



Registrations will be accepted online at <u>www.portlandrunnersclub.com.au.</u>

Registrations close 5pm on Friday 31st October for the 60km Ultra. Online registrations will remain open for Sunday, but we encourage registration before race day to ensure a smooth process come race morning.

We will also be encouraging all participants to use the easy online Race Roster registration process.



BIB COLLECTION



Ultra Marathon

Bib collection for the Yumbah 60km Ultra is at the <u>Angling</u> <u>Club</u> (foreshore) on Friday 31st October from 5pm-7pm. For late arrivals, bibs will be available at the start line (6:00am) <u>Bridgewater Lakes Aquatic Club</u> on race morning.

Bib collection for all Sunday events to be collected on Friday evening at the <u>Angling Club</u> (foreshore) 5pm-7pm or at the Upwelling Festival/Ultra finish line on the <u>Portlandar Foreshore</u> on Saturday 1st November between 10am and 4pm.



Last minute collection for road events can be done from 5:30am Sunday 2nd November from the Portland Basketball Stadium (marathon start line) on the corner of Otway and Fitzerald Streets.



GETTING TO THE START LINES

Ultra Marathon

Courtesy buses to the Ultra start line leave from Portland
Tourist Information Centre car park Lee Breakwater Road.
Courtesy buses will arrive at 5:30am and depart at 5:40am sharp. If you choose to make your own way to the start line from town take Otway Street west which then becomes Bridgewater Road for approximately 15km. Turn right onto Bridgewater Lakes Rd and continue for 6km.
Turn left onto the dirt road into Bridgewater Lakes.
Limited parking is available, please car pool or take the courtesy bus. The start line will be signposted from Bridgewater Lakes Rd.



Start line is at the Portland Basketball Stadium. From Melbourne, take the Portland exit from the Princes Highway and follow the Henty Highway / Percy Street. Turn right at the second roundabout onto Otway Street, continue for 2km and stadium is on your right.



Half and Quarter Marathon

Courtesy Buses to the half and quarter marathon start lines will leave from the Portland Basketball Stadium. Half marathon courtesy bus leaves at 8:45am sharp. Quarter marathon courtesy bus leaves at 9:00am sharp.

If getting there yourself for the half marathon - from town take Otway Street west which becomes Bridgewater Road for approximately 15km. Turn right onto Bridgewater Lakes Rd and continue for 6km. Turn left onto the dirt road into Bridgewater Lakes. There is limited parking available so please carpool or take the courtesy bus. The start will be signposted from Bridgewater Lakes Rd.

Quarter marathon – from town take Otway Street west which becomes Bridgewater Road for approximately 7km. Turn right onto Oakleys Road and continue for 4.5km to the start line near the corner of Oakleys and Heath Rd.

There is very limited parking available, so our preference is you take the courtesy bus. If you must drive, please carpool where possible.

BAG DROPS

Clothing and other personal belongings can be left at the start line of each event. A bag will be available at bib pick up and will be identified by your race number.

Baggage can be collected from the baggage/event tent at the finish line. Please have your race number ready for the volunteers at the baggage tent.



There is limited car parking for the ultra, half and quarter marathons starts. There is plenty of parking around the marathon start line however please be respectful of private driveways and local traffic.



TOILETS

Ultra Marathon

Toilets for the ultra are available at the start line, <u>Portland Surf Life Saving Club</u> (17.5km), <u>Trewalla Camp</u> (24km), <u>Cape Nelson Lighthouse</u> (37km), <u>Yellow Rock</u> (45km), <u>Quarry Rd</u> (50km) and the <u>Finish</u>.

Road Races

Portland Basketball Stadium marathon start, Bridgewater Lakes half start, Quarter marathon start. Public toilets are available at the finish line.



