



ULTRA-TRAIL
AUSTRALIA

BY **UTMB**

2023 RUNNER GUIDE

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UTMB® WORLD SERIES PREMIER PARTNERS



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RACE DIRECTOR MESSAGE

Welcome to the 15th edition of Ultra-Trail Australia by UTMB 2023.

Over the last 15 years, this event has become so much more than a race to so many people from all walks of life. What started as trail run put together for a small group of people who were crazy enough to try and tackle 100km, has turned into giant community of caring, compassionate, slightly unique, resilient trail runners that make one of the largest trail running events in the world possible. This year we get to celebrate the 15th running of Ultra-Trail Australia by UTMB with you all.

Ultra-Trail Australia by UTMB has been so expertly crafted by Tom and Alina and it's evolution to where we are today is a true testament to the trail running community. It's a community that I love being a part of and I've learned so much from this dedicated group of runners since my first involvement with this event. Your passion is contagious, your dedication is empowering, and your resilience is admirable.

I'm excited for what is in store at this year's event. The courses this year will take you on a journey through the iconic Ultra-Trail Australia by UTMB routes that we have all grown to know and love. The Runner Village will be sure to give you goosebumps as you ascend Furber Steps and are greeted and cheered on by your family, friends, and support crew, all the way to the finish line. I'm also looking forward to being able to meet with many of you in person at this year's Race Director briefing. I'll be joined by Tom Landon-Smith, David King, and Lucas Trihey, as we welcome you to the Blue Mountains and prepare you for your journey.

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 widespread support network that makes your race possible – from patient families, persistent coaches, supportive friends, and fellow trail runners. These are the people who will be with you every step of the way. And remember, everything will have a purpose when the racing begins.

This year when you're out on the trails, no matter how hard you push, or how difficult it may become, look up, take a deep breath, and let the cool mountain air fill your lungs. Take in where you are and what you're doing, cheer on a fellow runner, say thank you to our amazing volunteers, and make at least one new friend along the way. All your hard work and dedication has brought you to this point, and these are the moments that will stay with you forever.

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

Happy trails,



Nick Christopher
Race Director



HOKA
FLY HUMAN FLY™

EVENT SCHEDULE



BY **UTMB**

THURSDAY 11 MAY 2023

EVENT	LOCATION	TIME
Event Expo	KCC Plaza	7:00am - 7:00pm
Event Information	Scenic World	7:30am - 7:00pm
Race Check-In (UTA11)	KCC Auditorium	7:30am - 11:00am
UTA Merchandise Store	KCC Auditorium	7:30am - 11:00am
Mandatory gear announcement for UTA22	Facebook/App/Website	9:00am
Food & beverage vendors	Scenic World	9:30am - 5:30pm
Race Starts (UTA11)	Scenic World	11:00am - 12:20pm
Race Finish (UTA11)	Scenic World	11:57am - 4:20pm (4hr total allowable time)
Race Check-In (UTA22 + UTA50 + UTA100)	KCC Auditorium	1:00pm - 8:00pm
UTA Merchandise Store	KCC Auditorium	1:00pm - 8:00pm
UTA11 Presentations	Scenic World	4:30pm

FRIDAY 12 MAY 2023

EVENT	LOCATION	TIME
Event Information	Scenic World	5:00am - 7:00pm
Race Check-In (UTA22)	KCC Auditorium	5:00am - 7:00am
Food & beverage vendors	Scenic World	6:00am - 5:30pm
Race Starts (UTA22)	Scenic World	6:20am - 8:30am
Race Finish (UTA22)	Scenic World	8:05am - 4:00pm (7hr30min total allowable time)
Mandatory gear announcement for UTA50 and UTA100	Facebook/App/Website	9:00am
Event Expo	KCC Plaza	10:00am - 6:00pm
Race Check-In (UTA100 & UTA50)	KCC Auditorium	10:00am - 5:00pm + 5:30pm - 7:00pm
UTA100 Drop Bags	KCC Plaza	10:00am - 7:00pm
UTA Merchandise Store	KCC Auditorium	10:00am - 7:00pm
UTA22 Presentations	Scenic World	4:00pm
Race Welcome & Race Director/Safety Briefing UTA50/100	KCC Auditorium	5:30pm - 6:15pm

SATURDAY 13 MAY 2023

EVENT	LOCATION	TIME
Event Information	Scenic World	5:00am - 11:00pm
Race Starts (UTA100)	Scenic World	6:20am - 7:54am
Race Starts (UTA50)	Scenic World	6:32am - 8:02am
UTA Merchandise Store	Scenic World	10:00am - 7:00pm
Food & beverage vendors	Scenic World	6:00am - 10:00pm
Race Finish (UTA50)	Scenic World	From 10:45am
Race Finish (UTA100)	Scenic World	From 3:14pm
Scenic World Event Lounge	Scenic World	5:00pm to Sun 4:00am
Finish Cut-Off (UTA50)	Scenic World	10:32pm

SUNDAY 14 MAY 2023

EVENT	LOCATION	TIME
Event Information	Scenic World	8:00am - 12:30pm
UTA Merchandise Store	Scenic World	8:00am - 12:00pm
Race Check-In (1km-4-Kids)	Scenic World	8:00am - 9:30am
Coffee vendor	Scenic World	9:00am - 12:00pm
1km for Kids	Scenic World	9:30am - 10:30am
UTA 50 & UTA100 Presentations	Scenic World	10:30am - 11:30am
Finish Cut-off (UTA100)	Scenic World	11:54am

Please note that these times are subject to change



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ELEMENT RIVAL



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TECHNICAL PARTNER

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) .
- Pack Photo ID in your luggage.
- Ensure you have all mandatory gear items needed for your race.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Login to your [ACTIVE My Events Profile](#) 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. This will be available from 15 April 2023. 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 Entry Transfers must be completed online by 5:00pm Wednesday 10 May. Refer to the event website for details regarding [Late Entry Transfers.](#)

ONCE I ARRIVE (PRE-RACE)

- Familiarise yourself with the Event Venue and key areas (Check-In, Start Line, Finish Line and Event Information).
- Familiarise yourself with [Road Closures.](#)
- Check-In and collect Race Kit.
- Pack Mandatory Gear ready for race day.
- Attend Compulsory Virtual or In Person Race Briefing (UTA100/50).
- Drop Checkpoint Drop Bags (UTA100).

RACE DAY

- Ensure you have all items for your race including, Race Bib, Race wristband, Timing Tag for Backpack on Pack, Course maps, participant emergency instructions, mandatory gear.
- Drop off Finish Line Drop Bag (if relevant).
- 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 #UTA100 #UTA50 #UTA22 #UTA11 #UTAFinisher.

RACE KIT

PARTICIPANTS EMERGENCY INSTRUCTIONS

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.

RUNNER WRISTBAND

Secured at Race Check-In and must be worn at all times.

