

**JODI  
LEE** BOWEL  
CANCER  
FOUNDATION

**WELCOME**

**THE JLF TREK & TRAIL RUN 2026**



# OUR VISION

The prevention and early detection of bowel cancer to reduce the impact of bowel cancer in Australia.

# OUR MISSION

To empower everyone to take active steps to lead longer, healthier lives free from bowel cancer.

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# THE JLF TREK & TRAIL RUN TEAM

- JODI LEE BOWEL CANCER FOUNDATION
- EVENT MANAGERS AUSTRALIA
- ROYAL FLYING DOCTORS SERVICE (RFDS)
- VOLUNTEERS

# FUNDRAISING

**JODI  
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CANCER  
FOUNDATION



# RAISE AWARENESS WITH US



#TheJLFTrek

@jodileefoundation



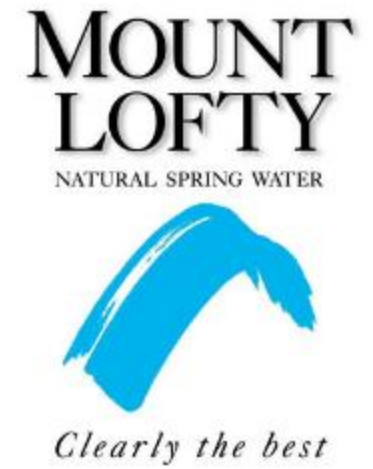
**THANK YOU TO OUR  
MAJOR PARTNER**



# THANK YOU TO OUR CHECKPOINT SPONSORS



# THANK YOU TO OUR EVENT PARTNERS



**WELCOME & THANK YOU TO OUR  
MAJOR PARTNER**



# FRIDAY 15 MAY

## Day 1 for Two Day Trekkers

### 35KM: ONKAPARINGA RIVER NATIONAL PARK

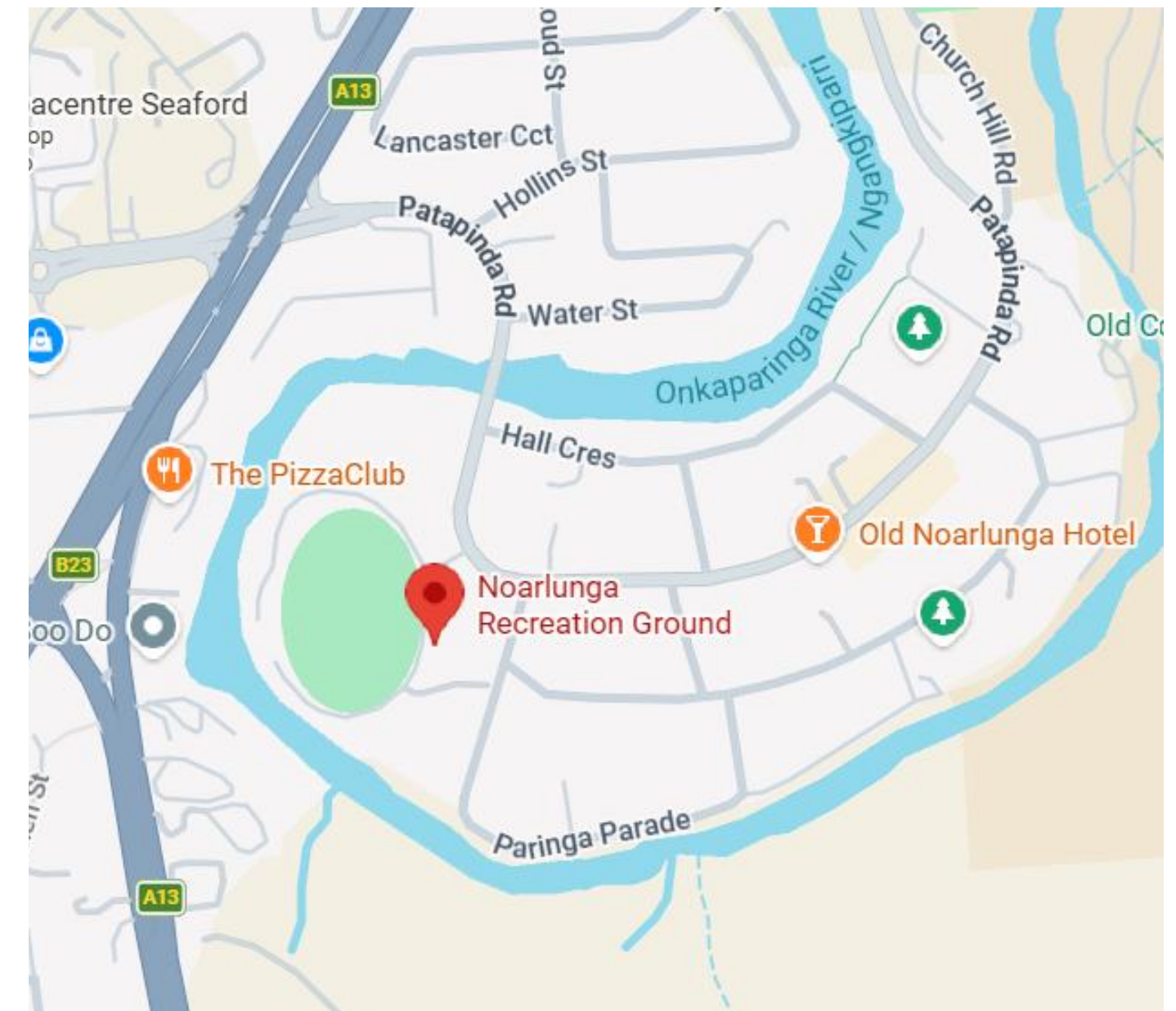
Start at the Noarlunga Recreation Ground  
Patapinda Road, Old Noarlunga SA

