# LEFEVRE COASTAL 2018
## Sun June 10th

**Event Rules>>**

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

**HIGH-FIVES AND SMILES ARE MANDATORY**

**\*\*THIS EVENT IS NOW "AURA LISTED" (Australian Ultra Runners Association) with ultra distances available including a $10 discount on our already low cost for AURA members**

There is a very relaxed cut-off time of 8 hours for all distances up to and including the 42km marathon. For those running both marathons you WILL need to finish the midnight marathon before 7:00am to be ready to start the second on time. The 50km has a 23 hour cut-off time with the 100km & 100 mile events enjoying a 30 hour cut-off time

Plenty of time 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
This is not a closed course so please be aware of other users

**Entry>>**

Registrations WILL close on Sat June 9th 2018 at 4:00pm SHARP

**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>>**

Sunday June 10th 2018

**12:01am – 100 mile**

**12:01am – 100km**

**12:01am - Full Marathon**

**7:00am – 50km**

**7:00am – Full Marathon**



**8:00am - Half Marathon**

**8:00am - 10km**

**8:00am - 5km**

**8:00am - 3km**


**\*\*To provide the best possible start for everyone, participants should self-seed behind the start line according to your ability**


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 11:00pm Sat night June 9th 2018 for bib collection and you can collect your bibs anytime thereafter up to the running of your chosen event.

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 15mins SHARP before each distance event start time

**The Course>>**
The course is a 10km AIMS measured 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 coastal walk/bike path in front of the Pavillion (approx 100 metres north of the Semaphore Jetty) 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 yellow paint markers at ALL turn-around points on the left hand side of the path with the distance painted. Each loop thereafter both the half and full marathoners will turn at the 10km turn point

The 3km & 5km course 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**

**Just north of the start/finish the path now directs left around the back (ocean side) of the Deck in front of the Palais Hotel.**

**THIS REDIRECTION IS ONLY FOR CYCLISTS SO PLEASE CONTINUE TO RUN STRAIGHT AHEAD AS PER OUR NORMAL COURSE BETWEEN THE PALAIS HOTEL AND THE DECK AS PER THE SIGNS**

**(please be careful of anyone entering or leaving the hotel in this area)**



**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 and showers in each direction both north and south along the path



(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, walkers with dogs, 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 under the Pavillion 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 now no longer have an official event photographer (but would welcome someone willing) 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>>

Due to the nature of this event with multiple start times throughout the day, we will not have the usual presentation

### Bibs & Medals>>

"coastalfunruns" is a series of annual low cost, low key community coastal fun running events held in South Australia and proudly supporting both Bravehearts & the Australian Cancer Research Foundation (ACRF). Our costs are already the lowest in Australia and will remain so as the fixed EARLYBIRD price

We do however encourage all runners/walkers to enter as early as possible to ensure a smoother event day

Finisher medals and bibs need to be ordered at least one week from the event date to ensure they arrive on time. Online entries will remain open until 4:00pm the day before each event (unless noted otherwise). There will be NO on the day entries What this means is the following..

**If you enter early you are assured of a finisher medal with the correct distance engraved. You will also receive a pre-printed bib with your name and number.
**If you enter in the last seven days you may receive a generic finisher medal without the completed distance engraved. You will also receive a pre-printed bib but your name and number will be handwritten

This will ensure everyone goes home with a medal and they will no longer be posted out

These small changes will help to make our awesome volunteers work much easier

**Theme>>**

Theme for this event is ==GREEN 'N' GOLD== with the winner awarded the "LIBBY" trophy to be chosen by Cheryl Anne Mckibbin


**First Place Medals>>**

We may or may not have first place medals both male and female for all distances


**Results>>**

Results will be made available as soon as possible after the event and posting at [www.coastalfunruns.com](www.coastalfunruns.com)

Results will be provisional and become final 3 days post event


**Event Parking>>**

There is plenty of all day parking along the esplanade near the start/finish and also plenty of available space in the numerous carparks nearby


**Sponsors>>**

We are still currently looking for sponsors for all coastalfunruns events

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Any other queries please call 0402 441 277


CHEERS THANKYOU AND ENJOY☺


[www.coastalfunruns.com](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