DISPOSABLE TIMING TAG (UTA100/50)

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

RACE KIT COLOURS

- Orange – UTA100
- Yellow – UTA50
- Blue – 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.

UTA100/50 RUNNERS:

SUPPORT CREW STICKER (UTA100)

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.

**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.*



SUPPORT CREW WRISTBAND (UTA100)

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

EVENT T-SHIRT (UTA100/50)

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 based on size availability.





UNFOLD & GO

PACK SPEED CAP

Designed to go the distance with you. Lightweight and made from recycled plastic fibres, it adapts to your route, stash it away or snap it back into shape when you need it. Packable, minimalist design for maximum performance.

Featuring Andreu Simon,
BUFF® ambassador.



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PRE-RACE INFORMATION

RACE CHECK-IN

See Event Schedule for time and location.

We will be operating Check-In by appointment only. An email will be posted three weeks from race day with a link to book these times.

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

To Race Check-In, you should bring:

- Photo ID (driver's licence or passport): Make sure you know your race number before coming to Race Check-In. Race numbers and start groups can be found on the 2023 event app.

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.

UTA100 – GEAR CHECK

UTA100 runners will need to have passed gear check before performing 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 9am the day prior to your race. Notification will be provided by the Event App, Event Facebook page and on the event website.

PRE-RACE INFORMATION

EVENT PARKING

Please do what you can to limit the number of cars around the venue vicinity.

A limited number of parking passes are available for pre-purchase until sold out.

Parking will be available to purchase on April 18th. You can purchase parking via your registration on [ACTIVE.com](https://www.active.com). Please log into your registration and select 'Additional Purchases'.

KCC OVAL PARKING PASS TIMES AND PRICE INFO

Thursday - All Day 7:00am - 7:00pm - \$20

For UTA11 and UTA22 runners and spectators, Event Expo, Race Check In

Friday - All Day 4:00am - 7:00pm - \$20

For UTA22, UTA50 and UTA100 runners and spectators, Event Expo, Race Check In

Saturday - All Day 4:00am - 11:00pm \$20

For UTA50 and UTA100 runners and spectators

Saturday 11:00pm – Sunday 12:00pm – Parking on KCC Oval will be Free. First come first serve basis. Parking limited based on availability.

Please note: Access times to KCC Oval will be limited during race start times 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.

Parking Restrictions

For Saturday morning, refer to Road Closures' page. Parking will not be permitted at any time on the streets surrounding KCC and Scenic World (no parking on Violet St, Oak St, Kamillaroi Rd, Acacia St, Cedar St, Fern St, Cliff Drive, Ficus St, Peckmans Rd or Neale St). We ask all runners and supporters to obey all marshals and 'No Parking' signs. Also 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.

PRE-RACE INFORMATION

FRIDAY AND SATURDAY VENUE ACCESS

On Friday and Saturday morning there are several ways to access the Start Line at Scenic World:

- **KCC Oval Parking will be available to purchase on April 18th. You can purchase parking via your registration on ACTIVE.com. Please log into your registration and select 'Additional Purchases'.**
- Walk to an event bus stop and catch the [free event shuttle bus](#).
- Walk to Scenic World from nearby accommodation. Please stick to footpaths and don't walk on the roads.

FREE EVENT SHUTTLE BUSES

Operate on both Friday and Saturday between Katoomba Town & Scenic World/KCC or between Leura & KCC.

Maps & Operating Hours*: [click here](#)

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

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

Approximate trip times:

- Carrington Hotel < > KCC: 15 Minutes
- Fairmont Resort < > KCC: 40 Minutes round trip

CHANGED TRAFFIC CONDITIONS

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

Parking will not be permitted at any time on the streets surrounding KCC and Scenic World. Obey all marshals and 'No Parking' signs. Also 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.

PRE-RACE INFORMATION

RACE BRIEFING

An optional in person Race Director briefing will be held for 50km and 100km runners in the KCC Auditorium (where you check in) at 5:30pm on Friday 12 May.

A Virtual Race Director briefing (a recording of the live briefing) will be available via our [Facebook Page](#) & [YouTube channel](#).

START GROUPS – UTA100 & UTA50

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 **disqualified**. 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. **You must let faster runners pass you.**

NOTE: Your mat time (the time when you cross the start line) will be used to determine your official finish time.



Start Group	Start Time
Start Group 1	6:20 AM
Start Group 2	6:27 AM
Start Group 3	6:56 AM
Start Group 4	7:06 AM
Start Group 5	7:21 AM
Start Group 6	7:37 AM
Start Group 7	7:54 AM

Start Group	Start Time
Start Group 1	6:32 AM
Start Group 2	6:39 AM
Start Group 3	7:01 AM
Start Group 4	7:16 AM
Start Group 5	7:31 AM
Start Group 6	7:46 AM
Start Group 7	8:02 AM

PRE-RACE INFORMATION

START GROUPS – UTA11 & UTA22

Your approved start group will be shown on your race bib. Please review the below information to ensure you understand the start group procedure for UTA11 and UTA22.

Similar to last year, we're introducing the best of both wave starts and rolling start formats. We're calling them Rolling Wave Starts. We all love to run with our family and friends, and we know many of you got the crew together to come and race this year. We also want to ensure runners are spread out along the course for the duration of the race to ensure the best possible race experience.

You will need to line up at the start line during your allocated start group time as in previous years. Once you're in the start chute, we will send you off in groups of approximately 15 runners at a time within your start group, with a short time gap between each group.

While you're getting ready, keep an ear out for announcements and instructions from our crew and volunteers. Also take a few seconds to turn to the runner next to you, introduce yourself, wish them luck and maybe make a new friend.

Please note that the following still apply under this new start format:

- **Whoops, I skipped ahead to an earlier start group?** You will automatically be **disqualified**. This cannot be contested.
- **Missed your start group and need to start in a later group?** Your time will start from the start group you started in. You will **not** be disqualified.
- If runners from the group behind are catching up – don't try to outrun them - **please let faster runners pass you.**

Your mat time (the time when you cross the start line) will be used to determine your official finish time.



Start Group	Start Time
Start Group 1	6:20 AM
Start Group 2	6:31 AM
Start Group 3	6:46 AM
Start Group 4	7:10 AM
Start Group 5	7:33 AM
Start Group 6	7:47 AM



Start Group	Start Time
Start Group 1	11:00 AM
Start Group 2	11:10 AM
Start Group 3	11:20 AM
Start Group 4	11:40 AM
Start Group 5	12:00 PM

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 for full list.