Arrive from 6:15am

Start time is 7:15am SHARP

Parking and Toilets Available

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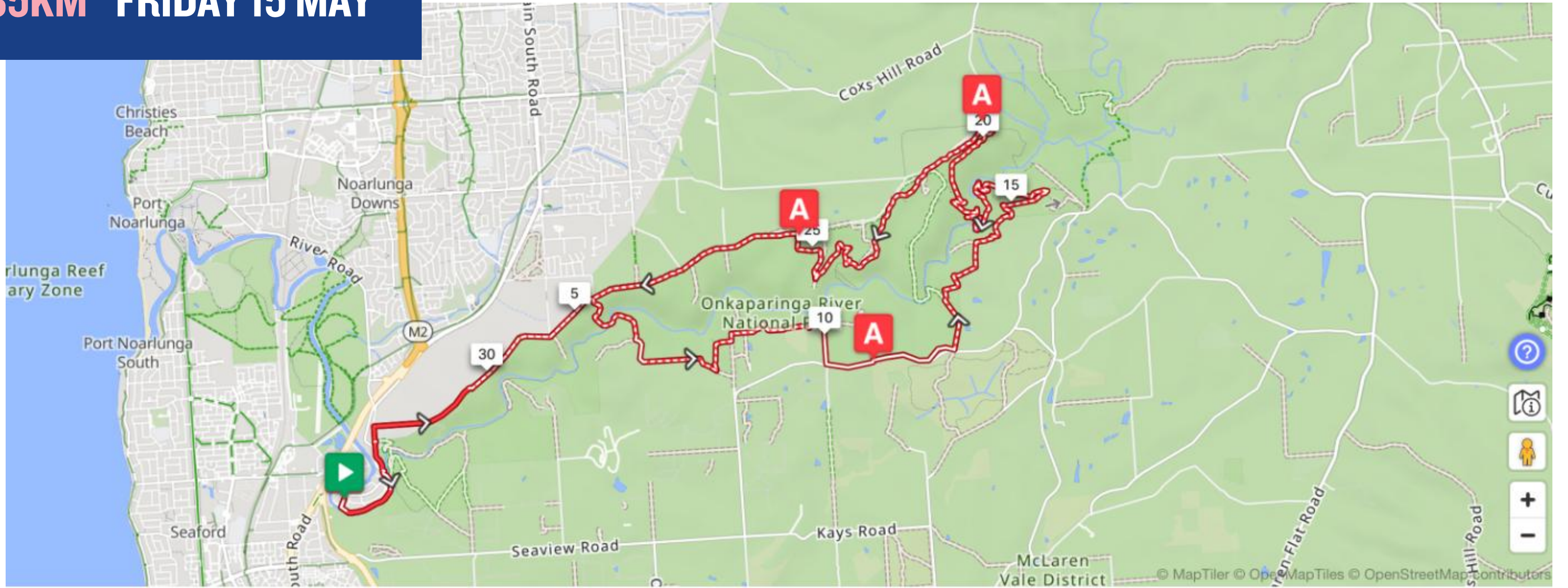


# ONKAPARINGA RIVER NATIONAL PARK

**35KM**  
**FRIDAY 15 MAY**

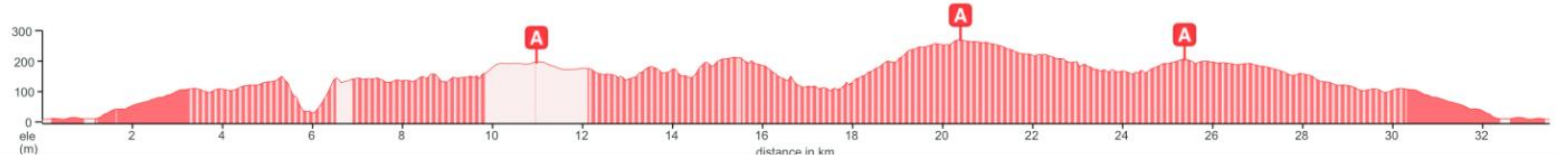
CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	<a href="#">Noarlunga Recreation Ground, Patapinda Road, Old Noarlunga</a>	7:15AM SHARP	START - CP1 11KM HARD	TOILETS
CP1	<a href="#">Gate 21 Onkaparinga Nat Pk, Chappel Hill Rd, Blewitt Springs</a>	8:30AM – 11:00AM	CP1–CP2 10KM HARD	MORNING TEA FIRST AID TOILETS
CP2	<a href="#">Gate 12, Onkaparinga Nat Pk, Piggott Range Rd, Blewitt Springs</a>	9:45AM – 2:00PM	CP2–CP3 5KM MODERATE - MILD	LUNCH FIRST AID TOILETS
CP3	<a href="#">Gate 9, Punchbowl Carpark, Onkaparinga Nat Pk, Piggott Range Rd, Blewitt Springs</a>	10:00AM - 3:15PM 3:00PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 – FINISH 9KM MILD	AFTERNOON TEA FIRST AID TOILETS
FINISH	<a href="#">Noarlunga Recreation Ground, Patapinda Road, Old Noarlunga</a>	11:00AM – 5:30PM		FIRST AID TOILETS

