

# CONQUER THE SUMMIT

## RACE BRIEFING 2026

Congrats for signing up for the event on Sunday 22 March. The event will proceed come rain, hail or shine so we look forward to welcoming you to the Summit Sports and Recreation Park on Springs Road, Mount Barker.

### BIB COLLECTION, SHIRT COLLECTION & LATE REGISTRATION OPPORTUNITIES

This year there are FOUR opportunities to collect your race bib or submit a late registration form for the event:-

- Thursday 19th March, 12noon-5pm at the Hendon branch of our major sponsor, Beyond Bank, at Hendon Central, 53/59 Tapleys Hill Rd.
- Friday 20th March, 12noon-5pm at the Mount Barker branch of Beyond Bank, 12 Morphett St, Mount Barker
- Saturday 21st March, 9am-12 noon, at the Mount Barker store of our other key sponsor, The Athlete's Foot, at the Central Shopping Centre, McLaren St, Mount Barker
- Sunday 22 March, 7am-7.45am in the admin room above the grandstand near the start line

We encourage everyone to take advantage of one of the first three options to take pressure off the volunteers on event day. We will have EFTPOS facilities at all four venues so late entrants can sign up and get their race bib on the spot. Feel free to also pick up bibs for friends and family members (just let them know you are doing so!)





## START TIMES

8.00am - Half marathon

8.10am - Quarter Marathon Runners

8.20am - 5km runners and walkers

8.30am - Quarter Marathon Walkers

11.00am - Kids' Dash (2 laps of the oval)



## TROPHY PRESENTATIONS

There will be progressive presentations throughout the morning from 10.00am. These will be for:

- The first three males and females for the half and quarter marathons
- The first three males and females of the 5km
- The fastest half marathon team (decided by the average time of the four quickest team members)
- The fastest quarter marathon team (decided as per above)
- The largest team (decided by the number of team members completing any one of the distances except for the Kids' Dash)



## TOILETS

Female toilets upstairs and also downstairs on the southern side of the grandstand with male toilets downstairs on the northern side of the grandstand. There should be enough cubicles but always advisable to 'go before you go'! There will also be a single portaloo at the summit turnaround point. If you are coming through Mt Barker the Central Shopping Centre has two lots of public toilets open from 6am.



## PARKING

Entering from Springs Road, parking is available below the oval overlooking the soccer fields. When this parking area is full, overflow parking will be offered on the grass to the left of the entrance gate. Entering from Heysen Boulevard, you will find limited parking near the oval. If this is full you will be directed to the overflow parking near the entrance gate.



## CATERING & MUSIC

Coffee vans from Crowded Table and Rival Brothers will be serving up coffee and snacks while OMG Donuts will be offering their tempting treats. There will also be plenty of watermelon at the finish. We also have a DJ to keep your energy levels up during the morning. Kate Bush's 'Running Up that Hill' is bound to be on the playlist!



## DRINK STOPS

There will a drink station staffed by Mount Barker District Athletics volunteers at the Pony Club gates at the 2km mark; and another one at the summit turnaround point staffed by Mount Barker Scouts. We encourage everyone to carry water or at least your own cup for refilling at the water stations.

We will have some 'emergency cups' at each of the water stations but for sustainability reasons we want the event to be as cup-free as possible.



## TIMING AND RESULTS

Event Strategies will again be timing the event with results available almost immediately after the event. The link will be promoted on our website and Facebook page which also has all the latest on the event.



## HALF MARATHON - CUT OFF PACE

The half-marathon is a physically demanding event and requires a high level of fitness and preparation. We strongly encourage all participants to consider their current fitness, training and health status before entering this distance. If you have any medical conditions or concerns, please seek advice from your health provider prior to race day.

For safety and event management purposes, this year, the half-marathon will operate with a cut-off pace.

Participants who reach the halfway point (10.55km) in more than 90 minutes will be asked to consider their ability to safely complete the remainder of the course.

If you choose to finish at this point, you will still receive an official time and finisher medal for the quarter marathon (10.55km).

Runners who choose to continue beyond this point should note that:

- Course support (including marshals, aid stations, traffic management and tail walkers) may be reduced or withdrawn.
- Finish line timing and finisher medals cannot be guaranteed.

These measures are in place to ensure the safety of participants, volunteers and the wider community. We appreciate your understanding and cooperation.



## COURSE DIRECTIONS AND MARSHALS

It is unlikely that you will get lost on the course. There will be plenty of arrows and Lions and Rotary Club volunteers to ensure this. Make sure you give our volunteers a friendly wave or greeting on your journey.

More detail is available at:

<https://www.conquerthesummit.org.au/maps>



## FIRST AID

This will be provided by St Johns with staff at the finish line and at the summit. All the marshals will be able to contact them so don't hesitate to approach them for assistance if you need help.



## OUR SPONSORS

The event is expected to raise some \$20,000 for youth development programs in the Adelaide Hills - principally for Operation Flinders wilderness adventure programs but also for local scouts, guides and athletics organizations. This would not be possible without the generous financial support of Beyond Bank, Adelaide Hills Conveyancers, Mount Barker Ford, The Athlete's Foot, The Mount Barker District Council and many local businesses.