Mandatory Item	UTA100	UTA50	UTA22	UTA11
1 x long sleeve thermal top (polypropylene, wool)	Yes	Yes	Yes*	Yes*
1 x long leg thermal pants (polypropylene, wool)	Yes	No	No	No
1 x waterproof and breathable jacket with fully taped waterproof seams and hood	Yes	Yes	Yes*	Yes*
1 x beanie balaclava or head sock (buff)	Yes	Yes	Yes	Yes
1 x full-fingered lightweight thermal gloves (polypropylene, wool)	Yes	No	No	No
1 x high visibility safety vest that complies with Australian Standard AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602: 2011 as well as Class D/N for day and night time wear	Yes	Yes*	No	No
1 x headlamp	Yes	Yes	No	Yes Only if walking
1 x small backup light	Yes	No	No	No
1 x mobile phone in working order with fully charged battery and working SIM card	Yes	Yes	Yes	Yes
1 x compass	Yes	Yes	No	No
1 x whistle	Yes	Yes	Yes	Yes
1 x emergency space blanket (light bivvy sack or equivalent)	Yes	Yes	Yes	Yes
1 x compression bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)	Yes	Yes	Yes	Yes
1 x lightweight dry sack or zip lock bags	Yes	Yes	No	No
Water bottles or bladders with a capacity to carry 2 litres of water	Yes	Yes	Yes	Yes-1 litre
2 x food bars / food portions	Yes	Yes	Yes	Yes
1 x ziplock bag for your personal rubbish	Yes	Yes	Yes	Yes
1 x waterproof map case (can be ziplock bag)	Yes	Yes	No	No
1 x course map and set of course descriptions (provided in race pack)	Yes	Yes	No	No
1 x A5 participants emergency instruction card (provided in race pack)	Yes	Yes	Yes	Yes
1 x race number (provided in race pack)	Yes	Yes	Yes	Yes
1 x timing tag for backpack (provided in race pack)	Yes	Yes	Yes	Yes
1 x long leg waterproof pants	Yes*	No	No	No
1 x 100-weight (minimum) long sleeve synthetic fleece top	Yes*	No	No	No

Please note: Those marked with a * in the table above are weather dependent items. A weather ruling from race organisers will be made at 9am the day before your race.

Questions? – Prior to event contact: info@ultratrailaustralia.com. **Race week:** please speak to one of the official UTA100 gear check staff at Race Check-In.

MANDATORY GEAR

PENALTIES

Random gear checks will be performed during the event. For fairness to all runners, a 40-minute time penalty will apply for every item that is missing. 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 on course even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event marshals, 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

- More substantial first aid kit
- Spare socks
- Sunscreen
- Cap or sun hat
- Body glide/body lubricant
- Spare headlight batteries

HIGH VISIBILITY SAFETY VESTS

UTA100

The high visibility safety vest must be carried at **ALL** times. The vest must be worn as the outer most layer and over the top of your running backpack at the following specific and places (your race number must be visible on your front and over your vest):

1. At night along Megalong Valley Rd. This is the main dirt road from the 38.9km mark. You must wear your vest from the 38.9km mark all the way to CP3.
2. At night once you get to the bitumen roads through Katoomba at the 55.5km mark. You need to wear your vest along all the bitumen roads to access CP4 and continue to wear your vest from CP4 to the crossing of Cliff Dr at about the 58.6km mark. You can remove your vest again after crossing Cliff Dr.
3. When entering Willoughby Rd or Sublime Point Rd (67.6km mark) from 4:45pm onwards. You can remove your vest at the Fairmont Resort Water Point.
4. When entering Hordern Rd from Wentworth Falls walking tracks (75.3km mark) from 5pm onwards. You can remove your vest once you reach the bush track at the end of Coronation Rd but you still need to carry your vest to the finish.
5. Whenever an official 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. You will only be required to carry the vest if there is heavy fog or a change in the course due to weather conditions. A decision regarding this will be made at **9am the day before the race** and publicised at the Friday Race Check-In and via the event app and event Facebook Page. If needed to be carried, the vest must then be worn as detailed in the Friday announcement or whenever an event marshal requests you to wear your vest.

FINISH LINE DROP BAGS

FINISH LINE DROP BAG – ALL DISTANCES

All runners for all distances may leave a finish drop bag in the drop bag area at CMS (near the start line) on the morning of your race. Please ensure your bag is clearly marked using **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.

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 drop bags **not collected by 10am on the Monday 15th May, 2023 will be disposed of, with any valuable items donated to charity.** Your race number must be shown to collect your finish drop bag from the CMS Finish Drop Bag location.

- **Bag Type/Material:** must be closable and SOFT (recommend - Woolworths/Coles Cool Bags). Plastic/garbage bags and plastic boxes will not be accepted. .
- **Finish Drop Bag (ALL Races):** can be as large as needed.
- Drop Bags must not contain glass bottles and valuable items.

Marking your Drop Bag

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

All 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.

VIBRAM
ELITE SOLE
X
GEDIMINAS
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E L I T E S O L E E L I T E S O L E



RACE DAY INFORMATION

WITHDRAWING FROM THE EVENT

UTA100 and UTA50

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 checkpoints.

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.

UTA22 and 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 Race Director. This will be communicated by email, the event app, or by the commentators.

MEDICAL

Medical will be available at every checkpoint (UTA100 and UTA50) 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
- Over use of NSAIDs can lead to 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 next 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. In addition to Gordon Falls Reserve and Echo Point (closes at 9pm).

LOCATION	UTA100	UTA50	UTA22
Scenic World	3.9km	5.9km	-
Echo Point	60.7km	8.5km	-
Leura Cascades Carpark	64.2km	12km	16.1km
Gordon Falls Reserve	66.2km	14km	-
Conservation Hut	71.8km	21.8km	-
Wentworth Fall Picnic Area	73km	23km	-
Emergency Aid Station	91.2km	41.2km	-

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 as a result of 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

EVENT RULES

UTA100	UTA50	UTA22	UTA11
UTA100 Rules	UTA50 Rules	UTA22 Rules	UTA11 Rules

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 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:

- UTA22 on Friday 10am to 3pm
- UTA50/100 on Saturday 11am to 9pm
- UTA100 on Sunday 8am to 11am

Massage will be available in the CMS building next to Scenic World. Please follow signs to massage after you have picked up your finish drop bag, which will direct you to the CMS Building.

Massage is free to runners and will be on a first come first serve basis. Runner 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 <https://www.ultratrailaustralia.com.au/> 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 [Sportograf Website](#).

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 (page 8) 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.

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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 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 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 ultimate 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 [UTA100 Course](#), [UTA50 Course](#), [UTA22 Course](#), [UTA11 Course](#) on the event website for maps, course descriptions, GPX files of the course.

MAPPING APP

CAPRA

[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 up to several hours during the night. Medical teams will reach any injured participants 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

COURSE CONGESTION – GENERAL INFORMATION

Walking tracks: There is limited opportunity to pass on walking tracks. 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.

This is a long and challenging race, which encourages camaraderie and respect between runners. You will all battle the course and may struggle within yourselves. However we ask that you don't battle fellow runners. We ask that each and everyone of you are respectful of each other and allow others to pass when requested. The atmosphere of the event should always remain friendly.