# 35KM FRIDAY 15 MAY

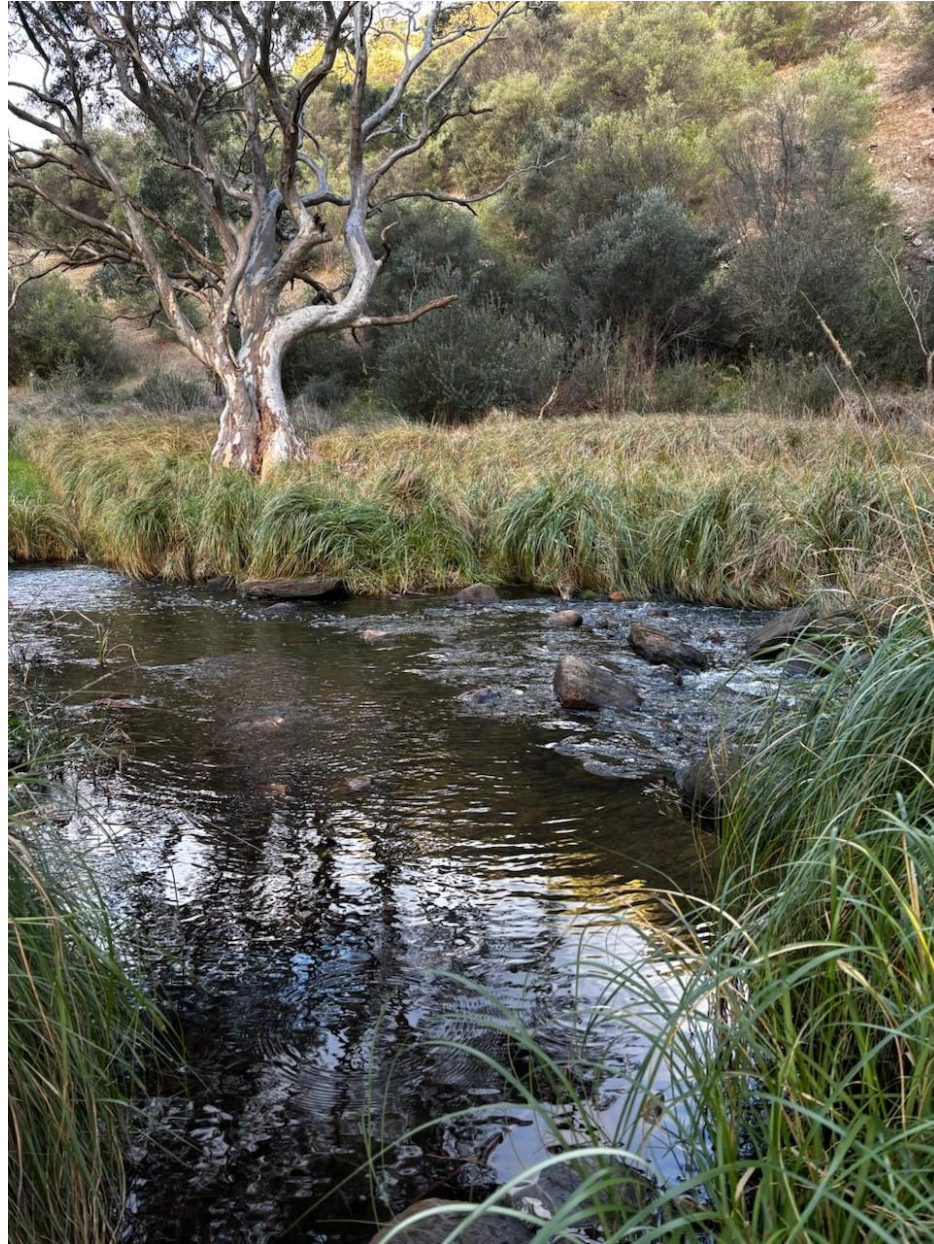


Ele Surfaces Grade Waypoints 33.5 kilometers · +671 m / -671 m

Drag on graph to zoom/select



**35KM FRIDAY 15 MAY**



# SATURDAY 16 MAY

Day 2 for Two Day Trekkers: 37km

Saturday 37km Trekkers

Saturday 25km Trekkers

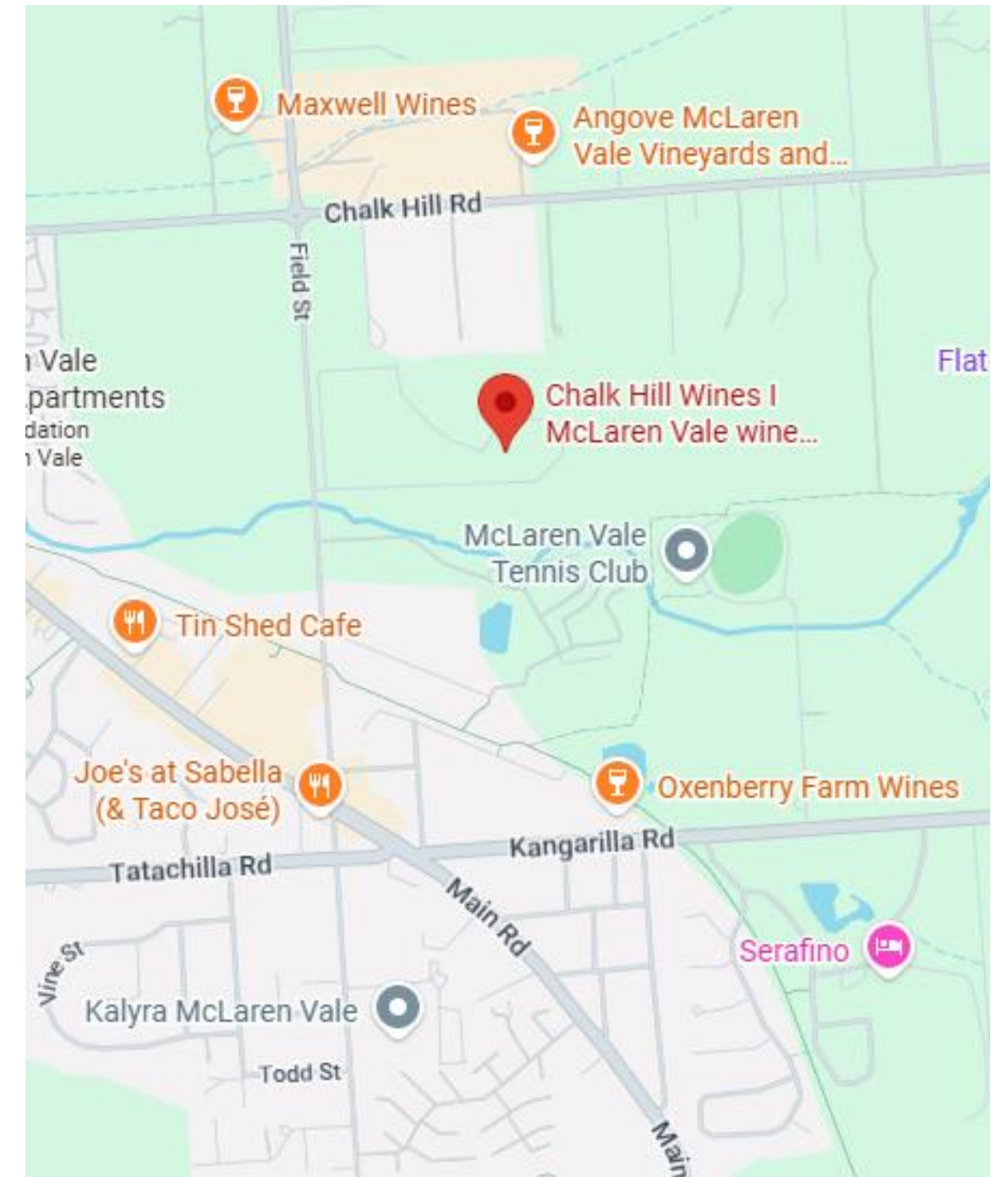