EVENT SCHEDULE, SHIP

Friday 31st October

5:00 - 7:00pm Race bib collection/late entries Portland Angling Club - Foreshore

Saturday 1st November

5:40am Courtesy bus departs Portland Visitor Info

Centre, Lee Breakwater Road, for Yumbah ultra start

6:10am Courtesy bus arrives at ultra start line

6:20am Ultra race briefing

6:30am START - Ultra

10:00am - 4:00pm Stand opens - Road event bib

collection & late entries

Upwelling Festival - Portland Foreshore

11:30am First ultra runners expected at finish line

4:30pm Ultra course close



EVENT SCHEDULE

Sunday 2nd November

5:30am Late bib collection opens at Portland Basketball Stadium, 1 Fitzgerald St

5:50am Marathon Walk race briefing

6:00am START - Marathon Walk

7:50am Marathon Run race briefing

8:00am START - Marathon Run

8:05am Marathon Run Relay race briefing

8:15am START - Marathon Relay Run

8:45am Courtesy bus leaves Basketball Stadium for Half starts

9:00am Courtesy bus leaves Basketball Stadium for Qtr start

9:35am Half Marathon (Run & Walk) race briefing Quarter Marathon race briefing

9:45am START – Half Marathon (Run & Walk) START – Quarter Marathon

10:20am First 1/4 marathoners expected at finish line

10:40am First marathoners expected at finish line

11:00am First ½ marathoners expected at finish line

2.00pm Course closed



60km Yumbah Ultra Trail Race

Mandatory Kit

Mandatory kit is for your safety, everyone is required to carry mandatory kit for the entire race. Spot checks will be conducted, and time penalties applied for missing kit. You will not be permitted to proceed until missing kit is obtained.

Mandatory Items

- Waterproof & hooded seam sealed jacket
- Mobile phone (Telstra preferred)
- Capacity to carry 1lt of water
- Emergency space blanket
- Whistle
- 2 x Compression bandages(not crepe bandages)





EVENT RULES POOK BOOK

- Numbered bib with embedded timing chip must be visible at all times on the front of each competitor's outer garment. For relay teams, the final runner/walker must be wearing the bib fitted with a timing chip (this is the one with the printed number on it)
- Please follow the instructions of course marshals at all times
- Course marshals have the authority to disqualify or remove entrants from the course if it is deemed that they have disobeyed course rules, or their safety is at risk.
- For road events, competitors are to stay on the right side of the road, with the exception of the Bentinck Street section where you will be directed to the left.





Results will be published online following the conclusion of the event through the Tomato Timing website. Results will also be posted on the Portland Runners Club website

www.portlandrunnersclub.com.au and on Facebook



Yumbah Ultra (Saturday)

Presentation for the Ultra marathon will take place when all place getters have finished.

Road Events (Sunday)

Presentations will take place at the Finish Line on Sunday as all place getters finish.





As Portland is a coastal area, the weather can be unfavourable at times! Whilst every effort to ensure that the event goes ahead will be made, the safety of participants is the primary concern. Please note that the event will only be cancelled in the event of extreme weather – winds 100km+, extreme heat (very unlikely!). In the event of cancellation due to weather, participants will be informed as soon as possible.



We hope to have photographers on the course Saturday and Sunday. These photos will be posted as soon as possible after the event. Should you not wish to have your photograph published please contact us at

portlandrunnersclub@outlook.com





SAFETY IS OUR MAJOR CONCERN – PLEASE THINK OF ALL OTHER ROAD USERS AND BEHAVE RESPONSIBLY

Note that a 40kph speed limit will be enforced right around the course.

- NO team vehicle (CAR, VAN or BIKE) is to follow OR DRIVE BESIDE team runners/walkers or disrupt other runners/walkers. The road is narrow and will be busy. Please obey this instruction. Course marshals will report any vehicle breaking rules and teams/individuals may be disqualified.
- ALL vehicles to leave the START area after the relay team briefing is completed and before the relay race starts.
- Please assist at change over points by parking well clear of area and keeping roadway clear for the runners & walkers.
- Please drive carefully and watch out for tired runners/walkers as they might veer across roadway in front of vehicle.
- Thank you for helping to keep this event safe, ensuring that it will continue to be the great success it has been in the past.

COURSE MARKINGS

Yumbah Ultra Marathon Course Notes
The course follows the Great South West Walk (GSWW) track
from Bridgewater Lakes back to Portland. It is marked with red
triangular arrows. In addition, there will be event specific
markings. A full map of the course is at the back of this
handbook.



Parts of the course take you along coastal cliffs.

Keep away from the cliff edges.

This is a spectacular run – enjoy the views but always ensure you are a safe distance from the cliff edges.

