



14-17 MAY 2026

2026 RUNNER GUIDE

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Welcome to HOKA Ultra-Trail Australia by UTMB 2026!

A new year, a new chapter, and another opportunity to experience trail running at its very best in the World Heritage-listed Blue Mountains. Each edition of HOKA Ultra-Trail Australia brings something new, while staying true to what has made this event so special for so many runners over the years: challenging courses, spectacular scenery and a shared sense of community on the trails.

In 2026, we're proud to once again welcome runners from across Australia and around the world to take on this iconic event. With race distances ranging from 11km through to the UTAMiler, HOKA Ultra-Trail Australia by UTMB offers an experience for all levels of trail runners. Every course is thoughtfully designed to immerse you in the raw beauty of the Blue Mountains – from dramatic cliff lines and waterfalls to technical trails winding through native bushland.

Whether this is your first Ultra-Trail Australia or a return to familiar trails, we encourage you to approach race week with curiosity and respect: for the environment, for the local community, and for your fellow runners. These landscapes are shared, treasured and protected, and your care helps ensure they remain a place we can continue to run for years to come.

This event wouldn't be possible without the incredible support of local residents, volunteers, land managers and partners, and we thank them for welcoming runners into this special region. We wish you the very best with your preparations and your race, and hope HOKA Ultra-Trail Australia 2026 delivers a challenge, memories and moments you'll carry well beyond the finish line. See you on the trails.

The HOKA Ultra-Trail Australia by UTMB® Team



that
**ARMS UP
EYES UP DON'T
LOOK DOWN**
feeling

in Katoomba

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DNSW Welcome Message

On behalf of the NSW Government, I'm delighted to welcome you to the picturesque Blue Mountains for the 2026 Ultra-Trail Australia by UTMB.

Now in its second year as a UTMB World Series Major, Ultra Trail Australia has cemented itself as one of the most prestigious trail running events in the world. With distances ranging from 11kms to 100 miler events, it offers an incredible event experience for various levels of trail running ability.

Set against the spectacular backdrop of the World Heritage-listed Blue Mountains, with stunning clifftops, large waterfalls, native bushland and fascinating wildlife, Ultra-Trail Australia provides something for everyone, from the first-time trail runner to the ultra-enthusiast.

Major events like Ultra-Trail Australia are key to the vitality of our regional towns like Katoomba, not only providing a great experience for local participants but also attracting hundreds of visiting runners, officials and spectators, who stay in our hotels, eat in our restaurants and visit local attractions, supporting businesses and jobs across the region.

I wish all participants happy trails and invite you to take some time to explore the spectacular vistas, charming villages and warm hospitality of the Blue Mountains region and beyond.

The Hon. Steve Kamper MP Minister for Sport Minister for Jobs and Tourism



Event Schedule

Please note the event schedule is up to date as of 18.04.2026 and subject to change.
Please visit the [website](#) for the latest information

Thursday 14 May

9:00am - 7:30pm	Event Expo	KCC Plaza, Katoomba
9:00am - 7:30pm	Event Information	Scenic World, Katoomba
9:00am - 7:30pm	UTA Merchandise Store	KCC Auditorium, Katoomba
9:00am - 12:30pm	Race Check-In - UTA11	KCC Auditorium, Katoomba
9:00am - 7:30pm	Race Check-In - UTA22 and UTA Miler, Pacers	KCC Auditorium, Katoomba
9:00am - 7:30pm	Drop Bags - UTAMiler ONLY	KCC Plaza, Katoomba
9:30am - 5:30pm	Food and Beverage Vendors	Scenic World, Katoomba
9:00am	Mandatory gear announcement - UTAMiler and UTA22	Facebook/App/Website
12:30pm - 7:30pm	Race Check-In - UTA100, UTA50	KCC Auditorium, Katoomba
1:00pm - 1:30pm	Race Start - UTA11	Scenic World, Katoomba
1:55pm - 6:00pm	Race Finish - UTA11	Scenic World, Katoomba
2:00pm - 2:45pm	Miler Q&A	KCC Plaza, Katoomba
3:00pm - 4:00pm	Dirt Church Radio Live Show - UTAMiler & UTA22	KCC Plaza, Katoomba
5:00pm	UTA11 Presentations	Scenic World, Katoomba

Event Schedule

Friday 15 May

5:00am	Race Start - UTAMiler	Govetts Leap Lookout, Blackheath
6:40am - 9:40am	Race Start - UTA22	Queen Victoria Hospital, Wentworth Falls
7:00am - 7:00pm	Event Information	Scenic World, Katoomba
7:00am - 5:30pm	Food and beverage vendors	Scenic World, Katoomba
10:00am	Mandatory gear announcement - UTA100	Facebook/App/Website
8:20am - 4:40pm	Race Finish - UTA22	Scenic World, Katoomba
10:00am - 3:00pm	Massage	CMS, Katoomba
10:00am - 7:00pm	Event Expo	KCC Plaza, Katoomba
10:00am - 7:00pm	Drop Bags - UTA100	KCC Plaza, Katoomba
10:00am - 7:00pm	Race Check-In - UTA100, UTA50 and Miler Pacers	KCC Auditorium, Katoomba
10:00am - 7:00pm	UTA Merchandise Store	KCC Auditorium, Katoomba
12:00pm - 1:00pm	Dirt Church Radio Live Show - UTA100 & UTA50	KCC Plaza, Katoomba
3:00pm - 4:00pm	Women in Trail Q+A	KCC Mountain Camp Dining Hall, Katoomba
3:45pm - 4:30pm	Race Q&A (UTA100 & UTA50)	KCC Plaza, Katoomba
4:45pm	UTA22 Presentations	Scenic World, Katoomba
11:45pm	UTAMiler First Finisher Expected	Scenic World, Katoomba

Event Schedule

Saturday 16 May

5:30am - 11:00pm	Event Information	Scenic World, Katoomba
5:00am - 4:00am Sunday	Food & Beverage Vendors	Scenic World, Katoomba
5:00am - 8:30am	Race Start - UTA100	Scenic World, Katoomba
5:05am - 8:00am	Race Start - UTA50	Scenic World, Katoomba
9:05am - 7:00pm	UTA Merchandise Store	Scenic World, Katoomba
From 9:00am	Race Finish - UTA50	Scenic World, Katoomba
10:30pm	Finish Cut-Off - UTA50	Scenic World, Katoomba
From 1:30pm	Race Finish - UTA100	Scenic World, Katoomba

Sunday 17 May

1:30am	Finish Cut-Off - UTAMiler	Scenic World, Katoomba
8:00am - 12:30pm	UTA Merchandise Store	Scenic World, Katoomba
8:00am - 12:30pm	Event Information	Scenic World, Katoomba
8:00am - 9:30am	Race Check-In - 1km-4-Kids	Scenic World, Katoomba
9:00am - 12:30pm	Coffee Vendor	Scenic World, Katoomba
9:30am	Race Start - 1km-4-Kids	Skyway Park, Scenic World, Katoomba
10:30am	UTA50, UTA100 and UTAMiler Presentations	Scenic World, Katoomba
8:00am - 11:00am	Massage	CMS, Katoomba
12:30pm	Last finishers – UTA100	Scenic World, Katoomba
3:00pm	Drop bag collection deadline	Scenic World, Katoomba

A man with a beard and a black cap is hiking on a trail. He is wearing a white athletic shirt with a black grid pattern and a backpack with two water bottles. He is holding a red candy in his mouth. The background shows green trees and a clear sky.

 **SUUNTO**

Adventure
Starts
Here

Some people
choose
fine dining

NEW
SUUNTO RACE
the performance watch



Athlete Checklist

PRE-EVENT

- ☐ Book and confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with the Event Schedule (know all check-in/start 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 [Participant Dashboard](#) to check all your details are correct and make any necessary updates to mobile phone number, support crew information and emergency contact information.
- ☐ Any late entry transfers must be completed online by 9:00am on 13 May 2026.
- ☐ UTAMiler & UTA100 athletes, get your mandatory gear pre-checked at an official gear check store. Alternatively, prepare your mandatory items to have checked onsite at Race Check-In.

ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarise yourself with the venue and key areas (check-in, start line, finish line and event information).
- ☐ Familiarise yourself with [Road Closures](#).
- ☐ Check-In and collect your race kit.
- ☐ Pack mandatory gear ready for race-day.
- ☐ UTA100 & UTA50 - Drop off your checkpoint and finish line drop bags halfway up the hill to Expo at KCC Plaza.

RACE-DAY

- ☐ Ensure you have all items for your race, including race kit and mandatory gear.
- ☐ Drop off finish line bag at your start line (UTAMiler, UTA22 & UTA11) – this will be transported to the finish line.
- ☐ Be at the start line at least 30 minutes prior to your race start time.
- ☐ Receive your medal/buckle and collect your runner gift (not applicable for UTA11).
- ☐ Collect your drop bags from Scenic World before **3:00pm Sunday 17 May**.

POST RACE

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



Pre-Race Information

RACE CHECK-IN

You can attend check-in at your convenience during opening hours. See the Event Schedule on page 5-7 for opening times.

Check-In is the beginning of your UTA event week, here you will collect your race pack which includes your race number.

When attending Check-In, you should bring:

- Photo ID (driver's licence or passport)
- Check-In QR Code (which can be found in your registration confirmation email)
- Mandatory gear or mandatory gear check certificate (UTAMiler & UTA100 only)
- Only the person registered can pick up their race bib. Participants under 18 years old must attend check-in with a parent or guardian to sign the onsite waivers.
- **Race packs will not be posted prior to the event**, except for UTA22 participants who selected the postage option at the time of entry. These athletes should go up to Check-In post race to collect their runner gifts.

VENUE ACCESS

There are several ways to access the Event Village at Scenic World & KCC Plaza:

- Walk to an event bus stop and catch the free event shuttle bus
- Limited pre-purchased parking

Please see the Event Shuttle Bus and Parking section on pages 18-24 for more info.

VENUE MAP

Please familiarise yourself with the Venue Maps.



Race Kit

RACE NUMBER

Your race number must always be visible 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.



Located on the front of your bib, you'll notice a circle (bottom right-hand corner) indicating your start group allocation. You must start your race in your allocated start group.

- **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. Please let faster runners pass you.
- The size of the start chute will be narrowed for all start groups (except Pink) to allow one runner through at a time. This helps spread runners out along the course to ensure the best possible race experience by reducing the chance of congestion.



Race Kit

EMERGENCY INSTRUCTIONS

These instructions will be printed on a double-sided A5 sheet. Please familiarise yourself with this information. These instructions have the Event Operations Centre phone number on it if you need to call them during your race.

DISPOSABLE BAG TIMING TAG

All **UTAMiler & UTA100** athletes are required to attach the bag timing tag to the back of their running backpack/bag, with the cable tie provided. **There is NO bag timing tag for other distances.**

DROP BAG STICKERS

All athletes will receive Finish Bag stickers in their race pack. UTAMiler and UTA100 athletes will also receive Checkpoint Drop Bag stickers.

Each runner who uses a finish or checkpoint drop bag, must attach this sticker to their bag.



UTAMiler - leave your checkpoint drop bags at the designated area halfway up to Expo on Thursday. Your finish line bag is to be dropped at the start line.

UTA100 - leave your checkpoint drop bags and finish line bag at the designated area halfway up to Expo on Friday.

UTA50 - leave your finish line bag at the designated area halfway up to Expo on Friday.

UTA22 & UTA11 - Your finish line bag is to be dropped at your start line.

ATHLETE T-SHIRT (UTAMILER, UTA100, UTA50 & UTA22)

Picking the right size is always tricky. If your t-shirt doesn't quite fit, size swaps will be available from Event Information at Scenic World on Saturday and Sunday. Exchanges are not guaranteed as these are based on size availability. T-shirt sizes cannot be swapped during Race Check-In.

PERFORMANCE STARTS IN YOUR HEAD



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Mandatory Gear

Mandatory Item	UTA MILER	UTA100	UTA50	UTA22	UTA11
1 x long sleeve thermal top (polypropylene, wool)	✓	✓	✓	✓*	✓*
1 x waterproof and breathable jacket	✓	✓	✓	✓*	✓*
1 x beanie, balaclava or head sock (Buff)	✓	✓	✓	✓	✓
1 x mobile phone	✓	✓	✓	✓	✓
1 x A5 participants emergency instruction card (provided in race pack)	✓	✓	✓	✓	✓
1 x whistle	✓	✓	✓	✓	✓
1 x emergency space blanket or light bivvy sack	✓	✓	✓	✓	✓
1 x compression bandage	✓	✓	✓	✓	✓
Water bottles or bladders with a capacity to carry 2 litres of water (1 litre for UTA11)	✓	✓	✓	✓	✓
2 x food bars / food portions	✓	✓	✓	✓	✓
1 x ziplock bag for your personal rubbish	✓	✓	✓	✓	✓
1 x race number (provided in race pack)	✓	✓	✓	✓	✓
1 x timing tag for backpack (provided in race pack)	✓	✓	✗	✗	✗
1 x high visibility safety vest	✓	✓	✓	✗	✗
1 x headlamp	✓	✓	✓	✗	✗
1 x lightweight dry sack or large ziplock bag	✓	✓	✓	✗	✗
1 x long leg thermal pants (polypropylene, wool)	✓	✓	✗	✗	✗
1 x full-fingered lightweight thermal gloves (polypropylene, wool)	✓	✓	✗	✗	✗
1 x small backup light	✓	✓	✗	✗	✗
1 x long leg waterproof pants	✓*	✓*	✗	✗	✗
1 x 100-weight (minimum) long sleeve synthetic fleece top	✓*	✓*	✗	✗	✗

See the [event website](#) for full details, including descriptions and specs required.

Items with an * are weather dependent. Athletes will be notified at the following times if they are required:

- 10:00am on Wednesday 13 May (UTA11)
- 9:00am on Thursday 14 May (UTAMiler & UTA22)
- 9:00am on Friday 15 May (UTA100)

Other recommended items include: collapsible/reusable cup (no cups are provided at checkpoints), more substantial first aid kit, spare socks, sunscreen, cap or sun hat, body glide/body lubricant, spare headlight batteries.

Mandatory Gear

MANDATORY GEAR

Athletes at HOKA Ultra-Trail Australia by UTMB are required to carry a set of mandatory gear throughout their race. The mandatory gear list contains what we believe is the absolute minimum to keep you safe during the event and in unpredictable weather conditions. If you would normally take something extra on a run of this duration, you should still take it.

The course passes through remote trails, where protection from the elements and medical and support services could be some time/distance from athletes needing assistance. It is therefore imperative that the mandatory gear is carried at all times.

GEAR CHECKS FOR UTAMILER & UTA100

Athletes in the UTAMiler and UTA100 need to have their mandatory gear checked before they can collect their race pack at Check-in. [Official gear check stores](#) can help ensure your Race Check-In process is quick and seamless by offering gear checks in-store. 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.

Athletes in all other race distances are still required to have the mandatory gear items, however, do not need to get this checked.

DO I NEED TO CARRY ALL MANDATORY ITEMS?

Athletes will be advised during race-week if all the mandatory gear listed must be carried during the race.

Some items are weather dependent. Based on the expected weather and track conditions, you may not need it all, however we encourage you to plan to need to carry it all and practice this in your training.

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

HIGH VISIBILITY SAFETY VESTS

The high visibility safety vest must be carried at **ALL** times and you **MUST** wear it when running on any bitumen road, dirt road, or fire trail, regardless of distance on course, **any time between 5:00pm and 6:45am**.

There may be times when an event staff member requests you to wear your vest for safety and/or visibility reasons. This could include any time driver visibility is poor such as in late afternoon/night or in fog during day or night.

If an event staff member asks you to put on your high visibility vest or there is a sign saying to put it on, then please do so.