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ENDURANCE

UTA100 COURSE INFORMATION

UTA100 COURSE

Golden Stairs, 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, 6 checkpoints 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 on Capra](#)

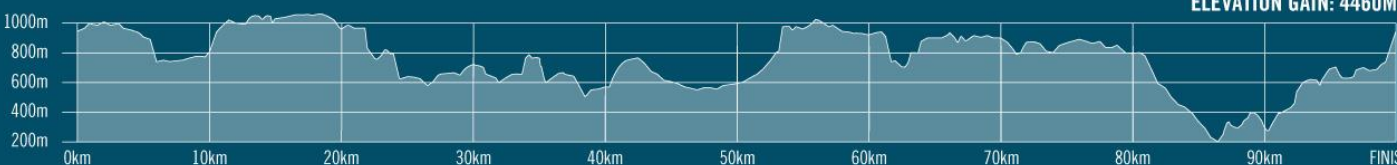
Courses are subject to change



CHECKPOINTS

- | | | | |
|------------------|----------------------------|----------------------------|--------------------------|
| 1. Golden Stairs | 3. Six Foot Track | 5. Fairmont Resort | 7. Emergency Aid Station |
| 2. Foggy Knob | 4. Katoomba Aquatic Centre | 6. Queen Victoria Hospital | |

ELEVATION GAIN: 4460M



UTA100 COURSE INFORMATION

COURSE SPLITS

Please note there are four split points between the UTA100 and UTA50 routes

LOCATION	DISTANCE	UTA100	UTA50
Violet Street	3.9km	Continue straight ahead along Cliff Drive	Turn left on Violet Street and complete and out and back up to Oak Street
Katoomba Falls Road	4.8km	Turn right and follow course into Katoomba Cascades	Continue straight up the hill along Katoomba Falls Road
Katoomba Cascades Park	4.9km	Turn right and head down some stairs to a bridge across Katoomba Cascades	Runners continue straight ahead and onto Prince Henry Cliff Walk
Grand Cliff Top Track	71.1km	Turn right at junction of Grand Cliff Top Track and Nature Track towards Empress Falls	Turn left at junction of Grand Cliff Top Track and Nature Track towards Edinburgh Castle Rock

COURSE SAFETY

Please note these points on course are of particular concern for runner safety. Distances below are approximate

LOCATION	START	FINISH	NOTES
The Landslide to Duncan's Pass	7.6km	21.3km	The walking tracks can be rough, uneven and slippery (especially in wet conditions)
Furber Steps	5.6km	6.6km	Descending steep staircases, stairs are extremely steep and narrow. In wet conditions the walking trails become very slippery. Please take extreme care.
Duncan's Pass	20.9km	21.3km	Descending Duncans Pass in wet conditions track can become very slippery. Please take extreme care and use guide ropes provided.
Ironpot Ridge	33.7km	35km	Walking Tracks can be rough and uneven
Ironpot Ridge	35km	35.6km	Scrambly down hill sections
Giant Stairway	61.1km	61.6km	For the safety of tourists and yourselves, all 100km runners must stop running 5m before reaching any other person on the Giant Stairway. Descending steep staircases, stairs are extremely steep, narrow, and very slippery when wet.
Furber Steps	99.3km	100.4km	Steep and narrow. Please ask to pass if needed.

UTA100 COURSE INFORMATION

COURSE CONGESTION

LOCATION	START	FINISH	NOTES
Duncan's Pass	20.9km	21.3km	Track will be cleared of debris, guide ropes, and temporary 'steps' will be installed to improve the descent on Duncan's Pass. Tarros Ladders will NOT be installed this year due to the landslip on Glenraphael Dr. ALL runners will need to descend Duncan's Pass into Little Cedar Gap. There will be a constant flow of runners down Duncan's Pass. There is little opportunity for passing between the end of Glenraphael Drive and the start of Duncan's Pass. Please use extreme caution when descending Duncan's Pass. No passing while on Duncan's Pass. Runners are required to keep moving once they have started their descent. Please DO NOT stop along the trail until you see event signage indicating that stopping is allowed. Put any trekking poles inside your running pack to prevent them from getting caught in the rope cage of the ladders. Duncan's Pass should not be used when training for the event.

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **28 hour** 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 Arrival	Mid-Pack Arrival	Last Arrival	Cut-Off
Golden Stairs	10.7km	7:12 AM	8:30 AM	10:12 AM	10:22 AM
Foggy Knob	32.4km	8:48 AM	11:12 AM	2:47 PM	3:00 PM
Six Foot Track	46km	9:57 AM	1:19 PM	6:43 PM	6:50 PM
Katoomba Aquatic Centre	57.3km	10:58 AM	3:17 PM	9:51 PM	10:00 PM
Fairmont Resort	69.5km	12:07 PM	5:29 PM	2:11 AM (SUN)	2:35 AM (SUN)
Queen Victoria Hospital	78.7km	12:58 PM	7:05 PM	5:21 AM (SUN)	5:45 AM (SUN)
FINISH	100.4km	3:04 PM	11:39 PM	11:31 AM (SUN)	11:54 AM (SUN)

UTA100 CHECKPOINTS

CHECKPOINT	DISTANCE	LOCATION	DROP BAGS	SUPPORT CREW ACCESS	SUPPLIES
Golden Stairs	10.7km	Golden Stairs	No	No	Water, NAAK Electrolyte (pre-mixed), Please note the limited options as we have no vehicle access to this checkpoint location
Foggy Knob	32.4km	Megalong Valley	No	No	Water, NAAK Electrolyte (pre-mixed), NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, and lollies available.
Six Foot Track	46km	Megalong Valley	Yes	Yes	Water, NAAK Electrolyte (pre-mixed), Coca-Cola, NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies will be available. Hot water, tea and coffee will be available.
Katoomba Aquatic Centre	57.3km	Katoomba Aquatic Centre - Katoomba	Yes	Yes	Water, NAAK Electrolyte (pre-mixed), Coca-Cola, NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies will be available. Hot water, tea and coffee will be available.
Fairmont Resort	69.5	Fairmont Resort - Leura	No	Yes	Water, NAAK Electrolyte (pre-mixed), Coca-Cola, NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies available. Hot water, tea and coffee will be available.
Queen Victoria Hospital	78.7km	Kings Tableland Rd Wentworth Falls	Yes	Yes (via shuttle only)	Water, NAAK Electrolyte (pre-mixed), Coca-Cola, NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies will be available. Hot water, tea and coffee will be available.
Emergency Aid Station	91.5km	Sublime Point Fire Trail	No	No	Minimal sustenance provided. Water, NAAK Electrolyte (pre-mixed), salt, lollies available.

CHECKING IN AND OUT OF CHECKPOINTS

- On arrival, please follow the bunting to ensure you pass through the entry and exit timing zones.
- There are timing zones 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.
- The entrance point is directly beside the exit point at Six Foot Track, Katoomba Aquatic Centre, Fairmont Resort and Queen Victoria Hospital. Instead of continuing in a linear fashion through these checkpoints, you will perform a U-turn within Checkpoints 3, 4, 5 and 6 to exit directly beside the entrance.

