

History:

The ultra running world offers a variety of challenges – from timed events to technical trails and everything in between. A track ultra holds with it a specific beauty – an ultra that can challenge anyone.

For those who've done countless ultras, it offers the specific challenge of seeing how fast you can go on a flat, 'easy' course. For those who are new to the ultra world or hesitant, it offers the advantage of a clear, simple course with aid every 400m.

For fast and slow runners alike, it offers companionship. You'll never be far from someone to talk to – or even merely run in companionable silence with.

The SA Track Ultra builds on the foundations of tradition. It draws on the likes of other track events around the country, as well as the history of ultra track events in Adelaide – including a couple of 50/100km national championships!

Come out and find out what you can do!

Event Details:

DATE: Saturday-Sunday 9-10 November 2024

LOCATION: SA Athletics Stadium (formerly known as Santos Stadium)

TIME: 10am Saturday - 2pm Sunday (24 hour is cut-off at 10am Sunday)

Start times:

All events start near 10am. However, to avoid congestion at the initial turnarounds, there will be slight staggering. The following are the accurate start times:

- 100 miles: 9:55am
- 24 hours: 10:00am
- 100 km: 10:05am
- 50 miles: 10:10am
- 50 km: 10:15am
- 30km: 10:20am

Laps & Timing

LAPS: A lap is 400m if performed from the 'standard' lanes (1-3) and 423m if performed from the 'walkers only' lane (4). Each distance has a different amount of laps to accomplish.

If a participant is in the standard category, they must do the following:

- 30km runners do 75 laps
- 50km runners do 125 laps
- 50 mile runners do 201 laps (plus 67.20 metres, as directed)
- 100km runners do 250 laps
- 100 mile runners do 402 laps (plus 134.40 metres, as directed)
- 24 hour runners do as many laps as they can in 24 hours

If a participant is in the 'walker only' category, they must do the following:

- 30km runners do 70 laps (plus 390 metres, as directed)
- 50km runners do 118 laps (plus 86 metres, as directed)
- 50 mile runners do 190 laps (plus 97.2 metres, as directed)
- 100km runners do 236 laps (plus 172 metres, as directed)
- 100 mile runners do 380 laps (plus 194.4 metres, as directed)
- 24 hour runners do as many laps as they can in 24 hours

LANES: Participants are separated into two categories – 'standard' and 'walker only'. Though standard participants can choose to walk in their lanes at any time, **those in the 'walker only' category must not run at any time.**

The lanes are allocated accordingly:

- Lanes 1-3 = standard
- Lanes 4 = walker

LATE START: Late starts are allowed, with prior request and approval. Late starters are not eligible for podium recognition. The cut-off time will not change.

TIMING: The lap counting is maintained by a timing mat. Live results are available via a link published the day of the event. A display monitor will display the lap count and distance.

TURN AROUND: All runners will be turned around every 3 hours to help balance the efforts of the inner and outer legs. **If a runner leaves the field before the turnaround occurs, he/she/they must complete the lap and then turnaround.**

Course Details:

ENTRY/EXIT: Participants can only enter or exit the course via the designated areas, clearly marked by bollards and flags.

LANES: Participants are separated into two categories – ‘standard’ and ‘walker only’. Though standard participants can choose to walk in their lanes at any time, **those in the ‘walker only’ category must not run at any time.**

The lanes are allocated accordingly:

- Lanes 1-3 = standard
- Lanes 4 = walker

Aid & Facilities:

AID: There will be an aid station once per lap (every 400m) with food. It will always have a supply of water, sports drink, pepsi/cola, fruit, lollies, chips, and pretzels. Sandwiches, soup, and noodles are available upon request. Pizza, pasta, and baked goods will be available sporadically. **The aid station supplies will be available a few steps inwards of the inside lane. Participants are not allowed to eat or drink ON the track at any time. Crew may place food, drink, or other supplies on the designated section of the aid table at any time.**

FIRST AID: There will be a first aid volunteer on duty.

HOT WATER: Hot water will be available for coffee, hot chocolate, soup, noodles, or other preferences.

MUSIC: Music will be played at the aid station. No music will

be available through the speaker system, in respect of runners who wish to listen to their person music and in respect of the runners who wish to run in silence.

TOILETS: There are two portable toilets which are located in the breezeway. They are available to runners only (no crew). There are also toilet and facilities inside the stadium building on the ground floor, available for use by runners or crew. Runners can only exit the track to the portaloos via the designated spot.

COURSE DEPARTURE: A participant may leave the course at any time, such as to use the toilets, eat, or simply relax.

Participants can only enter and exit the course through the designated points. Participants MUST re-enter the course through the same place they exited.

Personal Equipment & Crew:

CREW: All runners are allowed crew and support. Crews can set up their own tents and marquees, if desired, in the designated crew area, which is the entirety artificial term on the inside track. Tents and marquees can either be weighted down or pegged, as long as the pegs are no greater than 6 inches / 15 cm. All tents and marquees must be placed on the inside circle away from areas designated for the aid station and timing. Set-up can begin as early as 6am. **Fires are strictly forbidden.**

Crew is not allowed to pace a participant or assist a participant outside of the designated crew area.

EQUIPMENT: There is no mandatory gear and no need for a head torch as the track lighting is sufficient. Participants may find it useful to bring a change of socks and a change of shoes. Hydration bags, water belts, and hand-held bottles are all acceptable. Walking sticks are not allowed. **Gas camping stoves and fire are not permitted.**

PACERS/BUDDY RUNNERS: No pacers or buddy runners are allowed.

Results & Podium:

RESULTS: The preliminary and final results will be managed by Event Strategies.

PODIUM: Podium ceremonies will occur within 15 minutes of the final podium placer of the distance. There will be separate podium ceremonies for males and females. Though walkers and 'standard' registrants of each category are in separate lanes, they are competing in a shared category and will vie for the same podium positions. For example, there will be only ONE podium presentation for the male 30km and ONE podium presentation for the female 30km, regardless of if some participants were in the walker category and some in the runner category.

DISTANCE CHANGE: A participant is **NOT** allowed to change their distance to a lower distance after the start of the event.

IAU, AUTRA, & Records:

IAU: We are IAU-labelled.

AUTRA: We are AURTA-listed.

RECORDS: If a participant is intending to go for a national, CBP (Continental Best Performances) Oceania or World Record (WR), they must alert the SA Track Ultra Team prior to the event.

Additionally, the following conditions must also be met:

- A minimum of three participants of the same gender must start the event distance in which the record is being sought. The starters must start in good faith – ie, a reasonable distance must be covered.
- A timestamped photograph of the record holder must be taken as he/she achieves the record, if the record is regarding a milestone. **We ask crew to assist us in this matter**, as multiple photos may need to be taken at once to ensure one has both the milestone marker and the runner's face in the photo.
- The participant's running shoes cannot have soles thicker than 40mm.
- For CBP and WRs, the one attempting the record must undergo drug testing arranged by the SA Track Ultra team. **The person attempting the record must undertake the full cost of the drug testing. The SA Track Ultra team MUST be alerted to this attempt with enough advanced notice to arrange for drug testing.**