

HOKA Ultra-Trail Australia by UTMB is about more than just those lining up on the start line. Friends, family and support crew are all integral to the magical atmosphere and vibe across all 4 days of the event.

For race times please see the Event Schedule.

SPECTATORS

ON COURSE VIEWING

We ask that Spectators wishing to watch their runners on course at any time during the race respect road rules and do so in a safe manner. Spectators may cheer on runners but not assist them in any way. See Support Crew section for where assistance is able to be provided.

FINISH CHUTE

Your family and friends will be able to join you as soon as you enter the Scenic World precinct and can accompany you through the finish chute. Although family and friends won't be able to join you in the recovery zone. You will be able to meet them for your post-race celebrations after your runner has exited recovery, and you will be able to go with them to collect their drop bags.

SUPPORT CREW ASSISTANCE

Refer to the race specific pages of the Runners Guide for specific information regarding support crew assistance for UTAMiler, UTA100, and UTA50 runners.

Runners in the UTA22 and UTA11 may not have support crew assistance, just spectators.

SUPPORT CREW EVENT RULES

- The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff, road marshals and officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits.
- Support crews must not eat the runner food provided at checkpoints (runners only).
- Support crews and spectators are not permitted to run with or pace runners.
- Support crews are not allowed to enter the event course to collect runners.
- Runners will be given one support crew car sticker with their runner's bib number. This
 sticker must be stuck to the outside of the support vehicle's front windscreen at the top
 left-hand side. Support Crew Sticker does not guarantee a parking space at any
 checkpoint. It will be used to identify your vehicle to event and resort staff.
- The event organisers are not responsible for the safety or whereabouts of support crew.





All awards will be available handed out at presentations. Please check the event schedule for presentation timings. All awards are based on the first start group gun time unless otherwise noted.

UTAMiler

- Prize money will be awarded to the top 5 fastest overall males and females (see table below).
- A bark painting will be awarded to the 1st place overall male and female,
- The ten fastest male and female runners will receive a trophy and direct entry to UTMB.
- A trophy and direct entry to UTMB will be awarded to 1st place in each age division (male and female) (net time).
- The five fastest men and women will receive a free entry to the following year's event.

UTA100

- Prize money will be awarded to the top 5 fastest overall males and females (see table below).
- A gold buckle will be awarded to the 1st place overall male and female.
- A bark painting will be awarded to the 1st place overall male and female.
- The ten fastest male and female runners will receive a trophy and direct entry to CCC.
- A trophy and direct entry to CCC will be awarded to 1st place in each age division (male and female) (net time).
- The five fastest men and women will receive a free entry to the following year's event.

UTA50

- Prize money will be awarded to the top 5 fastest overall males and females (see table below).
- The top 10 fastest male and female runners will receive a direct entry to OCC. The five fastest male and female runners will receive a trophy.
- A trophy and direct entry to OCC will be awarded to 1st place in each age division (male and female) (net time).
- The three fastest men and women will receive free entry to the following year's event.

UTA22

- The three fastest male and female runners will receive a trophy.
- A trophy will be awarded to 1st place in each age division (male and female) (net time).
- The three fastest men and women will receive free entry to the following year's event.

UTA11

- The three fastest male and female runners will receive a trophy.
- A trophy will be awarded to 1st place in each age division (male and female) (net time)

Prize pool breakdown

There is a 73,500 EUR (approx. \$120,000 AUD) prize pool. The below table outlines how the prize pool is allocated for each distance. These amounts are awarded to the **top 5 male and female athletes**.

RANK	UTA50	UTA100	UTAMiler
1	5,000€	5,000€	5,000€
2	3,000€	3,000€	3,000€
3	2,000€	2,000€	2,000€
4	1,250€	1,250€	1,250€
5	1,000€	1,000€	1,000€



MORE THAN JUST MEDALS

YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS



www.AlwaysAdvancing.net | info@alwaysadvancing.net



Additional Information

SCENIC WORLD

Scenic World welcomes the UTA community agan in 2025. They will once again run a licensed bar area includes a large tent to keep runners, support crew, and spectators shaded, and out of the elements while cheering on the finishers of Ultra-Trail Australia by UTMB.