HEAD LAMP / SMALL LIGHT FOR UTA11 RUNNERS – Please Read:

While it is not mandatory for UTA11 runners to carry a head lamp or small light with them for their race, we highly recommend runners who expect to be finishing after 5:00PM on Thursday 11, to carry one.

This years UTA11 race starts 2hr later than it has in previous years. Due to the time of year and sunset times in Katoomba, it is likely that those expecting to finish after 5:00PM will be traversing the last section(s) of course just before or right as it becomes dark, especially as you ascend Furber Steps.

WHAT IF I'M MISSING A MANDATORY GEAR ITEM?

No mandatory gear = no start! All athletes should be prepared for random spot checks, and if you are missing any item, you will not be allowed to continue until the item can be replaced. **You will also receive a time penalty.** Please refer to [Race Rules](#) for full details on the penalties that apply. Athletes must carry the mandatory gear at all times during the race.

Drop Bags

DO'S

DONT'S

UTAMiler & UTA100 - Drop your checkpoint bag/s the day prior to your race to the designated area. UTA100 & UTA50 – Drop your finish bag/s the day prior to your race to the designated area. Drop off is halfway up the hill to Expo at KCC Plaza	Pack mandatory gear (this must be on you at all times)
Collect before Sunday 17 May, 3:00PM <i>The contents of any drop bags not collected by this time will be donated</i>	Pack valuables e.g. phone, wallet, jewellery – leave these at home or with your support crew
Move your bag to the 'used' pile at checkpoints once you're done with it	Pack glass or the kitchen sink!
Use one soft, collapsible bag for each location	Use plastic boxes, suitcases, or hard bags
Be prepared for it to be exposed to the weather e.g. hot, wet grass. Consider packing items in a waterproof bag inside your collapsible bag	Have one bag for multiple checkpoints - our team cannot move bags between locations
Be kind to checkpoint and drop bag volunteers	Have a bag at a location where you will have support crew on hand
Clearly label your bags. Any bags without a tag or clearly written/visible name and race number, will be placed at the end of the number range.	

CHECKPOINT DROP BAGS

Race Distances	UTAMiler & UTA100
What to Pack	Items you want access to at a checkpoint, but do not want to run the whole way with e.g. nutrition, change of socks, clothes, shoes, lube.
Drop Off Location	Designated area halfway up the hill to Expo, the day prior to your race-start
Collection Point	CMS at Scenic World before Sunday 17 3:00PM. Whilst every effort is made to deliver all checkpoint drop bags back to the finish line before you finish your race, we cannot guarantee this. Please be patient with drop bag staff when collecting your Drop Bags.

FINISH LINE DROP BAG

Race Distances	All races
What to Pack	Items you want when you finish e.g. change of socks/shoes, warm clothes.
Drop Off Location	Due to the size of the races, we ask that athletes in the UTA100 & UTA50 drop their finish line bag (if you intend on having one) at the designated area halfway up the hill to Expo on Friday the day before your race-start. UTAMiler, UTA22 & UTA11 athletes may drop their finish line bag at their respective start lines on the morning of your race-start.
Collection Point	CMS at Scenic World before Sunday 17 3:00PM

You will receive an 'Authority to Collect' card at Race Check-In. This entitles your support crew to collect your drop bag/s from the finish line or checkpoints on your behalf. Please avoid using the drop bag service for checkpoints where your support crew will be attending.

**PUSH HARDER, RUN STRONGER
WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**

Eyewear
Astral Sphere

**PERFORMANCE
STARTS IN YOUR HEAD.**



 **RUDY
PROJECT**

EVENT SHUTTLE BUSES

From Thursday to Sunday of race-week, free event shuttle buses operate between Katoomba & Leura and Scenic World (Violet St bus stop). We encourage use of these buses to limit event traffic congestion.

In addition to the event buses, public buses also run on an increased frequency during UTA. The 686 bus stops at the Skyway East bus stop near Katoomba Cascades Park and 686G bus stops at the Blue Mountains Tourist Park, Cliff Drive. There is up to a 900m walk to Scenic World. These paid service buses can be used to get to and from Check In & Expo, and Scenic World starts and finishes.

We have created a dedicated bus guide which has all the information you need on bus services to get to and from Check-In, Expo, Start and Finish lines.

The Bus Guide is accessible [here](#).





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Parking

KCC OVAL EVENT PARKING

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

Athletes can purchase parking via their [Participant Dashboard](#). Please log in and select 'Additional Purchases'.

THURSDAY	FRIDAY	SATURDAY	MILER 2-DAY PASS
7:30am – 8:00pm	3:15am – midnight	4:00am – midnight	3:15am Fri – midnight Sat
\$22.00	SOLD OUT	SOLD OUT	\$36.00
7:30am – 12:00pm & 2:00pm – 8:00pm: enter parking via Cliff Drive or Violet St 12:00pm – 2:00pm: entry from the northern end of Violet St only	Enter parking via Cliff Drive or Violet St	3:45am – 4:45am & 9:15am – Midnight: enter parking via Cliff Drive or Violet St 4:45am – 9:15am: entry from the northern end of Violet St only	Enter parking via Cliff Drive or Violet St Except 4:45am -9:15am: entry from the northern end of Violet St only

For Sunday, parking is not reserved and is available on a first-in basis. This means that athletes who have a parking pass for Saturday or a Miler 2-day parking pass, **do not** need to remove their cars from KCC Oval at midnight on Saturday.

CHANGED TRAFFIC CONDITIONS

Please take the time to make yourself aware of all [changed traffic conditions](#).

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

Race Day Information

EVENT RULES

Please ensure you have read and are familiar with both the **UTA Race Rules** and **UTMB Race Regulations**. In instances where these differ, the UTA Race Rules will prevail. You can find these details on the event website under the [entry info page](#). Failure to comply with these rules can result in penalties or disqualification.

RESULTS

All results will be available online at [live.UTMB](#) and on the LiveTrail App and will be linked to the Results page of the HOKA Ultra-Trail Australia by UTMB website.

If you are tracking your athlete, you can search their name or race bib number through the LiveTrail App.

PHOTOS

The official event photographer is Sportograf. Post event, photos will be available within 48hrs – 72hrs after the race 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 contracted via email within 48hrs – 72hrs.

EXPECTED FIRST FINISHERS

Athletes and supporters are encouraged to join us at the Finish Line to welcome and celebrate our first finishers in each distance. See key first finisher times below:

- UTA11 First Finisher: 1:58pm Thursday 14 May
- UTA22 First Finisher: 8:20am Friday 15 May
- UTAMiler First Finisher: 11:23pm Friday 15 May
- UTA50 First Finisher: 9:06am Saturday 16 May
- UTA100 First Finisher: 2:07pm Saturday 16 May

LOST PROPERTY

Please scan the QR code below to log any lost property that you have found or lost. Our event team will be in contact if we are able to locate your item.

To help with locating and/or logging your lost property, please include as much detail as possible (item, make, model, colour, location lost, material type, etc..)

2026 Ultra-Trail Australia by UTMB Lost Property Form





**FOR
THE
LONG
RUN**

HOKA

Race Day Information

SAFETY & MEDICAL

UTA is conducted on a variety of terrain from rough, uneven and slippery (especially in wet conditions). walking tracks, fire trail and some small sections on bitumen roads. Please take care, especially around the unguarded cliff edges. Whilst the course is very well marked, it is your responsibility to proceed with caution.

Outside of race start times, all roads are open to traffic and all tracks are open to other users – please exercise caution and follow signage and marshal instructions as to when to put on your high vis vest if applicable.

The temperature in the Blue Mountains can vary widely from below zero, snow and rain, to pleasant sunny days. The nights are almost always cold so expect a night maximum of around 5 degrees Celsius. Please check forecasts and be prepared for all conditions. Consider carrying, or having accessible, extra warm gear if the weather requires it.

You will be travelling through remote areas that are not easily accessible. If you are injured or lost, you may have to wait out in the open for several hours at a time. Medical teams will reach any injured participant as soon as possible but depending on the location this may take up to 2 hours.