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 Top of Golden Stairs, Foggy Knob, or Fairmont Resort.

The drop bag service should not be used if you have support crew at Six Foot Track, Katoomba Aquatic Centre or Queen Vic Hospital. 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 between **10:00am – 7:00pm**.

Marking your Drop Bag

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

In addition to using the Finish Line Drop Bag Sticker clearly mark using permanent marker pen with:

- Surname
- Race Number
- Drop Location (i.e. Six Foot Track).

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 - Woolworths/Coles Cool Bags). Plastic/garbage bags and plastic boxes will not be accepted. .
- **Checkpoint Drop Bag (UTA100 only):** 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 or clearly written/visible with a name and race number, will placed at the end of the number range.

CHECKPOINT DROP BAG COLLECTION

It is the responsibility of each runner to collect their Checkpoint Drop Bag from Finish Line Drop Bags at CMS from 9am on Sunday 14 May at the completion of their race. Any Checkpoint Drop Bags **not collected by 10am on Monday 15th May 2023 will be disposed of, with valuables donated to charities.** 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

Runners may only receive support crew assistance at the designated checkpoints, and only for the UTA100.

UTA100 support crew are able to assist runners within 200m either side of the Checkpoint location. We ask that crew follow the instructions of volunteers and event crew 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 note that runners can also simply exit through a gap in the bunting to meet their Support Crew should there be more than one. When they are finished being supported, they should re-enter the gap in the bunting 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 CP.

GOLDEN STAIRS & FOGGY KNOB (Checkpoint 1 & 2)

You must not attempt to travel anywhere near the top of The Golden Stairs or on Glenraphael Drive as runners make their way to Medlow Gap. Additionally, you must not attempt to drive along Megalong Valley Road south of the entrance to Six Foot Track (Checkpoint 3). These areas are STRICTLY NO SPECTATOR OR SUPPORT CREW ACCESS for safety reasons.

Golden Stairs is only accessible for event staff and medical/emergency services. For Foggy Knob, the runners travel on the only access road to the checkpoint which would make it unsafe to have support crew or spectators accessing this checkpoint.

PRIVATE LAND BESIDE SIX FOOT TRACK (Checkpoint 3)

Checkpoint 3 is located within private land beside The Six Foot Track on Megalong Valley Road. It is approximately a 40-minute drive from Katoomba to Checkpoint 3. You should drive particularly carefully when driving along Megalong Valley Road to and from Checkpoint 3 as there are often many kangaroos and wombats on the road. The checkpoint parking is in a large paddock. At night the main marquees will be lit up. There will be portable toilets.

To allow plenty of time, you should depart Checkpoint 3 very soon after you have seen your runner off onto the next leg of the race. The fastest runners will take only one hour to get from Checkpoint 3 to Checkpoint 4 (average runners will take 2 hours) and you will take 40 minutes to drive between these checkpoints. It can be slow turning back onto The Great Western Highway at Blackheath on your return towards Katoomba. Note that there is a dam on the Checkpoint 3 property so if you have infants or children who can't swim, make sure to keep them with you at all times and don't let them wander through the checkpoint site to the dam. Please refer to Driving Directions to Checkpoint 3 for more details. Only 1 vehicle per UTA100 runner is allowed at this Checkpoint.

UTA100 SUPPORT CREW

KATOOMBA AQUATIC CENTRE (Checkpoint 4)

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 and 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 ask for 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)

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 one of the 3 Fairmont Resort Carparks. 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 for runners only and one support crew member with a wristband. Fairmont Resort and services are open to the public.

QUEEN VICTORIA HOSPITAL (Checkpoint 6)

Checkpoint 6 is located 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. There is a contra flow traffic system, and cars will be held along Tableland Rd until parking spaces become available. We will require you to have a Support Crew sticker* on your car to gain access to the Checkpoint, we suggest that you leave early to allow for delays, and car pool 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.

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 or the Park and Ride location. 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.

UTA50 COURSE INFORMATION

UTA50 COURSE

The UTA50 course traces the second half of the UTA100 course, and does not lack for 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 after around 25km, 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 on Capra](#)

Courses are subject to change



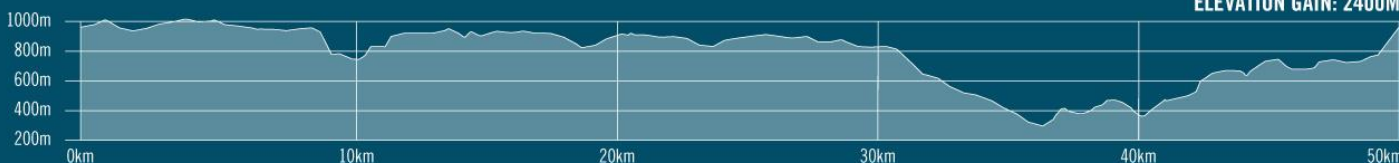
CHECKPOINTS

1. Fairmont Resort

2. Queen Victoria Hospital

3. Emergency Aid Station

ELEVATION GAIN: 2400M



UTA50 COURSE INFORMATION

COURSE SPLITS

Please note there are four split points between the UTA100 and UTA50 routes

LOCATION	DISTANCE	UTA50	UTA100
Violet Street	3.9km	Turn left on Violet Street and complete and out and back up to Oak Street	Continue straight ahead along Cliff Drive
Katoomba Falls Road	5.6km	Runners continue straight up the hill on Katoomba Falls Road – turn around at Katoomba Street and head back to Katoomba Cascades Park	Turn right to enter into Katoomba Cascades
Katoomba Cascades Park	6.3km	Runners continue straight ahead and onto Prince Henry Cliff Walk	Turn right and head down some stairs to a bridge across Katoomba Cascades
Grand Cliff Top Track	18.6km	Turn left at junction of Grand Cliff Top Track and Nature Track towards Edinburgh Castle Rock	Turn right at junction of Grand Cliff Top Track and Nature Track towards Empress Falls

COURSE SAFETY

Please note these points on course are of particular concern for runner safety.

LOCATION	START	FINISH	NOTES
Giant Stairway	8.8km	9.3km	Descending steep staircases, stairs are extremely steep and narrow. In wet conditions the walking trails become very slippery. Please take extreme care.
Furber Steps	48.8km	49.9km	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 Arrival	Mid-Pack Arrival	Last Arrival	Cut-Off
Fairmont Resort	16.8km	7:51 AM	9:37 AM	12:29 PM	12:33 PM
Queen Victoria Hospital	28.2km	8:43 AM	11:17 AM	3:35 PM	3:38 PM
FINISH	49.9km	10:51 AM	3:18 PM	10:32 PM	10:32 PM

UTA50 CHECKPOINTS

CHECKPOINTS

CHECKPOINT	DISTANCE	LOCATION	DROP BAGS	SPECTATOR ACCESS	SUPPLIES
Fairmont Resort	16.8km	Fairmont Resort - Leura	No	Yes	Water, NAAK Electrolyte (pre-mixed), NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies will be available. Hot water, tea and coffee available.
Queen Victoria Hospital	28.2km	Kings Tableland Rd, Wentworth Falls	No	Yes via shuttle bus	Water, NAAK Electrolyte (pre-mixed), NAAK Bars & Waffles, Winners gels, chocolates, bakery goods, fruit, salt, chips, soup and lollies will be available. Hot water, tea and coffee available.
Emergency Aid Station	41km	Sublime Point Fire Trail	No	No	Minimal sustenance provided. Water, NAAK Electrolyte (pre-mixed), salt, lollies.