# SATURDAY 16 MAY

Day 2 for Two Day Trekkers  
Saturday 37km Trekkers

## 37KM: MCLAREN VALE REGION

Start at Chalk Hill Wines  
56 Field Street, McLaren Vale SA  
Arrive from 6:30am  
Start time is 7:00am SHARP  
Parking and Toilets Available

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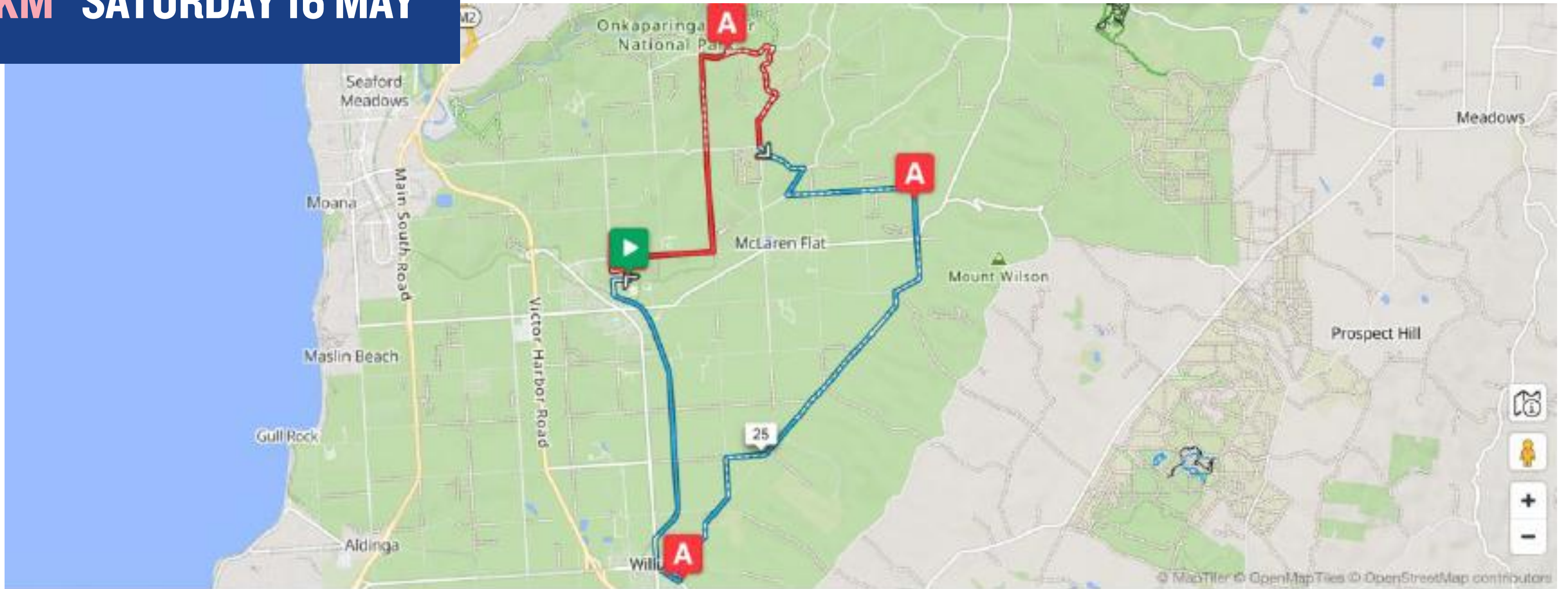