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

Our medical support team **Event Safety Services** are experts in their field when it comes to trail running, and their number one goal is to ensure you finish the event in good health. They have provided some simple tips below :

- **Don't pre-load your hydration** leading up to the event
- **Say no to NSAIDs** - Ibuprofen, nurofen, diclofenac, voltaren, naproxen – are sure to cause trouble!
- **Drink to thirst not a schedule** - Drink varied fluids, take on food during the race, have a varied intake.
- **Be prepared for the conditions** - Hot, cold, dry or wet – have a plan for a range of conditions
- **The race doesn't end at the finish line** - Pack warm clothes and a range of food for basking in your success at the finish.
- **Look out for each other** - If you are concerned about any runner, please immediately notify the next course marshal or Checkpoint crew of the runner's race bib number .

Each athlete 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. Be aware of the effects of dehydration, hypothermia and extreme fatigue. If you are not fit to continue, please withdraw from the race at the approaching checkpoint.

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

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

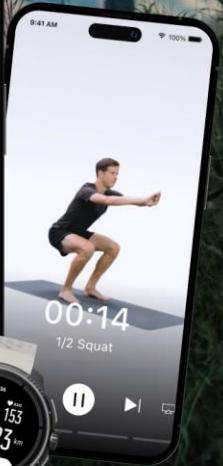
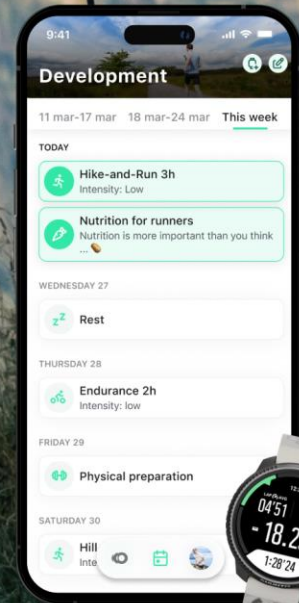
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Race Day Information

ADVERSE WEATHER CONDITIONS

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

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

If you see weather patterns changing or feel at risk, it is essential you monitor your phone and/or speak to event crew. If caught in adverse weather, there are a few key actions we need you to follow.

Lightning safety

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

High and extreme winds

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

Fire and smoke

- Call 000 if in immediate danger
- Move away early if safe – don't try to outrun a fire
- Get to cleared or low ground (road, rocks, creek, burnt area)
- Go downhill, not uphill
- Cover skin, keep low, protect mouth/nose from smoke
- If there is no other shelter, lie face down in a hole/dug out and cover your face.

Race Day Information

INSURANCE

Runners are responsible for any costs incurred resulting from a medical incident, this includes but is not limited to, ambulance transfers, hospital stays, specialist treatment. It is therefore 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.

WITHDRAWING FROM THE EVENT

UTAMiler, UTA100, UTA50 & UTA22

Any athlete withdrawal must be at a checkpoint, unless they are assisted from the course by the event Medical Team.

To withdraw at a checkpoint:

- Ensure you notify the checkpoint staff that you are withdrawing from the event and;
- Complete and sign the Withdrawal Form

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

If you withdraw from the event at any other safe location and are unable to go to the nearest checkpoint to complete the withdrawal form, you must immediately phone the Event Operations Centre phone number (on the back of your race bib) and state that you are withdrawing from the race. Notifying the Event Operations Centre as soon as possible will help prevent unnecessary searches and calls being made to emergency contacts.

UTA11

If you can't continue to the next marshal point and need first aid / medical assistance on the course, phone the Event Operations 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.



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Course

COURSE MARKING

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

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

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

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

Courses have been measured using GPS data and mapping software, and measurements are as close as possible to those advertised. Personal GPS devices are likely to show discrepancies up to approx. 3-5% from those shown.

MAPS

We strongly recommend downloading the course GPX from the event website and uploading the course to your watch and phone. When uploading to your phone, please ensure you upload them and make them available offline. You can upload the course GPX to Strava and then download the map, which will make the map accessible when you don't have mobile service. Maps that are accessible offline will auto-locate your position in relation to the course.

CUT-OFFS

All advertised cut-offs times are for leaving the relevant location. Athletes arriving after the cut-off time will not be permitted to continue the course.

TRAIL ETIQUETTE

Please follow standard trail etiquette and remember, in Australia we run on the left and pass on the right (unless directed otherwise)!

There is limited opportunity to pass on some tracks/sets of stairs. It is very important that you let people pass, especially if they have asked to do so. Use good trail etiquette when requesting to pass and when allowing others to pass you.

Always respect your fellow 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 every one of you are respectful of each other and allow others to pass when requested.

CONTINGENCY PLAN

All courses may be required to operate under contingency. The course team is continually monitoring the condition of the tracks. If/when additional contingency plans are needed, you will be notified by the Event Team. If course changes are required, cut-off times will be adjusted. This will be communicated by the Event App, Event Website, Social Media, or by the commentator.

Course SAFETY

Please note that the following points on course are of particular concern for runner safety, however this list is not exhaustive. If there has been rainfall, tracks may be very wet, slippery, and rougher than expected. Use caution at all times and ensure stable footing while out on course.

DISTANCE	LOCATION	NOTES
UTA Miler	Grand Canyon steps, Perrys Lookdown steps, Climb to Du Faur Head/ Lockleys Pylon, Bruces Walk	Descending the Grand Canyon steps, Perry's Lookdown steps, climbing up to Du Faur Head and Lockleys Pylon, and going across the two creeks and climbs in Bruces Walk can become very slippery in wet conditions. Please take extreme care and use the ropes or rails where they exist.
UTA Miler	Medlow Bath & Narrow Neck Rd /Cliff Drive	A number of streets in Medlow Bath and Katoomba are part of the miler course. If you come to a road crossing or are in a runner laneway on the road please be aware of your surroundings. Please ensure that you are not wearing headphones in these sections.
UTA Miler UTA100	Tarros Ladders and Duncan's Pass	Event Safety Services are installing ladders with a safety cage at Tarros this year. You will have the option of taking the ladders or going around via Duncan's Pass. Noting Duncans can be slippery in wet conditions - Keep moving through this section – DO NOT STOP . Please follow the marshal's instruction and take your time when descending either route. Note that there is also a very technical section between the Tarros Checkpoint and the Ladders. In all these locations please take extreme care and use the ropes or rails where they exist.
UTA Miler UTA100	Ironpot Ridge	Walking Tracks can be narrow rough and uneven, and there is a steep scrambly downhill section. Please use caution and walk rather than run where necessary.
UTA Miler UTA100	Six Foot Track - Coxes River to Megalong Rd	There are some very narrow paths, with steep drops. Please ensure you take this section slowly where needed, and pay attention to the signs by keeping to the right of the path.
UTA Miler UTA100 UTA50	Nature Track/ Edinburgh Castle Rock	There is a section with a steep drop. Please ensure you take this section slowly where needed, and pay attention to the signs by keeping to the right of the path.
All	Leura Forest/ Fern Bower	Please take care when running through the Leura Forest/ Fern Bower/ Amphitheatre section of course. Use caution and ask to pass. Trails likely to be very slippery.
All	Furber Steps	Steep and narrow. Please ask to pass if needed.

Checkpoints

There are a number of checkpoints on course for each distance, which provide athletes with the chance to stop and refill bottles, top up nutrition, see support crew and pacers (where applicable) and access drop bags.

Checkpoints are marked on course maps. A Details of each can be found under the distance specific section of this Runner Guide, pages 40-53, and the [race details](#) page of the website.

CHECKPOINT SUPPLIES

Checkpoints are stocked with:

- Lollies
- Potato chips
- Sandwiches (honey, chocolate spread, vegemite, peanut butter)
- Fruit (bananas, oranges, watermelon)
- Ice
- Water
- **Nääk nutrition**
 - Drink Mix – Lime & watermelon
 - Waffles – Salted Caramel & Berry
 - Gels – Maple syrup
- Cola

While we do our best to provide gluten-free and vegan options, availability may vary throughout the event. We recommend athletes with dietary requirements plan accordingly.