YOUR ADVENTURE AWAITS IN THE
mountains

Situated on the edge of the Jamison Valley – part of the World heritage-listed Blue Mountains National Park and a short 60 min drive from Penrith, the award-winning Fairmont Resort Blue Mountains is the pinnacle of luxury accommodation in Leura.



Host to a variety of dining outlets along with unmatched leisure facilities including an indoor and outdoor swimming pool, basketball and tennis courts, a sauna, Ubika Day Spa, the region's first ever ice-skating rink, and more, the Fairmont Resort Blue Mountains is the perfect escape in the mountains.

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1 Sublime Point Road, Leura, NSW, 2780, Australia
Tel: +61 2 4785 0000
Email: reservations@fairmontresort.com.au
www.fairmontresort.com.au

UTA22 COURSE INFORMATION

UTA22 COURSE

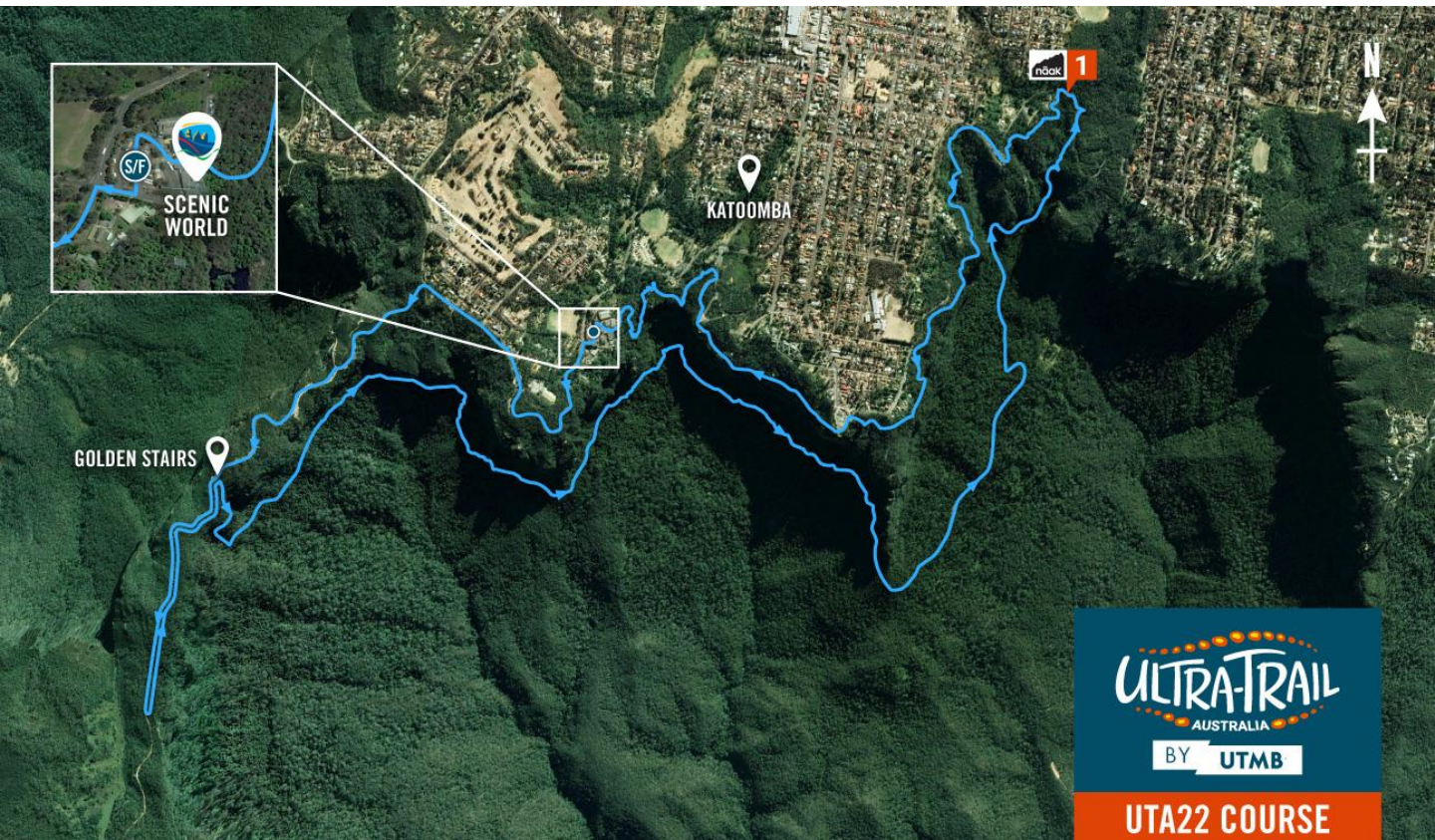
UTA22 is a challenging and super-fun loop course that takes in all the beauty of the Blue Mountains but is still achievable for those newbies to trail running.

Your start is at Scenic World. The route includes course highlights like Narrow Neck, the Golden Stairs, Federal Pass, Three Sisters, Leura Cascades, Echo Point and Prince Henry Cliff Walk, 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 on Capra](#)

Courses are subject to change



x CHECKPOINTS

1. Leura Cascades Picnic Area

ELEVATION GAIN: 910M



UTA22 COURSE INFORMATION

COURSE SAFETY

LOCATION	START	FINISH	NOTES
Narrow Neck Track	1.5km	1.7km	The new track is awesome but is more narrow than the rest of the course. Please ask to pass if needed.
Golden Stairs	5.7km	6.3km	Steep and narrow. Please ask to pass if needed.
Federal Pass/Landslide Track through Fern Bower Track	6.3km	14.8km	The walking tracks are very rough and uneven. There are also sections with steep staircases that you will be ascending. It is your responsibility to take extreme care.

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **7hr 30min** time limit to complete the full UTA22 course. This cut-off applies to every starter, not just the last runners to cross the start line.

Location	Distance	First Arrival	Mid-Pack Arrival	Last Arrival	Cut-Off
Top of Golden Stairs	3km				
Waterpoint	6.6km				
Leura Cascades Picnic Area	15.3km				
FINISH	22km				4:00 PM

CHECKPOINTS

CHECKPOINT	DISTANCE	LOCATION	SPECTATOR ACCESS	SUPPLIES
Water Point	6.6km	Base of Scenic Railway	No	Water fill up point. Only water provided at this location.
Leura Cascades	15.3km	Leura Cascades Picnic Area	Yes – walking access only, no vehicles.	Water, NAAK Electrolyte (pre-mixed), NAAK Bars & Waffles, chips, and lollies available.