# MCLAREN VALE WILLUNGA BASIN TRAIL

**37KM**  
**SATURDAY 16 MAY**

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	<a href="#">Chalk Hill Wines, 56 Field St, McLaren Vale</a>	7:00AM SHARP	START - CP1 8KM HARD	TOILETS
CP1	<a href="#">Gate 21 Onkaparinga Nat Pk, Chappel Hill Rd, Blewitt Springs</a>	7:50AM – 9:45AM	CP1–CP2 9.5KM MODERATE - HARD	MORNING TEA FIRST AID TOILETS
CP2	<a href="#">Hugo Wines, 246 Elliot Rd, McLaren Flat</a>	8:45AM – 12:30PM	CP2–CP3 11.5KM MODERATE	LUNCH FIRST AID TOILETS
CP3	<a href="#">Willunga Slate Museum, 61 High St, Willunga</a>	10:00AM - 4:30PM 3:30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 – FINISH 8KM MODERATE - MILD	AFTERNOON TEA FIRST AID TOILETS
FINISH	<a href="#">Chalk Hill Wines, 56 Field St, McLaren Vale</a>	10:50AM – 5:30PM FINISH LINE CELEBRATION CONCLUDES AT 6:00PM		CELEBRATION FIRST AID TOILETS

# 37KM SATURDAY 16 MAY



Ele Surfaces Grade Waypoints 37.5 kilometers +547 m / -551 m Drag on graph to zoom/select