Toilets and feminine hygiene products will be available at ALL checkpoint locations.

WE ARE A CUP-LESS EVENT

In an effort to cut down on waste, **we will have no drinking cups at checkpoints**. You will need to carry a reusable/collapsible cup, flask, or hydration pack with you.

Limited stock of hydration packs will be available at the event merchandise, but we encourage you to purchase one in advance and use it in your training.

If you don't want to use the same cup for cold and hot drinks then we suggest bringing two.



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Distance Specific Information

Click your race distance below to jump to all the key info for your event!

UTA MILER

UTA 100

UTA 50

UTA 22

UTA 11

UTA 1km-4-Kids

DATE/ TIME

- Friday 15 May 2026, 5:00am

COURSE DETAILS

- **Distance:** 162.9 km
- **Elevation Gain:** 7290 m
- **Total Allowable Time:** 44 hours, 30 minutes
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 18hr 44min (11:44pm Friday)
- **Final Finisher:** 44hr 30min (1:35am, Sunday)

START PROCESS

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

5:00am – Runners in contention for the podium will start under a mass start and will be under gun time
 5:01am – after a 1 minute break, the start line will be funnelled with runners asked to self seed within the start chute – these runners will be on net time. The start line will close at 5:06am. Your timing tag will only activate when you cross the start line.

CHECKPOINT SUMMARY

Location	Distance from Start (km)	Cut-Offs	Support Crew	Drop Bag Pick Up	Pacer Pick Up Point
Govetts Leap (START)	0		Y		
Govetts Leap	12.4		Y		
Perry's Lookdown	19.3	10:00am Fri	Y (bus only)		
Fortress Ridge	29.9	1:20pm Fri	N		
Hydro Majestic	47.4	6:00pm Fri	Y	Y	
Narrow Neck Lookout	55.2	8:00pm Fri	Y	Y	
Tarros	67.6	11:00pm Fri	N		
Foggy Knob	77.5	1:10am Sat	N		
Six Foot Track Outbound	91.2	5:00am Sat	Y	Y	Y
Six Foot Track Inbound	107	9:00am Sat	Y	Y	Y
Katoomba Aquatic Centre	117.5	11:50am Sat	Y	Y	Y
Fairmont Resort	129.7	3:35pm Sat	Y		Y
Queen Victoria Hospital	140.7	7:10pm Sat	Y	Y	Y
Emergency Aid Station	154		N		N*
Scenic World (FINISH)	162.9	1:35am Sun	Y	Y	

*Pacers from QVH carry on to finish

CHECKPOINT SUPPLIES

	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Banana	Oranges	Watermelon	Salt	Bakery Items	Bread & Spreads*	Tea/Coffee/Milo	Soup/Noodles**	Sunscreen/Vaseline	Hygiene Products
Govetts Leap																		
Perrys Lookdown																		
Fortress Ridge																		
Hydro Majestic																		
Narrow Neck																		
Tarros																		
Foggy Knob																		
Six Foot Track (1&2)																		
Katoomba Aquatic Centre																		
Fairmont Resort																		
Queen Victoria Hospital																		
Emergency Aid Station																		
FINISH																		

*GF bread available

**GF & vegan soup/noodles available on request at checkpoint

Item available

Item not available

Naak Hydration and Nutrition Flavours:

- Drink Mix – Lime & watermelon
- Waffles – Salted Caramel & Berry
- Gels – Maple syrup

PACERS

Pacers are companion runners that can accompany a UTAMiler athlete from various points. Pacers run for free but must be registered online no later than 13 May 2026 – register [here](#).

- **Pacers MUST register themselves online as they will be required to sign a waiver.**
- **ALL Pacers must wear a compulsory race bib number.**
- **Pacer(s) must attend Race Check-In to collect their bib.**
- **Pacer(s) must complete their mandatory gear check prior to attending Race Check-In**
- If pacer(s) cannot attend Race Check-In during opening times, they can complete their pace check-in at the information tent at Scenic World on Saturday 16 May 2026 between 05:30AM – 11:00PM
- The minimum age for Pacers is 18 years old.
- Pacers must carry their own set of mandatory clothing and equipment items to match that required by the UTAMiler athletes.
- Pacers cannot meet their athlete before or after the designated pacer start locations or at intermediate points. Doing so results in disqualification. Refer to the table on the previous page for Pacer pick up locations.
- Competitors can use three (3) Pacers – but only one at a time (they must change over at a designated Checkpoint).
- If you plan to make an exchange, you must hand over your pacer bib to the next pacer.
- Pacers are responsible for their own transport.
- Pacers may not carry extra water, food or equipment for athletes.
- Pacers cannot provide any material or physical assistance to their athletes
 - Except for during an emergency or medical situation



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F O T O
S P O R T O G R A F . C O M
F L A T

DATE/ TIME

- Saturday 16 May 2026, 5:00am – 8:30am

COURSE DETAILS

- **Distance:** 101.3 km
- **Elevation Gain:** 4400 m
- **Total Allowable Time:** 28 hours
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 9hr 07min (2:07pm Saturday)
- **Final Finisher:** 28hr 00min (12:30pm, Sunday)

START PROCESS

The start group that you selected during registration will be printed on your race bib. Follow signage and direction of staff on race morning to find your start group marshalling area.

UTA100 will be set off in groups. Pink group will be set off as a mass start. All other start groups will be funnelled through the start line. There will be designated breaks between start groups. It may take 20min to cross the start line after the advertised time.

UTA100 estimated start times for each group:

- **Pink:** 5:00am
- **Red:** 5:10am
- **Green:** 5:40am
- **Blue:** 6:00am
- **Yellow:** 6:20am
- **Orange:** 6:40am
- **Purple A:** 7:02am
- **Purple B:** 7:32am
- **Purple C:** 8:00am
 - Purple group has been divided into 3 groups (A,B,C). The letter will be printed on your bib.

Pink – Gun Time. All other Start Groups – Net Time. The UTA100 start line will close at 8:30am. Your timing tag will activate when you cross the start line.

CHECKPOINT SUMMARY

Location	Distance from Start (km)	Cut-Offs	Support Crew	Drop Bag Pick Up
Scenic World (start)	0		Y	
Tarros	13.8	12:30pm Sat	N	
Foggy Knob	23.8	2:30pm Sat	N	
Six Foot Track Outbound	37.3	5:20pm Sat	Y	Y
Six Foot Track Water Point	45.7		Y	
Katoomba Aquatic Centre	56.2	10:20pm Sat	Y	Y
Fairmont Resort	68.3	2:05am Sun	Y	
Queen Victoria Hospital	79.3	5:55am Sun	Y	Y
Emergency Aid Station	92.5		N	
Scenic World (finish)	101.3	12:30pm Sun	Y	Y

CHECKPOINT SUPPLIES

	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Banana	Oranges	Watermelon	Salt	Bakery Items	Bread & Spreads*	Tea/Coffee/Milo	Soup/Noodles**	Sunscreen/Vaseline	Hygiene Products
Tarros																		
Foggy Knob																		
Six Foot Track																		
Katoomba Aquatic Centre																		
Fairmont Resort																		
Queen Victoria Hospital																		
Emergency Aid Station																		
FINISH																		

*GF bread available

**GF & vegan soup/noodles available on request at checkpoint

 Item available
 Item not available

Naak Hydration and Nutrition Flavours:

- Gels – Salted Caramel & Chocolate
- Waffles – Salted Caramel & Berry
- Drink Mix – Ultra Boost (unflavoured, but slightly sweet)

A full-page photograph of a man with a long, grey beard and mustache, smiling broadly. He is wearing a black baseball cap, dark sunglasses, and a grey tank top. He is sitting on concrete steps outdoors. On his left wrist, he wears a Suunto smartwatch with a green strap. The watch face shows a time of 20:13 and other metrics. The background is a blurred outdoor setting with a building and some greenery.