At the event hub Scenic World will have available:

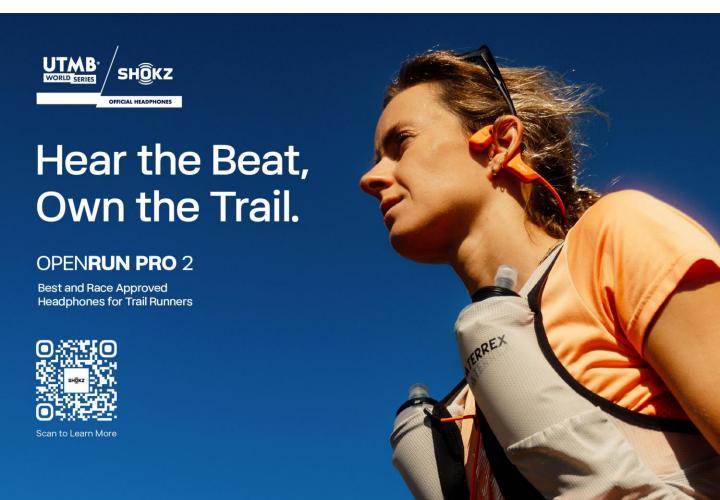
- Food trucks offering a wide range of food and special treats (incl. ice cream & donuts!!)
- · Coffee vans
- A licensed bar area with hot food items available

Food & beverages will be available in the finish hub during the following times*:



- Thursday 15 May 9:30am-5:30pm
- · Friday 16 May 7:00am -5:30pm
- Saturday 17 May 5:00am Sunday 4:00am

Please note parking is not available in the Scenic World multi-story carpark. Please utilise the UTA event shuttles or book parking at KCC Oval.



Additional Information



Be sure to check out the Expo stalls within KCC Plaza for some great tips and deals. View the Event Schedule for times and location.

LOST PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. View the Event Schedule for times and location. Scan QR code and fill out lost property information if you happen to loose anything while onsite, or find lost property while attending the event.



RUNNER TRACKING

Results from every timing point will be automatically posted to the live event website https://live.utmb.world/ and the event app as soon as each runner arrives at that timing point (cell coverage permitting)

Race coverage and content will also be shared on the event social channels: <u>Facebook</u> and <u>Instagram</u>.

VOLUNTEERS

Ultra-Trail Australia by UTMB in 2025 requires over **800 volunteer shifts** in order to deliver the event.

Our dedicated Event Volunteers will contribute to a combined total of 3500 hours to assist, support and motivate you from the start to the finish of your UTA journey.

We encourage you to say **THANK YOU** to the volunteers whenever possible! Without the Volunteers, we simply would not be able to hold UTA.

If you'd like to join the volunteer team, you can sign up for a role here.

GET SOCIAL

See, like and share all the excitement of Ultra-Trail Australia by UTMB.

Facebook: https://www.facebook.com/ultratrailaustralia/

Instagram: @ultratrailaustralia

#ultratrailaustralia #UTAMiler #UTA100 #UTA50 #UTA22 #UTA11 #UTAFinisher



Additional Information

MAPS - AVENZA

We highly recommend installing the Avenza Maps app and loading the course map into your smart phone for finding your way around the course during the event in case you need first aid assistance on the course and need to describe your exact location. Download the app and scan the QR codes below to access the Avenza Course Maps on your mobile device. These maps are accessible offline and will auto-locate your position in relation to the course.



OFFICIAL EVENT APP

The 'Ultra-Trail Australia by UTMB' Event App for iPhone and Android is available from the App Store or Google and has everything you need to know about the event as a runner or spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list the of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. <u>Download the Ultra-Trail Australia by UTMB App now!</u>





MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic HOKA UTMB Mont-Blanc is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series**Finals are held in 3 categories:

the OCC (50K), CCC® (100K) and UTMB® (100M) every year at the end of August in Chamonix, France.

MAJORS

Four UTMB World Series Majors, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 50 Events around the world.



BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K**, **50K**, **100K**, **and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- Entering the UTMB World Series Finals lottery (with at least 1 Running Stone).
- Defining your start wave to ensure the best race experience.
- Exclusive Race Access: You benefit from a 48-hour priority registration to UTMB World Series Events. And for some 100K and 100M events require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- Your UTMB Index is based on your top 5 race results (weighted for recency and performance) over the last 36 months. At least 1 valid race result in the past 24 months is required for a valid UTMB Index.
- With over 6,000 races worldwide they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

CHECK IT OUT AT UTMB.WORLD





FINALS

HOKA UTMB® MONT-BLANC

AUGUST 25-31 CHAMONIX MONT-BLANC, COURMAYEUR, ORSIÈRES FRANCE, ITALY, SWITZERLAND

TOOK M CCC

SOIS M OCC

MAJORS

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB*

MAY 15-18 KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

VIELHA, SPAIN JULY 02-06

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 10-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

DECEMBER 4-7 CHIANG MAI, THAILAND

EVENTS

NEW EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 24-26 | UNITED KINGDOM

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 15-16 | NEW ZEALAND

ULTRA-TRAIL® XIAMEN BY UTMB®

MARCH 01-02 CHINA

VALHÖLL FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 20-23 ITALY

TENERIFE BLUETRAIL BY UTMB®

MARCH 27-29 | SPAIN

EUROPE

ISTRIA 100TM BY UTMB®

CROATIA APRIL 10-13

ULTRA TRAIL MOUNT YUN BY UTMB®

APRIL 11-20 I CHINA

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 11-13 USA

THE CANYONS ENDURANCE RUNS™ BY UTMB®

APRIL 25-26 USA NEW EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 25-27 FRANCE

AMAZEAN JUNGLE THAILAND BY UTMB®

MAY 01-04 THAILAND

TRAIL ALSACE GRAND EST BY UTMB®

MAY 15-18 FRANCE

FUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 16-18 UNITED KINGDOM

ULTRA-TRAIL GREAT WALL BY UTMB®

MAY 16-18 CHINA

AFRICA

MOUNTAIN ULTRA TRAILIM BY UTMB®

MAY 22-25 SOUTH AFRICA

MOZART 100TM BY UTMB®

JUNE 7 AUSTRIA

EUROPE
TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 13-15 FRANCE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 13-15 ANDORRA

TORRENCIAL CHILE BY UTMB®

JUNE 19-21 CHILE

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®

JUNE 19-22 JAPAN

FUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB

JUNE 25-29 ITALY

WESTERN STATES® 100-MILE ENDURANCE RUN

LUSA JUNE 28-29

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 03-05 FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®

JULY 11-13 SWITZERLAND

EIGER ULTRA TRAILIM BY UTMB

JULY 16-20 SWITZERLAND

NEW EUROPE

MONTE ROSA WALSERWAEG BY UTMB®

JULY 18-20 ITALY

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®

JULY 25-26 USA

QUITO TRAIL BY UTMB®

AUGUST 02-03 ECUADOR

KAT100™ BY UTMB®

AUGUST 07-09 AUSTRIA



AMERICAS

PARATY BRAZIL BY UTMB*
SEPTEMBER 18-21 | BRAZIL

FUROPE

WILDSTRUBEL BY UTMB*
SEPTEMBER 19-21 | SWITZERLAND

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVALTM BY UTMB*
SEPTEMBER 19-21 | USA

EUROPE

JULIAN ALPS TRAIL RUN BY UTMB*
SEPTEMBER 19-21 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB® SEPTEMBER 25-28 | FRANCE runo.

KAÇKAR BY UTMB*
SEPTEMBER 26-28 | TÜRKIYE

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB® SEPTEMBER 27-28 CANADA

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB* SEPTEMBER 27-28 | MALAYSIA

EW AMERICA:

CHIHUAHUA BY UTMB*
OCTOBER 02-04 | MEXICO

ASIA.

TRANSJEJU BY UTMB®
OCTOBER 2025 | SOUTH KOREA

ASIA

ULTRA-TRAIL* NINGHAI BY UTMB*
OCTOBER 2025 | CHINA

EUROPE

MALLORCA BY UTMB*
OCTOBER 31 - NOVEMBER 2 | SPAIN

EUROPE

KULLAMANNEN BY UTMB*
OCTOBER 31 - NOVEMBER 1 | SWEDEN

A5IA

TRANSLANTAU™ BY UTMB®
NOVEMBER 14-16 HONG KONG, CHINA

district to

ULTRA-TRAIL KOSCIUSZKO™ BY UTMB® NOVEMBER 27-29 AUSTRALIA

*MARCH 2025





In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- · Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:

- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time

SCAN THE CODE



Event Partners



