# SATURDAY 16 MAY

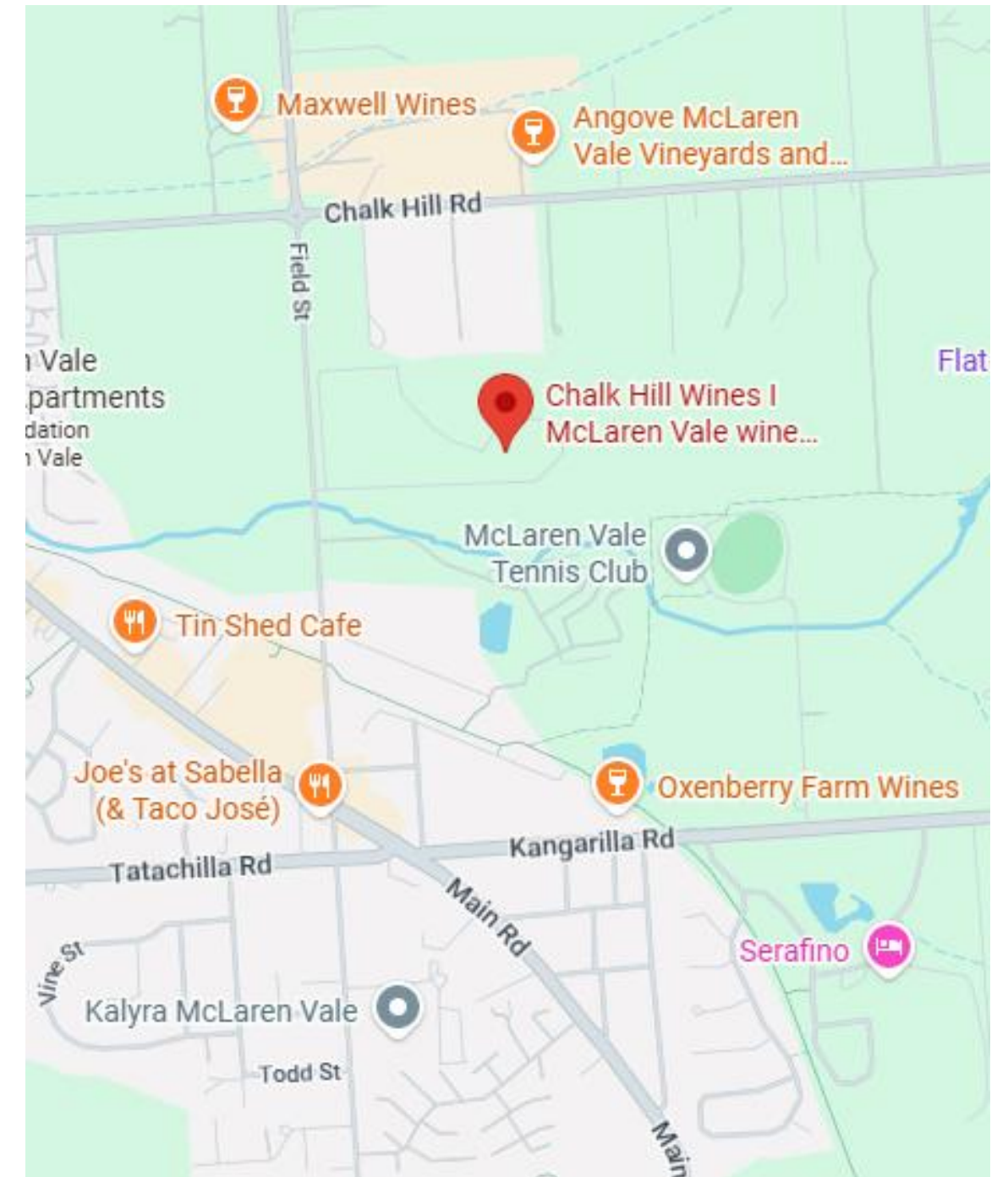
## Saturday 25km Trekkers

### 25KM: MCLAREN VALE REGION

Bus Loading at Chalk Hill Wines  
56 Field Street, McLaren Vale SA  
Arrive from 7:30am  
Start time is 8:15am SHARP  
Parking and Toilets Available

**ALL 25KM TREKKERS MUST CATCH THE BUS**

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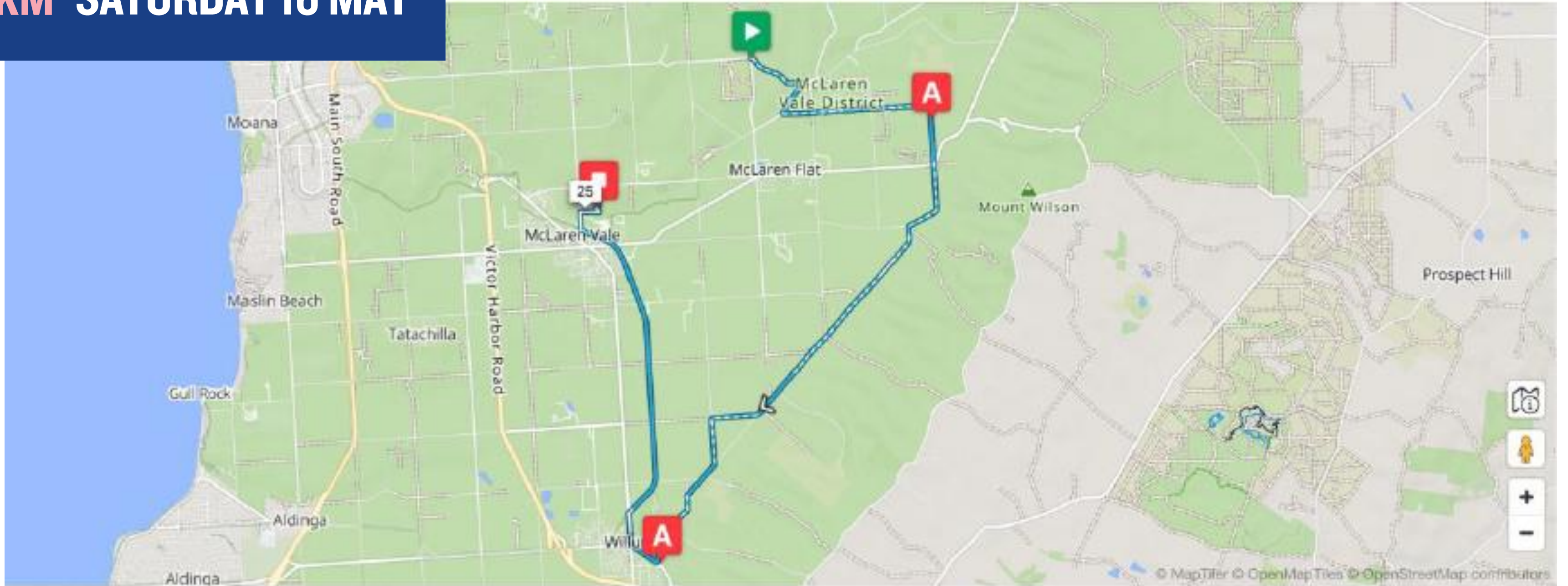


# MCLAREN VALE WILLUNGA BASIN TRAIL

**25KM**  
**SATURDAY 16 MAY**

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	<a href="#">154 Whittings Rd, McLaren Flat</a>	Bus Drop Only 8:30am	START – CP1 5.3KM MILD	
CP1	<a href="#">Hugo Wines, 246 Elliot Rd, McLaren Flat</a>	8:45AM – 12:30PM	CP1–CP2 11.5KM MODERATE	LUNCH FIRST AID TOILETS
CP2	<a href="#">Willunga Slate Museum, 61 High St, Willunga</a>	10:00AM - 4:30PM 3:30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 2 – FINISH 8KM MODERATE - MILD	AFTERNOON TEA FIRST AID TOILETS
FINISH	<a href="#">Chalk Hill Wines, 56 Field St, McLaren Vale</a>	10:50AM – 5:30PM FINISH LINE CELEBRATION CONCLUDES AT 6:00PM		CELEBRATION FIRST AID TOILETS

# 25KM SATURDAY 16 MAY



# MARKERS



# CHECKPOINTS

## START

- Toilets
- Have breakfast and start the day hydrated

## CATERING

- CP1 - Morning Tea
- CP2 - Lunch
- CP3 - Afternoon Tea

## FIRST AID AND TOILETS AT EACH CHECKPOINT

Depending on the distance you trek, you will pass through all or some of these checkpoints.