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DATE/ TIME

- Saturday 16 May 2026, 5:05am – 8:00am

COURSE DETAILS

- **Distance:** 51.4 km
- **Elevation Gain:** 2400 m
- **Total Allowable Time:** 14 hours, 30 minutes
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 4hr 041min (09:06am Saturday)
- **Final Finisher:** 14hr 30min (10:30pm, Saturday)

START PROCESS

The start group that you selected during registration will be printed on your race bib. Follow signage and direction of staff on race morning to find your start group marshalling area.

UTA50 will be set off in groups. Pink group will be set off as a mass start. All other start groups will be funnelled through the start line. There will be designated breaks between start groups. It may take 20min to cross the start line after the advertised time.

UTA50 estimated start times for each group:

- **Pink:** 5:05am
- **Red:** 5:20am
- **Green:** 5:30am
- **Blue:** 5:50am
- **Yellow:** 6:10am
- **Orange:** 6:30am
- **Purple A:** 6:45am
- **Purple B:** 7:10am
- **Purple C:** 7:40am
 - Purple group has been divided into 3 groups (A,B,C). The letter will be printed on your bib.

Pink – Gun Time. All other Start Groups – Net Time. The UTA100 start line will close at 8:00am. Your timing tag will activate when you cross the start line.

CHECKPOINT SUMMARY

Location	Distance from Start (km)	Cut-Offs	Support Crew	Drop Bag Pick Up
Scenic World (start)	0		Y	
Fairmont Resort	18.4	1:00pm Sat	Y	
Queen Victoria Hospital	29.3	3:50pm Sat	Y	
Emergency Aid Station	42.6		N	
Scenic World (finish)	51.4	10:30pm Sat	Y	Y

CHECKPOINT SUPPLIES

	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Banana	Oranges	Watermelon	Salt	Bakery Items	Bread & Spreads*	Sunscreen/Vaseline	Hygiene Products
Fairmont Resort																
Queen Victoria Hospital																
Emergency Aid Station																
FINISH																

*GF bread available

Naak Hydration and Nutrition Flavours:

- Gels – Salted Caramel & Chocolate
- Waffles – Salted Caramel & Berry
- Drink Mix – Ultra Boost (unflavoured, but slightly sweet)

 Item available
 Item not available

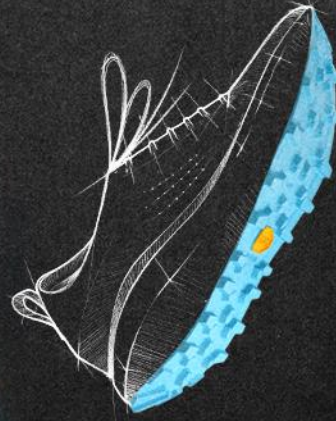
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RUNNING



DATE/ TIME

- Friday 15 May 2026, 6:40am – 9:40am

COURSE DETAILS

- Distance:** 21.9 km
- Elevation Gain:** 1200 m
- Total Allowable Time:** 7 hours
- Minimum Age:** 16 years of age on race day
- First Finisher:** 1hr 40min (8:20am Friday)
- Final Finisher:** 7hr 00min (4:40pm, Friday)

START PROCESS

The start group that you selected during registration will be printed on your race bib. Follow signage and direction of staff on race morning to find your start group marshalling area.

UTA22 will be set off in groups. Pink group will be set off as a mass start. All other start groups will be funnelled through the start line. There will be designated breaks between start groups.

UTA22 estimated start times for each group:

- Pink:** 6:40am
- Red:** 6:41am
- Green:** 6:43am
- Blue:** 6:45am – 7:20am
- Yellow:** 7:20am – 9:00am
- Orange:** 9:00am – 9:40am

Pink – Gun Time. All other Start Groups – Net Time. The start line will close at 9:40am. Your timing tag will activate when you cross the start line.

UTA22 participants who selected postage at entry can collect their runner gifts from the Check-In area after their race.

CHECKPOINT SUMMARY

Location	Distance from Start (km)	Cut-Offs	Spectators	Drop Bag Pick Up
Queen Victoria Hospital (start)	0		N	
Emergency Aid Station	13.1		N	
Scenic World (finish)	21.9	4:40pm Sat	Y	Y

CHECKPOINT SUPPLIES

	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Banana	Oranges	Watermelon	Salt	Sunscreen/Vaseline	Hygiene Products
Emergency Aid Station														
FINISH														

- Item available
- Item not available

Naak Hydration and Nutrition Flavours:

- Waffles – Salted Caramel & Berry
- Drink Mix – Ultra Boost (unflavoured but sweet)



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**ANTI-FRICTION
CREAM**

From D-10 to D-day

Apply cream generously every day

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withoutfootcare**

DATE/ TIME

- Thursday 14 May 2026, 1:00pm – 1:30pm

COURSE DETAILS

- **Distance:** 11.7 km
- **Elevation Gain:** 731+ m
- **Total Allowable Time:** 4 hours, 30 minutes
- **Minimum Age:** 12 years of age on race day
- **First Finisher:** 58min (1:58pm Thursday)
- **Final Finisher:** 4hr 30min (6:00pm, Thursday)

START PROCESS

The start group that you selected during registration will be printed on your race bib. Follow signage and direction of staff on race morning to find your start group marshalling area.

UTA11 will be set off in groups. Pink group will be set off as a mass start. All other start groups will be funnelled through the start line. There will be designated breaks between start groups.

UTA11 estimated start times for each group:

- **Pink:** 1:00pm
- **Red:** 1:02pm
- **Green:** 1:05pm
- **Blue:** 1:15pm
- **Yellow:** 1:23pm

Pink – Gun Time. All other Start Groups – Net Time. The start line will close at 1:30pm. Your timing tag will activate when you cross the start line.

RACE SUMMARY

Location	Distance from Start (km)	Cut-Offs	Spectators	Drop Bag Pick Up
Scenic World (start)	0		Y	
Scenic World (finish)	11.7	6:00pm Thu	Y	Y

CHECKPOINT SUMMARY

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

FIRST TIMER TIPS...

- Take your time – trail running is about enjoying the journey, not rushing to the finish. Unless you're gunning for a podium spot, take your time, soak in the views, and make the most of your journey.
- Make some friends – trail running is a community sport, and the UTA family are an epic bunch!
- Expect to take longer – trail running, with it's hills and trails, is relatively slower than covering the same distance on the road. We usually expect to add around 20% to the time you'd complete on the road for the same distance, so expect to be out on the trails a little longer and prepare for it

DATE/TIME

- Sunday 17 May 2026, 9:30am

COURSE DETAILS

- **Distance** 600m*
- **Elevation Gain:** 25m
- **Age:** 12 years or younger. Kids aged 0-4 years must be accompanied by an adult. No prams or strollers.
- *due to ongoing track works the UTA Kids course will be shorter than 1 km this year. Thank you for your understanding.

CHECK IN

Kids race bibs can be collected from any of the following areas :

- Main Check In venue in the KCC Auditorium on Thursday or Friday,
- The information tent during opening hours on Saturday (see Event Schedule)
- Skyway Park Check in tent on Sunday 8:00am to 9:30am.

