

YP Coastal 2018

Walkley Heights SA

Sunday May 6th 2018

**** Please note that a small section of the trail course has now been sealed since we last measured and ran this course (I will check this out soon but it will not effect our event)**

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 close on Fri May 4th 2018 at 4:00pm

The Start>>

The start line and check-in is situated on the Greenacres Football Club Oval (Grand Junction Road southern end) at Edward Smith Reserve, 737 Grand Junction Rd, Northfield SA 5085 (see picture below)

Parking is available out front next to the Grand North Tavern



Greenacres Football Club location



Start/finish location



Actual start/finish line



Carpark

Schedule>>

Sunday May 6th 2018 –

7:00am 42.195km Full Marathon

8:00am 21.1km Half Marathon

9:00am 10km

10:00am 5km

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 approx 6:15am

**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**

All times will be recorded from gun time

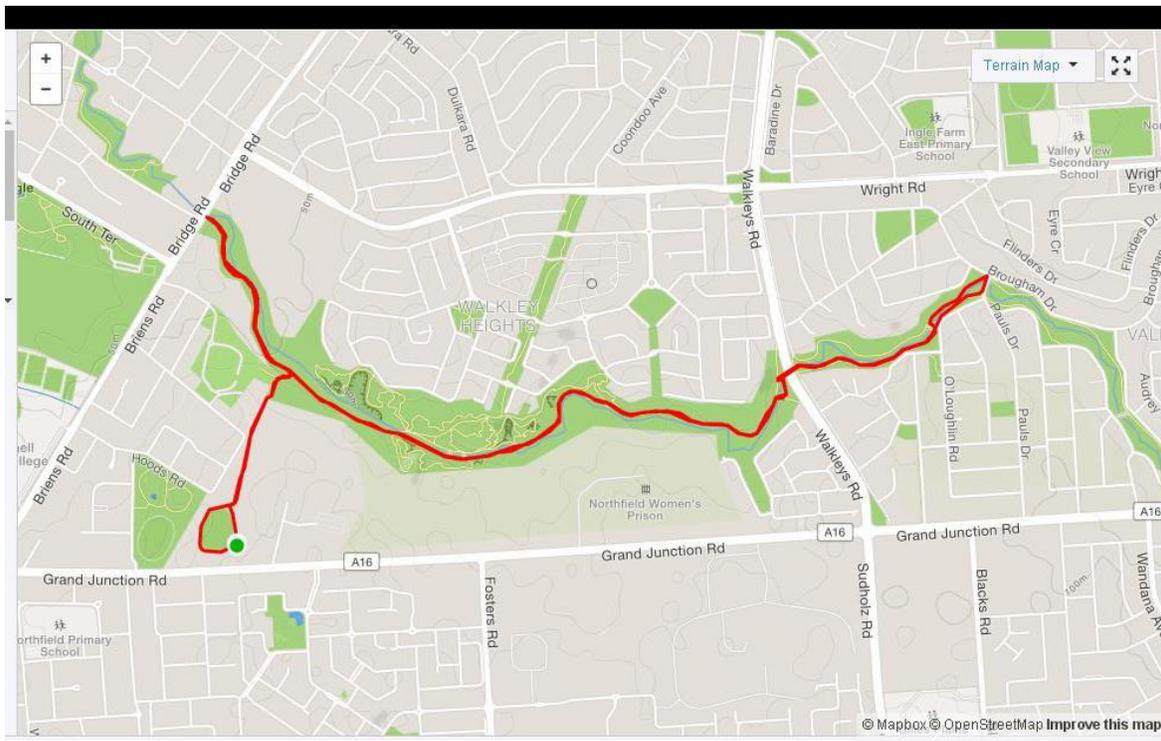
Race briefing and group photo will be 15 mins before each distance start time.

The Course>>

The course is a 10km out and back course from the start/finish and you will run a lap of the football oval at the start and finish. The half marathon & full marathon will run an extra out and back 1.1 kms before starting the 10 km course. (full marathoners will run this twice)

Here is a link to show the full course (ignore the finish in green not sure what happened there)

<https://www.strava.com/activities/1335553101>



Course map



Course map details



This way around the fence down to river

I will drop some bottles of water at approx the 4.7km mark of the course and leave them on a wooden seat (pictured) Once you reach the water you actually run a 600m loop and pass the water again on the way back after crossing over a small bridge.



Water left on or near wooden chair (4.7km mark)



Cross this bridge on return just before chair with water



Another view of bridge



Turn points 1 & 3 around “give way” sign at Bridge Road



Turn point 2 at Brougham Drive



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

Aid Station/Toilets/Water Taps>>

The aid station is located on the oval at the start/finish which you will pass approx every 10 kms

Toilets are available at the start/finish area which I have a key for



Toilet block

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

Safety>>

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

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 oval please keep moving to one side 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

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

Theme>>

This event has a GREEN theme with a trophy awarded to the person who best represents this colour



Any other queries please call 0402 441 277

CHEERS ☺

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