UTA11 COURSE INFORMATION

UTA11 COURSE

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

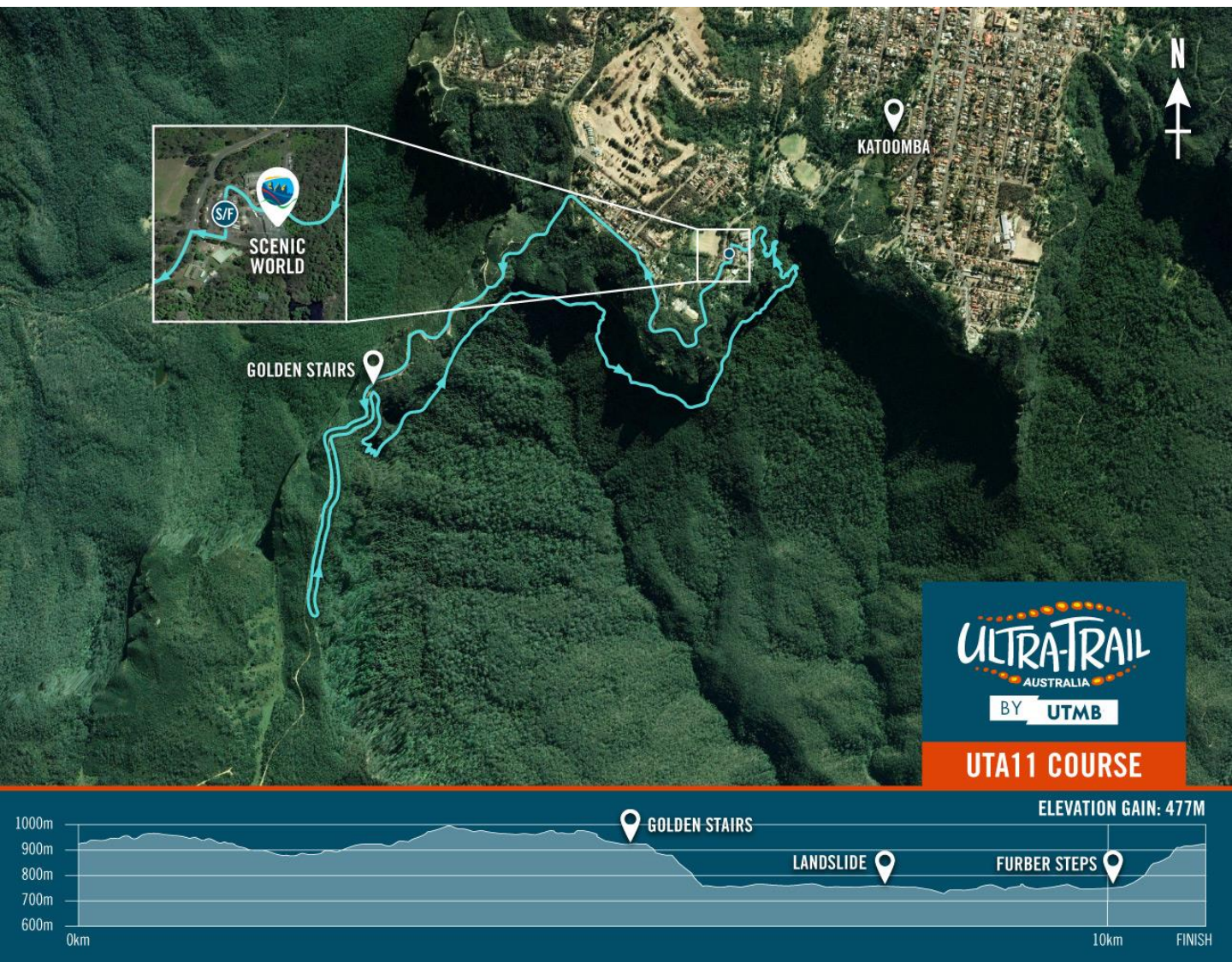
You'll start at KCC Oval, across the road for Scenic World. The route takes you out Cliff Drive and along Glenraphael Drive to the turn around point beyond the locked gate at Narrow Neck.

Return to Golden Stairs, then down Golden Stairs and along Federal Pass through Landslide 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 on Capra](#)

Courses are subject to change



UTA11 COURSE INFORMATION

COURSE SAFETY

Location	Start	Finish	Notes
Narrow Neck Track	1.5km	1.7km	The new track is awesome but is more narrow than the rest of the course. Please ask to pass if needed.
Golden Stairs	5.2km	6km	Steep and narrow. Please ask to pass if needed.
Federal Pass/Landslide Track to Base of Furber Steps	6km	10km	The walking tracks are very rough and uneven. There are also sections with steep staircases that you will be ascending. It is your responsibility to take extreme care.
Furber Steps	9.9km	11km	Steep and narrow. Please ask to pass if needed.

ESTIMATED RUNNER TIMES AND CUT-OFF TIMES

There is a **4hr** time limit to complete the full UTA11. This cut-off applies to every starter, not just the last runners to cross the start line.

Location	Distance	First Arrival	Mid-Pack Arrival	Last Arrival	Cut-Off
Top of Golden Stairs	5.2km	11:17 AM	12:00 PM	1:23 PM	1:30 PM
FINISH	11km	11:48 AM	1:18 PM	4:15 PM	4:15 PM

CHECKPOINTS

CHECKPOINT	DISTANCE	LOCATION	SPECTATOR ACCESS	DETAILS
Water Point	9.1km	Base of Scenic Railway	No	Water fill up point. Only water provided at this location.

AWARDS

All awards will be available handed out at presentations. Please check the event schedule for presentation timings.

UTA100

- \$1,500 (AUD) will be awarded to the 1st place overall male and female
- 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
- A trophy will be awarded to 1st, 2nd and 3rd in each division
- The five fastest men and women will receive a free entry to the following year's event

UTA50

- The five fastest male and female runners will receive a trophy
- A trophy will be awarded to 1st, 2nd and 3rd in each division
- 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, 2nd and 3rd in each division
- 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, 2nd and 3rd in each division



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SPECTATORS + SUPPORT CREW

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 looking 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

Support crew refers to those assisting runners by providing nutrition and hydration support, and with dressing blisters or massage etc.

Runners may only receive support crew assistance at the designated checkpoints, and only for the UTA100. Runners in the UTA50, UTA22 and UTA11 may not have support crew support, just spectators.

UTA100 support crew are able to assist runners within 200m either side of the Checkpoint location. We ask that crew follow the instructions of volunteers and event crew 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.