# CHECKPOINTS

YOU MUST sign in at each Checkpoint!

## WHAT TO EXPECT

- Tail End Charlie
- When Checkpoints close, so do official services i.e. organised event emergency services and transport
- To continue trekking, you MUST clear Checkpoints by specified time
- Transport is available if unable to continue.



Day: Friday

Site Open Time:

Checkpoint: Finish

Site Close Time:

Date: 8/10/05

Actual Close Time:

# JODI LEE FOUNDATION

001 -	041 4:04	081 4:06	121 1:55 3 <sup>rd</sup> FM	161 2:51	201 3:57		
002 3:14	042 5:39	082 3:35	122 4:06	162 2:51	202 3:57		
003 12:56 = 3 <sup>rd</sup>	043 5:39	083 3:12	123 4:23	163 3:03	203 3:57		
004 3:51	044 3:03	084 4:15	124 3:59	164 3:02	204 -	241 4:41	278 3:18
005 3:51	045 3:38	085 3:56	125 -	165 3:03	205 4:48	242 3:20	279 3:18
006 3:21	046 3:38	086 -	126 3:02	166 3:45	206 3:28	243 3:20	280 3:52
007 3:58	047 4:53	087 -	127 2:28	167 3:45	207 -	244 3:20	281 3:52
008 3:58	048 3:22	088 3:58	128 3:00	168 2:50	208 2:15	245 3:20	282 3:52
009 3:21	049 1:43	089 4:33	129 3:00	169 -	209 3:47	246 3:45	283 3:45
010 3:32	050 3:38	090 3:05	130 3:54	170 -	210 2:15	247 3:51	284 3:52
011 4:00	051 4:53	091 3:45	131 2:32	171 3:45	211 -	248 3:45	285 3:48
012 3:40	052 4:53	092 3:32	132 3:54	172 2:46	212 -	249 3:58	286 4:44
013 3:33	053 3:51	093 4:33	133 2:21	173 2:46	213 -	250 2:25	287 3:48
014 3:38	054 4:17	094 4:33	134 4:59	174 2:45	214 4:48	251 2:16	288 4:13
015 2:58	055 2:32	095 -	135 4:48	175 2:46	215 1:19	252 -	289 3:00 4:44
016 4:17	056 -	096 3:16	136 4:59	176 2:4 3:21	216 3:18	253 -	290 3:48
017 * 3:00	057 -	097 3:45	137 -	177 3:21	217 -	254 -	291 2:24
018 1:45 2 <sup>nd</sup> FM!!	058 2:48	098 2:57	138 4:08	178 4:01	218 4:48	255 4:18	292 3:48
019 2:46	059 2:48	099 2:39	139 4:09	179 4:04	219 -	256 4:18	293 5:04
020 3:45	060 2:32	100 4:11	140 -	180 4:01	220 1:19 1 <sup>st</sup> FM!	257 4:12	294 4:52
021 3:58	061 2:07	101 3:21	141 5:22	181 3:00	221 4:26	258 4:14	295 5:04
022 4:15	062 -	102 3:16	142 3:40	182 3:00	222 -	259 4:12	296 4:52
023 3:45	063 -	103 3:21	143 -	183 3:58	223 -	260 4:14	297 3:12
024 3:54	064 2:07	104 3:21	144 -	184 3:58	224 4:50	261 2:39	298 4:19
025 12:52 2 <sup>nd</sup> !!	065 3:46	105 3:01	145 3:40	185 3:58	225 6:07	262 3:33	299 11:59 (4:19 km!!)
026 3:17	066 3:20	106 1:55	146 3:40	186 5:29	226 4:50	263 3:33	300 -
027 4:17	067 5:38	107 3:54	147 2:51	187 5:30	227 -	264 2:44	301 4:11
028 4:53	068 -	108 2:39	148 2:05	188 5:29	228 -	265 1:45	302 4:11
029 4:04	069 4:03	109 2:16	149 3:56	189 5:30	229 3:45	266 1:45	303 4:19
030 4:18	070 -	110 3:00	150 3:56	190 4:27	230 3:45	267 -	304 4:11
031 -	071 -	111 3:47	151 3:55	191 4:27	231 -	268 -	305 4:20
032 3:02	072 2:22	112 3:57	152 3:55	192 4:15	232 4:14	269 -	306 4:19
033 3:12	073 4:13	113 3:58	153 3:55	193 2:44	233 4:14	270 4:46	307 3:55
034 3:12	074 -	114 3:20	154 3:46	194 2:45	234 3:54	271 4:46	308 3:03
035 4:52	075 2:22	115 2:16	155 2:53	195 2:07	235 -	272 4:29	309 3:19
036 3:01	076 4:13	116 3:56	156 12:56 = 3 <sup>rd</sup>	196 -	236 3:58	273 4:29	310 -
037 2:41	077 2:41	117 3:59	157 12:56 = 3 <sup>rd</sup>	197 4:44	237 3:51	274 4:29	TEC
038 4:14	078 2:41	118 -	158 2:53	198 3:47	238 4:13	275 -	TEC
039 3:01	079 -	119 3:54	159 2:05	199 5:29	239 4:03	276 -	TEC
040 3:01	080 -	120 2:16	160 2:51	200 3:57	240 4:41	277 3:18	TEC