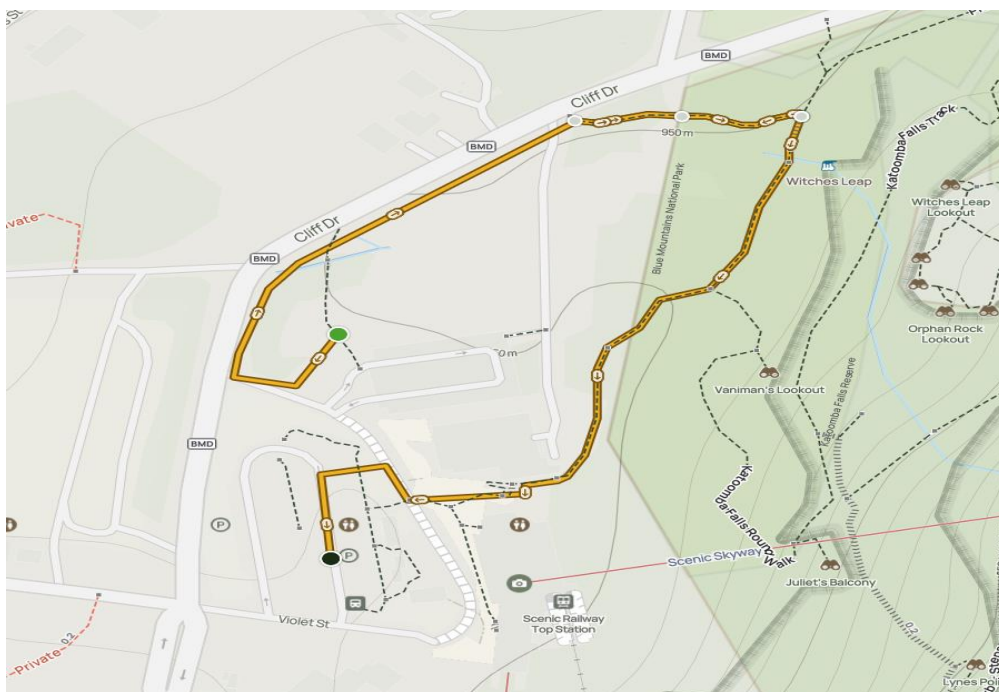
START PROCESS

The Kids race participants set off in age groups in the following order :

- 10-12 years
- 7-9 years
- 5-6 years
- 0-4 years

FINISH

- The kids will finish under the main arch at Scenic World and will receive a medal.
- If you're not running with your child, please head straight to the finish area once they have started. Given the short course it won't take long before they have finished the circuit.
- A matching parent wristband will be required to collect your child from the holding area at the finish line.
- Note that this is a fun run/walk and no results are collected.
- Spot prizes will be drawn after the event.



UTMB[®]
WORLD SERIES

NIRVANA

OFFICIAL SUPPLIER

PREMIUM RUNNER SERVICES

NIRVANA, WITH YOU ALL THE WAY TO THE FINISH LINE

THEY LOOKED AFTER MY FAMILY AND
FRIENDS WHILE I WAS ON THE MOUNTAIN

HAVING A DEDICATED ATHLETE
MANAGER IN RESORT MEANT
EVERYTHING WAS HANDLED

THEY PLANTED A
TREE ON MY BEHALF

HOTEL WAS IN A GREAT LOCATION,
PERFECT FOR ALL THE RACE WEEK ACTION!

ONLY ONE BOOKING TO MANAGE
FOR ALL MY FLIGHTS, HOTEL
AND TRANSFERS - A HUGE RELIEF!



Post-Race Information

RECOVERY

After passing the finish line arch, you will collect your finisher items. You will then follow the recovery process and have the below available to you:

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

Important: Before exiting, please ensure you have collected your Finish Line Drop Bag from the tent inside the recovery area, as well as all relevant nutrition. There is a no re-entry policy. After exiting, please make your way to the drop bag marquee located at CMS to collect your Checkpoint Drop Bags.

MASSAGE

Massage will be available for runners during the following times:

- Thursday 14th May: 1:00pm – 6:00pm
- Friday 15th May: 10:30am – 5:30pm
- Saturday 16th May: 12:00pm – 6:00pm
- Sunday 17th May: 9:00am – 1:00pm

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

MEDAL & BUCKLE ENGRAVING

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

SCENIC WORLD

Scenic World welcomes the UTA community again in 2026. They will once again run a licensed bar area includes a large tent to keep runners, support crew, and spectators shaded, and out of the elements while cheering on the finishers of HOKA Ultra-Trail Australia by UTMB.

At the event hub Scenic World will have available:

- Food trucks – offering a range of food and special treats
- Coffee
- A licensed bar area with hot food items available

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

- Thursday 14th May 9:30am-5:30pm
- Friday 15th May 7:00am -5:30pm
- Saturday 16th May 5:00am – Sunday 17th May 4:00am
- Sunday 17th May 8:00am – 1:00pm

Please note parking is not available in the Scenic World multi-story carpark. Please utilise the UTA event shuttles where possible.

Awards

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

Overall prizes (including monetary awards, trophies & UTMB WS Finals qualification) are awarded:

- Based on Gun Time for athletes starting in the first start group; and
- Based on Net Time for athletes starting in all other start groups.

Age Group awards are determined exclusively by Net Time.

Entry into the first start group is subject to an athlete meeting published qualification criteria. If you believe you are in contention to finish in the top 10 and are not in the first start group please contact ultratrailaustralia@service.byutmb.world and your start group will be reviewed.

Event	Prize money (M/F)	Trophies	UTMB World Series Finals automatic qualification*	Free UTA entry (following year)	Special Awards (M/F)
	€5,000 / €3,000 / €2,000 / €1,250 / €1,000 (1st–5th)	Top 10 overall + Age category winners	UTMB – Top 10 overall + Age category winners	Top 5 overall	Bark painting for 1st overall
	€5,000 / €3,000 / €2,000 / €1,250 / €1,000 (1st–5th)	Top 10 overall + Age category winners	CCC – Top 10 overall + Age category winners	Top 5 overall	Bark painting for 1st overall Gold buckle
	€5,000 / €3,000 / €2,000 / €1,250 / €1,000 (1st–5th)	Top 5 overall + Age category winners	OCC – Top 10 overall + Age category winners	Top 3 overall	
		Top 3 overall + Age category winners		Top 3 overall	
		Top 3 overall + Age category winners			

A person with dark hair and a hoop earring is lying face down on a white towel-covered massage table. A massage therapist's hands are visible, applying oil to the person's back. The background consists of light-colored vertical blinds.

Earned recovery
starts here

FAIRMONT
— RESORT —
MGALLERY BLUE MOUNTAINS

The logo features a stylized plant with three leaves above the word "Ubika".

Ubika
DAY SPA &
WELLNESS CENTRE

Spectators & Support Crew

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. Only support crew are permitted to assist runners with nutrition and hydration support, and with dressing blisters or massage etc. See our [website](#) for spectator locations.

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 you have exited recovery, and they will be able to go with you to collect your checkpoint drop bags at CMS.

HOW TO FOLLOW THE RACE



[Live.UTMB.World](#)

Track runners throughout the race on the interactive and predictive live results platform



Ultra-Trail Australia by UTMB App for race info.

[Download for Apple](#)
[Download for Android](#)



Social Media

Keep an eye on Facebook and Instagram for race coverage, highlights, updates, content and key moments



Finish Line Camera

Check out all the finish line action. Available via the app or on our [Youtube](#)

SUPPORT CREW

Support crew can be a big part of your day at Ultra-Trail Australia by UTMB.

For races of the UTAMiler, UTA100 and UTA50, a personal assistant is allowed at checkpoints where spectator access is permitted. Checkpoints will have an area specifically reserved for this use and **only one** person is allowed within this area to provide assistance. A Support Crew wristband is provided within the athlete race kit that, when worn, permits entry into the Support Crew area 30mins prior to your athlete's expected arrival time. Runners may also go outside the designated Support Crew area to receive assistance to receive support from their whole crew if they wish to, but should remain within 500m of the checkpoint.

Support crews, please remember;

- You can only assist your athlete at the checkpoints indicated with spectator access. This includes 500m either side of the checkpoint on course. Outside of these areas, support crews cannot provide material support (physical, nutritional, gear or otherwise) to athletes on course.
- Please be courteous to other athletes and support crews at checkpoints.
- If you intend to meet your support crew at a checkpoint, do not use the drop bag service for this checkpoint.
- Support crews have just as long a day as the athlete. Take the time and care to look after yourselves – plenty of food and water, dress for the conditions, and take the time to rest when you can between meeting points.
- Many roads that access checkpoints are rural and narrow, windy roads. Please take care on these.
- **The actions of the support crew are the responsibility of the athlete.** Any rules breached by crew will result in penalties or disqualification for the athlete.

For further information on Spectators and Support Crew, please refer to the Spectator Guide.