Treat any timber as slippery



Yumbah 60km Ultra course details

COURSE MAP CLICK HERE





Road Races

Marathon 5km, 10km, 15km, 20km, 25km, 30km, 35km and 40km - Water and Tailwind (Note, tailwind not available at 5km and 15km)

Half Marathon 4km, 9km, 14km and 19km - Water and Tailwind

Quarter Marathon 3km, 8km - Water and Tailwind





Lakes to Blowholes - 9km (Minor Aid Station)

Begin your journey with the ocean on your right as you follow the well-marked Great South West Walk. This section winds through Whites Beach and Springs Camp, offering a rugged and exposed coastal trail. The terrain is rocky and undulating, with sweeping views of the Southern Ocean. Be sure to glance back across Discovery Bay—the expansive vistas are truly breathtaking, especially in the morning light.

Blowholes to Surf Life Saving Club - Major Aid Station

Transition onto a wide, grassy nature trail where kangaroos are often spotted grazing in the early hours. This stretch leads you toward the tip of Cape Bridgewater, one of the most spectacular sections of the course. You'll pass the famous seal colony, and ascend the highest coastal cliff in Victoria, offering panoramic views that stretch across the wild coastline. The descent from the cliffs is exhilarating—let gravity do the work as you continue to follow the GSWW signage.



Surf Life Saving Club to Bishop Rocks - Minor Aid Station

This leg begins with a 1.7km stretch along the beach, where the soft sand and sea breeze add a new layer of challenge. After leaving the beach, rejoin the GSWW and prepare for a rollercoaster of short, sharp climbs and dips through coastal scrub and open heathland. You'll pass through the Shelley Beach carpark, then continue along the trail to Bishop Rocks carpark, where the next aid station awaits.

Bishop Rocks to Murrells - Minor Aid Station

From Bishop Rocks, follow the GSWW trail through Trewalla Camp, where a toilet is available. Keep an eye out for pink ribbons marking the route. This section includes a challenging 4.5km stretch of beach—a mentally tough segment where the endless horizon may test your resolve. But rest assured, it does end, and a friendly volunteer will be waiting to cheer you on. Continue with the ocean on your right as you cross a section of private property—please respect the area and follow the pink ribbons across the driveway and back onto the GSWW.

Murrells to Lighthouse - Major Aid Station

This segment begins with a single gravel track that gradually transforms into a rocky cliffside trail, offering dramatic views of the coastline. The terrain becomes more technical here, requiring focus and sure footing as you approach the Cape Nelson Lighthouse, a striking landmark perched above the Southern Ocean.

Lighthouse to Yellow Rock - Minor Aid Station

Navigate through a network of shorter intersecting trails. After approximately 2.8km, you'll cross Scenic Road, then follow a grassy trail for about 1km before crossing back. This section leads you through an enchanted forest, where twisted coastal trees and dense undergrowth create a magical atmosphere. Stay on the GSWW and avoid any road crossings—this part of the trail is pure wilderness.

Yellow Rock to Quarry - Major Aid Station

Continue along a gravelly single track, where navigation is key—watch for pink ribbons as the area contains multiple loops and intersecting paths. The terrain is varied, with gentle rises and dips through coastal scrub and open bushland.

Quarry to Blacknose - Minor Aid Station

This section takes you through the Point Danger Gannet Colony, home to Australia's only mainland breeding colony of these majestic seabirds. The area is alive with the sights and sounds of thousands of gannets nesting on the cliffs, with sweeping ocean views and the scent of salt air adding to the sensory experience.

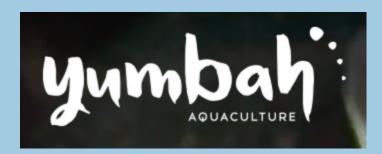


Blacknose to Finish Line - Portland Foreshore

The final stretch continues along the undulating GSWW track, eventually merging onto Victoria Parade. Volunteers will guide you through this urban transition. You'll pass Battery Point, go under the bridge, and zigzag uphill to a roundabout where another volunteer awaits. Cross the bridge and descend toward the finish line, following the final pink ribbons and cheers from the crowd as you complete this epic journey!



Jo OUR Spoks

















NARRAWONG

www.portlandrunnersclub.com.au