Command Centre: 0456 169 640

# FINISH LINE CELEBRATION



**CHALK HILL WINES, MCLAREN VALE**  
**SATURDAY 16 MAY, FINISHES AT 6PM**

# WHAT TO BRING

It is an event requirement that you bring:

- Fully charged mobile phone
- Water bottle
- Personal medication
- Appropriate clothing for weather conditions
- Your uniquely numbered official event bib

It is recommended that you bring with you:

- Quality backpack
- Portable phone charger
- Waterproof and windproof jacket
- First aid supplies & space blanket



# EVENT SAFETY

**EVENT COMMAND CENTRE: 0456 169 640**

## **RULES AND PROCEDURES**

- At each checkpoint you **MUST** sign in with our event management team
- The JLF Trek is held in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. In an emergency, be aware that response times may be delayed.
- Mobile coverage is limited and often unavailable and may cause your phone battery to drain faster than usual. Please keep this in mind if you plan to use an online tracking device during the event.
- Save the Command Centre number 0456 169 640 in your phone
- At all times you must trek with at least one other person
- First aid will be located at each checkpoint and at the finish line.

# LIFE THREATENING EMERGENCY

- Call 000 or 112
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- Follow the guidance of the emergency service operator
- As soon as possible, call or text the Command Centre on 0456 169 640 to advise them of the situation and status.

# LOST?

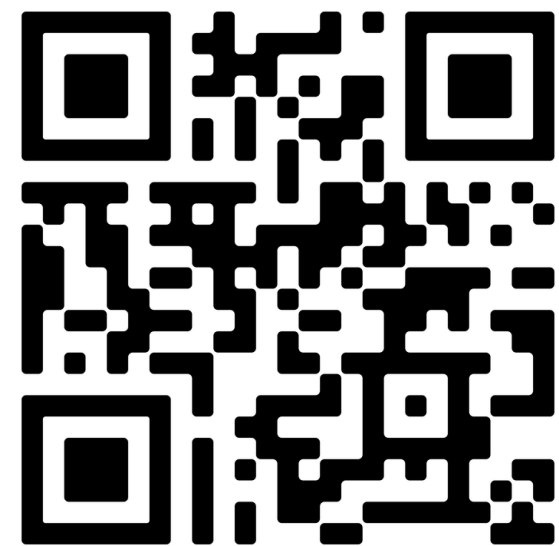
- Refer to your uploaded JLF Route map to determine your location
- Try to retrace your steps until you find a marker or recognise a landmark
- If you can't find a marker and feel lost, call or text the Command Centre on 0456 169 640
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- The Command Centre will attempt to guide you back to the route
- If there is no mobile coverage, find a high vantage point for better reception.

# ACCIDENT OR INJURY

- Administer first aid and if possible, continue to the next checkpoint
- If unable to continue, keep the injured person comfortable and in a safe area
- Ensure someone remains with the injured person
- Contact the Command Centre on 0456 169 640
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- If there is no mobile coverage, find a high vantage point for better reception.

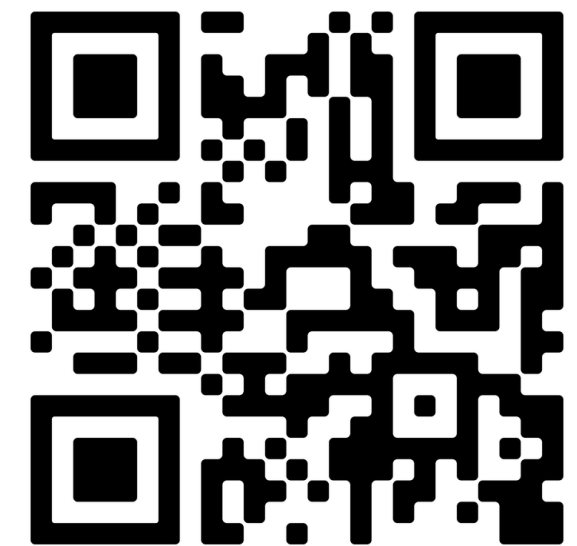
# APPS TO DOWNLOAD

## RIDE WITH GPS



The JLF Trek & Trail Run  
Maps are located under  
[More > Organisation](#)

## EMERGENCY PLUS



**HAVE FUN!**

**JODI  
LEE** BOWEL  
CANCER  
FOUNDATION

# Q&A

THE JLF TREK & TRAIL RUN 2026



**JODI  
LEE** BOWEL  
CANCER  
FOUNDATION

# WELCOME & THANK YOU TO RUNDNA

The logo for Rundna features a stylized teal icon on the left, resembling a lowercase 'r' with a loop, followed by the word 'Rundna' in a teal, rounded, sans-serif font.

**JODI  
LEE** BOWEL  
CANCER  
FOUNDATION

**WELCOME TO OUR**  
**JODI LEE**  
**BOWEL CANCER**  
**FOUNDATION**  
**AMBASSADORS**



**JESSICA STENSON**

**WES AGAR**



**THANK YOU TO OUR  
VENUE PARTNER**



**HURLEY HOTEL  
GROUP**