

CONQUER THE SUMMIT

RACE BRIEFING 2025

Congrats for signing up for Conquer the Summit this Sunday. Looks like it is going to be perfect weather for what will be our largest event ever with some 750 runners and walkers expected.

We can't wait to welcome you to our new start line at the Summit Sport and Recreation Park on Springs Road.



BIB COLLECTION

If you signed up by Sunday night, you have the option of avoiding the race day queue and picking up your race bib before the day at one of three locations as follows:-

Thursday 20th, 12 noon-5pm at the Prospect branch of Beyond Bank, Northpark Shopping Centre, 264 Main North Road, Prospect

Friday 21st, 12 noon-5pm at the Mount Barker branch of Beyond Bank, 12 Morphett St, Mount Barker

Saturday 22nd, 9am-12 noon, Athlete's Foot, Central Shopping Centre, McLaren St, Mount Barker

Feel free to also pick up bibs for friends and family members (just let them know you are doing so!)

You can also pick up your bib on race day from 7am in the admin room above the grandstand.





START TIMES

8.00am - Half marathon
8.10am - Quarter Marathon Walkers
8.20am - Quarter Marathon Runners
8.30am - 5km runners and walkers
10.00am - Presentations to the top three males and females for the Half, Quarter and 5km events. Also to the fastest teams for the Half and Quarter (decided by the average of the four fastest times by your team members) and to the largest school and wider community teams.



TOILETS

Female toilets upstairs, male toilets downstairs. There should be enough cubicles but always advisable to 'go before you go'! There will also be a single portaloos 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

We suggest you enter the park via the Heysen Boulevard (so entering at the top of the oval). The car park at the bottom of the oval is reserved for soccer players and supporters on the morning. There are several hundred car parks at the top and side of the oval and an overflow carpark at the back of the grandstand.



CATERING & MUSIC

Sharlotte from Crowded Table will have her coffee van there and the Mount Barker Scouts will be offering a gourmet BBQ. Mount Barker Rotary will have their donut van and 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 be 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.



COURSE DIRECTIONS AND MARSHALLS

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 First in Sports First Aid 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 \$25,000 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, Mount Barker and many other local businesses.