V 4 . 0



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ADDITIONAL INFORMATION

SCENIC WORLD

Scenic World welcomes the UTA community back in 2023. The start and finish lines are returning to Scenic World albeit in a slightly different location, parallel to the old start and finish area. This slight change allows us to accommodate and provide a great experience for all our runners and supporters, whilst also enabling Scenic World to run their regular tourism business.

We thank Scenic World for continuing to allow UTA to finish in this iconic location

At the event hub Scenic World will have available:

- Food trucks – offering a wide range of food and special treats (incl donuts!!)
- Coffee vans
- A licensed bar area
- Finish line live stream at the Event Lounge inside at Scenic World



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

- Thursday 11 May 9:30am-5:30pm
- Friday 12 May 6:00 am -5:30pm
- Saturday 13 May 6:00am – 10:00pm (Plus Event Lounge from Sat 5pm to Sun 4am)
- Sunday 14 May 9am – 12pm * coffee only but food available inside Scenic World

SCENIC WORLD EVENT LOUNGE

The Scenic World Event Lounge is available to all runners and spectators and is located upstairs at Scenic World.

During the day on Friday and Saturday the EATS270 cafe is open as usual. From 5pm Saturday you can watch the UTA Live TV on the big screen, keep warm and purchase hot food, snacks and drinks from the bar. The Event Lounge/ EATS270 closes at 4am on Sunday.

Please note parking is not available at Scenic World. Please utilise the UTA event shuttles or book parking at KCC Oval.

ADDITIONAL INFORMATION

EVENT EXPO

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.

We have the below exhibitors at expo for 2023:

HOKA, CamelBak, NSW National Parks, Barbell Foods, Fastgear, Fixx Nutrition, Garmin, Injinji Performance Products, Knockaround Australia, Maurten, Mont Adventure Equipment, Nitecore, Pace Athletic, Petzl, Sports Taping, Summit Gear

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.



VOLUNTEERS

Ultra-Trail Australia by UTMB in 2023 needs the support of over **800 volunteers** 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 #UTA100 #UTA50 #UTA22 #UTA11 #UTAFinisher

ADDITIONAL INFORMATION

MAPPING PHONE APP - CAPRA

We highly recommend installing the free app Capra and loading the course map into your smart phone for finding your way around the course in training. It will also be useful during the event in case you need first aid assistance on the course and need to describe your exact location. Details on downloading this app for each distance can be found here: [UTA100](#), [UTA50](#), [UTA22](#), [UTA11](#).

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: [Facebook](#) and [Instagram](#).

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. [Download the Ultra-Trail Australia by UTMB App now!](#)

UTMB® World Series gives you the opportunity to experience UTMB® close to home.

UTMB® WORLD SERIES EVENTS

With 25 events across 16 countries organized to the highest quality standards in the most stunning locations. Collect Running Stones which are mandatory to enter the UTMB® World Series Finals lottery.

The top 3 male and female finishers in the 50K, 100K and 100M categories automatically win their place at the Finals.

UTMB® WORLD SERIES MAJORS

Three UTMB® World Series Majors will act as the continental Series finals each season. Collect double the amount of Running Stones compared to other UTMB® World Series Events for the UTMB® World Series Finals lottery.

The top 10 male and female runners in the 50K, 100K and 100M categories automatically win their place at the Finals.



In 2022, Val d'Aran by UTMB® and Doi Inthanon Thailand by UTMB® are the Majors for Europe and Asia-Pacific, while the Major in America will be announced soon.

UTMB® WORLD SERIES FINAL

Trail Running's highest honor, live an extraordinary adventure in the heart of the Alps. Held in the three key distances of the mythic UTMB® Mont-Blanc: the OCC (50K), CCC® (100K) and UTMB® (100M).

RUNNING STONES EXPLAINED

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB® World Series Event or UTMB® World Series Major.



A Running Stone is an entry into the lottery to participate in the UTMB® World Series Finals: the UTMB®, CCC® and OCC races of the UTMB® Mont-Blanc.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn.

THE UTMB® INDEX: THE PERFORMANCE LEVEL OF EACH RUNNER

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories: 20K, 50K, 100K and 100M.



Trail runners are also given a General UTMB® Index calculated by combining results from all race categories. A valid UTMB® Index is mandatory to enter the UTMB® Mont-Blanc lottery.

CHECK YOUR UTMB® INDEX



TO ENTER THE UTMB® MONT-BLANC LOTTERY AND QUALIFY FOR A PLACE AT THE FINALS, YOU NEED ONLY 2 THINGS:

- 1 - You must have collected at least 1 Running Stone**
- 2 - You must have a valid UTMB® Index**



OCEANIA

11-12 FEB Tarawera™ Ultramarathon by UTMB®
New-Zealand

11-14 MAY Ultra-Trail Australia™ by UTMB®
Australia

DEC Ultra-Trail Kosciuszko by UTMB®
Australia

EUROPE

13-16 APRIL Istria 100 by UTMB®
Croatia

04-06 MAY Transvulcania by UTMB®
Spain

12-14 MAY Ultra-Trail Snowdonia by UTMB®
Wales

18-21 MAY Trail Alsace Grand Est by UTMB®
France

03-04 JUNE Trail du Saint-Jacques by UTMB®
France

17-18 JUNE mozart 100® by UTMB®
Austria

22-25 JUNE La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy

24-25 JUNE Trail 100 Andorra™ by UTMB®
Andorra

06-09 JULY Val d'Aran by UTMB®
Spain

06-08 JULY Restonica Trail by UTMB®
France

07-09 JULY Trail Verbier Saint-Bernard by UTMB®
Switzerland

12-16 JULY Eiger Ultra-Trail by UTMB®
Switzerland

03-05 AUG KAT100 by UTMB®
Austria

28 AUG - 03 SEPT UTMB® World Series Finals
UTMB® Mont-Blanc
France, Italy, Switzerland

14-17 SEPT Wildstrubel by UTMB®
Switzerland

SEPT Julian Alps Trail Run by UTMB®
Slovenia

SEPT Nice Côte d'Azur by UTMB®
France

03-04 NOV Kullamannen by UTMB®
Sweden



AMERICA

28-29 APRIL Canyons Endurance Runs by UTMB®
USA

12-14 MAY Valhøll Argentina by UTMB®
Argentina

24-25 JUNE Western States® 100-Mile Endurance Run
USA

21-22 JULY Speedgoat Mountain Races by UTMB®
USA

22-24 SEPT Paraty Brazil by UTMB®
USA

03-04 NOV Puerto Vallarta México by UTMB®
Mexico

UTMB®

WORLD SERIES

31 EVENTS CONFIRMED IN 2023

AFRICA

26-28 MAY Mountain Ultra-Trail by UTMB®
South Africa

ASIA

17-19 FEB Amazean Jungle Thailand by UTMB®
Thailand

07-08 OCT TransJeju by UTMB®
South Korea

NOV TransLantau™ by UTMB®
Hong Kong

08-10 DEC Doi Inthanon Thailand by UTMB®
Thailand



EVENT PARTNERS

