

AUSTRALIA DAY COASTAL 2018 –

Fri Jan 26th – Sun Jan 28th

Event Rules>>

Have fun...lots of fun!! #coastalFUNruns

HIGH-FIVES AND SMILES ARE MANDATORY

There is a very relaxed cut-off time of 8 hours for all distances in this event so relax run/walk well and see you at the finish safely

If you do need to rest or walk do so but please be aware of other runners and stay to the left

Entry>>

Entries WILL close on Thurs Jan 25th 2018 at 4:00pm

The Start>>

The start line and check-in is situated approx 100 metres north of Semaphore Jetty directly in front of the Pavillion (see picture below)

Schedule>>

Friday January 26th 6:00am 5k, 10km, 21.1km & 42.195km Full Marathon

Saturday January 27th 6:00am 42.195km Full Marathon

Sunday January 28th 6:00am 5k, 10km, 21.1km & 42.195km Full Marathon

Please arrive to check-in and have your name taken and collect your bib and pins at least 25 minutes prior to your starting time. Check-in will open from 5:15am each day

Bibs will not be mailed out but can be collected from the check-in area on the day

We start on time and cannot wait for any late comers

Race briefing AND group photo will be at 5:45am SHARP

The Course>>

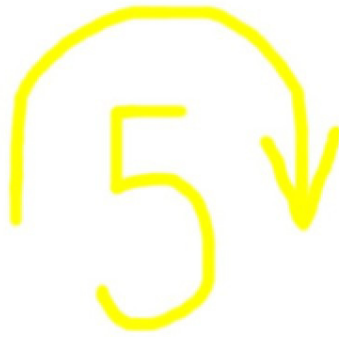
The course is a 10km loop course with the start/finish and one aid station situated in the middle. You will pass the station approximately every 5km

The course consists of a 5.1km northern loop followed by a 4.9km southern loop

You will start on the path in front of the Pavillion and head north and finish from the south onto the lawn in front of the Pavillion

On the first loop ONLY, the ½ marathoners will run an extra 550metres north past the 5.1km turnaround whilst the full marathoners will run an extra 1.1km north past the 5.1km turnaround. There will be orange cones to mark ALL turn-around points and yellow paint markers on the path. Each loop thereafter both the half and full marathoners will turn at the 10km turn point. The 5km race will be explained at the race briefing

Each yellow turn-around marker will have an arrow with the race distance written



(example 5km event turn point)

The Race Director will explain in further detail the turn-around points before each race briefing

****Just a note regarding the new Semaphore Foreshore bypass footpath around the outside of the Palais Hotel**

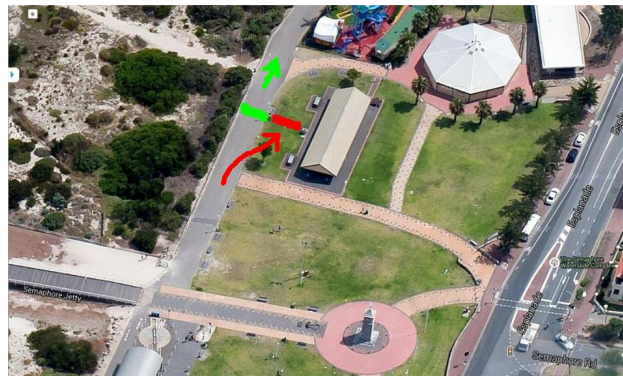
Please note the change of course just north of the start/finish where the path now directs around the back (ocean side) of the Deck in front of the Palais Hotel. This will be explained on the morning but you CAN continue to run straight ahead if you wish on the old existing path as the redirection is only for cyclists according to the signs



Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish which you will pass approx every 5kms. Toilets are available at the start/finish area and also about 1km both north and south

There are also several drinking fountains in each direction north near the Largs Kiosk and south near the SLSC and at the corner of Recreation Pde & Espanade



(start/finish)

Timing>>

As this is a low cost, low key event there is no timing chip but your bib and time will be recorded as you cross the finish area. Please make sure you wear your bib on the front so it is clearly visible and easy for the volunteers to record

**When convenient please confirm you have a finish time recorded with our volunteers
All times are recorded from GUN time**

Safety>>

Be mindful this is a shared path so please watch out for other walkers, runners, bikes, prams etc and it is advised to keep left where possible

There are 2 or 3 places along the southern loop where the path splits in two for a few metres so please always take the left option both out and back

Drop Bags>>

There will be an area at the start/finish to leave your bags but please don't leave any valuables as no responsibility can be taken for them. If you need to use your own food, drinks etc for the run you can leave them in your bags to utilize on your way through the start/finish area

MP3/iPODS>>

These devices are allowed, however please try and use only one earpiece so as you can hear other path users and instructions from marshals etc

Finish>>

Once you have crossed the finish line on the grass please keep moving forward before collecting your medal so as to not obstruct other finishers. Before finishing please make sure your bib is CLEARLY visible on your front so as to make it easy to record your bib number and time

When convenient please check with the volunteers that your finish time is recorded

Photos>>

We will be without our most awesome event photographer Ian Fagan but hopefully we will have someone or at least our volunteers to take some photos. Please remember to smile even if you are hurting. There will be the usual group photos for each distance before the race so please be ready when called over

Presentation>>

We will not be in need of a presentation for this event

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY 😊

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

Proudly supporting both

Bravehearts & the Australian Cancer Research Foundation (ACRF)



Please thank our awesome volunteers when you get the opportunity for without freely giving of their valuable time we would not have any events