UTMB World Series

Uniting trail running communities around the world through leading international events in stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure.

With more than 60 events taking place across Asia, Oceania, Europe, Africa and the Americas, runners can find an event close to them.

It is also the only place where runners can begin their quest to [HOKA UTMB Mont-Blanc](#), where the prestigious UTMB World Series Finals are held.

The UTMB World Series integrates three levels of event:

- UTMB World Series Finals
- UTMB World Series Majors, including HOKA Ultra-Trail Australia by UTMB
- UTMB World Series Events



UTMB® WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC
AUGUST 24-30 | CHAMONIX-MONT-BLANC,
COVINTAYEUR, OSERES
FRANCE, ITALY, SWITZERLAND

UTMB®
CCC
OCC

MAJORS

OCEANIA MAJOR
HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®
MAY 14-17 | KAI DOOMA, AUSTRALIA

EUROPE MAJOR
HOKA VAL D'ARAN BY UTMB®
JULY 01-05 | VIEUX, SPAIN

AMERICAS MAJOR
HOKA KODIAK ULTRA MARATHONS™ BY UTMB®
OCTOBER 05-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR
HOKA CHIANG MAI THAILAND BY UTMB®
NOV 28 - DEC 6 | CHIANG MAI, THAILAND

2026 CALENDAR

EVENTS

EUROPE
ARC OF ATTRACTION BY UTMB®
JANUARY 22-25 | UNITED KINGDOM

OCEANIA
TARAWERA ULTRA-TRAIL BY UTMB®
FEBRUARY 14-15 | NEW ZEALAND

AMERICAS
PUERTO VALLARTA MEXICO BY UTMB®
MARCH 05-07 | MEXICO

ASIA
HOKA XTREIL KENTING BY UTMB®
MARCH 06-08 | KENTING TAIWAN

ASIA
ULTRA-TRAIL XIAMEN BY UTMB®
MARCH | CHINA

AMERICAS
USHUAIA FIN DEL MUNDO BY UTMB®
MARCH 18-22 | ARGENTINA

EUROPE
TENERIFE BLUE TRAIL BY UTMB®
MARCH 19-21 | SPAIN

EUROPE
CHIANI ULTRA TRAIL BY UTMB®
MARCH 19-22 | ITALY

EUROPE
ISTRIA 100™ BY UTMB®
APRIL 09-12 | CROATIA

AMERICAS
DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®
APRIL 09-12 | USA

AMERICAS
THE CANYONS ENDURANCE RUN™ BY UTMB®
APRIL 23-25 | USA

EUROPE
GRAND RAID VENOUX BY UTMB®
APRIL 24-26 | FRANCE

ASIA
AMAZON JUNGLES THAILAND BY UTMB®
APRIL 30-MAY 03 | THAILAND

EUROPE
CH MEU DEUS BY UTMB®
MAY 01-03 | PORTUGAL

EUROPE
TRAIL ALSACE BY UTMB®
MAY 14-17 | FRANCE

EUROPE
ULTRA-TRAIL SNOWDONIA BY UTMB®
MAY 15-17 | UNITED KINGDOM

AMERICAS
ROTHSCHILD BY UTMB®
MAY 15-17 | USA

EUROPE
MOZART 100™ BY UTMB®
MAY 23 | AUSTRIA

AFRICA
MOUNTAIN ULTRA TRAIL™ BY UTMB®
MAY 29-31 | SOUTH AFRICA

EUROPE
TRAIL 100 ANDORRA™ BY UTMB®
JUNE 11-14 | ANDORRA

EUROPE
TRAIL DU SAINT-JACQUES BY UTMB®
JUNE 12-14 | FRANCE

EUROPE
SALOMON ZUGSPITZ ULTRA TRAIL
POWERED BY LEDERER BY UTMB®
JUNE 18-20 | GERMANY

ASIA
KAGA SNA TRAIL ENDURANCE 100 BY UTMB®
JUNE 18-21 | JAPAN

EUROPE
LA SPORTIVA™ LAVAREDO ULTRA TRAIL™ BY UTMB®
JUNE 24-28 | ITALY

AMERICAS
TORRENCIAL CHILE BY UTMB®
JUNE 26-28 | CHILE

AMERICAS
WESTERN STATES™ 100-MILE ENDURANCE RUN
JUNE 27-28 | USA

EUROPE
RESTONICA TRAIL BY UTMB®
JULY 09-11 | FRANCE

EUROPE
TRAIL VERBIER ST-BERNARD BY UTMB®
JULY 10-12 | SWITZERLAND

EUROPE
BIER ULTRA TRAIL™ BY UTMB®
JULY 15-19 | SWITZERLAND

EUROPE
MONT ROSA WALSERWEG BY UTMB®
JULY 17-19 | ITALY

AMERICAS
SPEEDOGL™ MOUNTAIN RACES BY UTMB®
JULY 23-25 | USA

EUROPE
BUCOVINA ULTRA ROCKS BY UTMB®
JULY 24-26 | ROMANIA

AMERICAS
QUITO TRAIL BY UTMB®
JULY 31-AUGUST 02 | ECUADOR

EUROPE
GALLIA TRAIL BY UTMB®
AUGUST 01-02 | LATVIA

EUROPE
KATRON™ BY UTMB®
AUGUST 04-08 | AUSTRIA

AMERICAS
BOREALIS MONT-TREMBLANT BY UTMB®
AUGUST 14-16 | CANADA

EUROPE
WILDSTRUBEL BY UTMB®
SEPTEMBER 10-13 | SWITZERLAND

ASIA
MALAYSIA ULTRA-TRAIL BY UTMB®
SEPTEMBER 11-13 | MALAYSIA

EUROPE
KAKKAR BY UTMB®
SEPTEMBER 11-13 | JORDY

AMERICAS
GRANDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®
SEPTEMBER 17-20 | USA

AMERICAS
PARATY BRAZIL BY UTMB®
SEPTEMBER 17-20 | BRAZIL

EUROPE
JULIAN ALPS TRAIL RUN BY UTMB®
SEPTEMBER 18-20 | SLOVENIA

EUROPE
NICE CÔTE D'AZUR BY UTMB®
SEPTEMBER 24-27 | FRANCE

AMERICAS
ULTRA TRAIL WHISTLER™ BY UTMB®
SEPTEMBER | CANADA

ASIA
ULTRA-TRAIL GREAT WALL BY UTMB®
SEPTEMBER | CHINA

ASIA
TRANSJEU BY UTMB®
OCTOBER 02-04 | SOUTH KOREA

AMERICAS
CHICHUAHUA BY UTMB®
OCTOBER | MEXICO

ASIA
TRAIL OF THE KINGS- LAKETONA BY UTMB®
OCTOBER | INDONESIA

ASIA
ULTRA TRAIL MOUNT YUN BY UTMB®
OCTOBER | CHINA

EUROPE
KULLAMANNIN BY UTMB®
OCTOBER 30-31 | SWEDEN

EUROPE
MALLORCA BY UTMB®
OCTOBER 30-NOVEMBER 1 | SPAIN

ASIA
ULTRA-TRAIL SHUDAO BY UTMB®
NOVEMBER | CHINA

ASIA
TRANSALANT™ BY UTMB®
NOVEMBER | HONGKONG, CHINA

EUROPE
PUGLIA BY UTMB®
NOVEMBER | ITALY

AMERICAS
PATAGONIA BARROCHE BY UTMB®
NOVEMBER | ARGENTINA

AMERICAS
HOKA PACIFIC TRAILS CALIFORNIA BY UTMB®
NOVEMBER 13-15 | USA

OCEANIA
ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®
NOVEMBER 26-28 | AUSTRALIA

ASIA
OMAN BY UTMB®
DECEMBER 10-12 | OMAN



NIRVANA

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Partner to the UTMB World Series.

Proving athlete friendly accommodation
and packages, ensuring you get to your
destination and ready to race.

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Airport Transfers
Flights and Transport

Scan the QR Code for more
information or visit
www.nirvanaeurope.com



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