

**YORKE COASTAL WEST –
Sunday August 5th 2018 – Port Victoria YP**



The course is run on part of the “Walk the Yorke” trail so you can be guided by plenty of these yellow markers.



Event Rules>>

Have fun...lots of fun!! #coastalfunruns.

HIGH-FIVES AND SMILES ARE MANDATORY.

There are NO cut-off times for any distance with one exception.

Those who have entered both 42.195km marathons will need to be finished the first and ready to start the second at the advertised time of 2:00pm.

Effectively a 7 hour cut-off for the first 7:00am marathon.

All others just relax run/walk well and see you at the finish safely.

Race briefing AND group photo will be 15mins SHARP before each distance event start time.

Entry>>

There will be no late entries on the day. Entries must close at 4:00pm Thurs Aug 2nd 2018.

The Start>>

The start line and check-in for bib collection is situated on the foreshore lawns at the BBQ area approx 100 metres north of the Port Victoria Jetty which is located at the end of Main Street.







The start/finish area circled in yellow.

Schedule>>

7km 8:00am

21.1km 7:00am

42.195km 7:00am (Marathon 1)

42.195km 2:00pm (Marathon 2)

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 6:15am.

Bibs will not be mailed out but can be collected from the start line on the day.

We start on time and cannot wait for any late comers.

All times will be recorded from gun time.

The Course>>

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

The course is basically a 14km course consisting of 2 loops with the start/finish and one aid station situated in the middle. You will pass the station approximately every 7km.

The southern loop is an out and back 7km to Rifle Butts Beach while the northern loop is an out and back 7.1km (for the half marathon) and a 7.065km (for the full marathon).

The 7km runners will run the full southern loop and return to the finish. (2 x 3.5km = 7km).





The half marathon will run the southern loop then the northern loop followed by the southern loop again to the finish. (2 x 7km + 1 x 7.1km = 21.1km).



You will climb through the fence stile onto Nharangga Aboriginal Land on Wardang Road on the northern loop which is about 2.1km from the start. Look out for the wombat holes in this area.

The full marathon will run both the southern loop then the northern loop a total of 3 times back to the finish. ($3 \times 14.065\text{km} = 42.195\text{km}$).



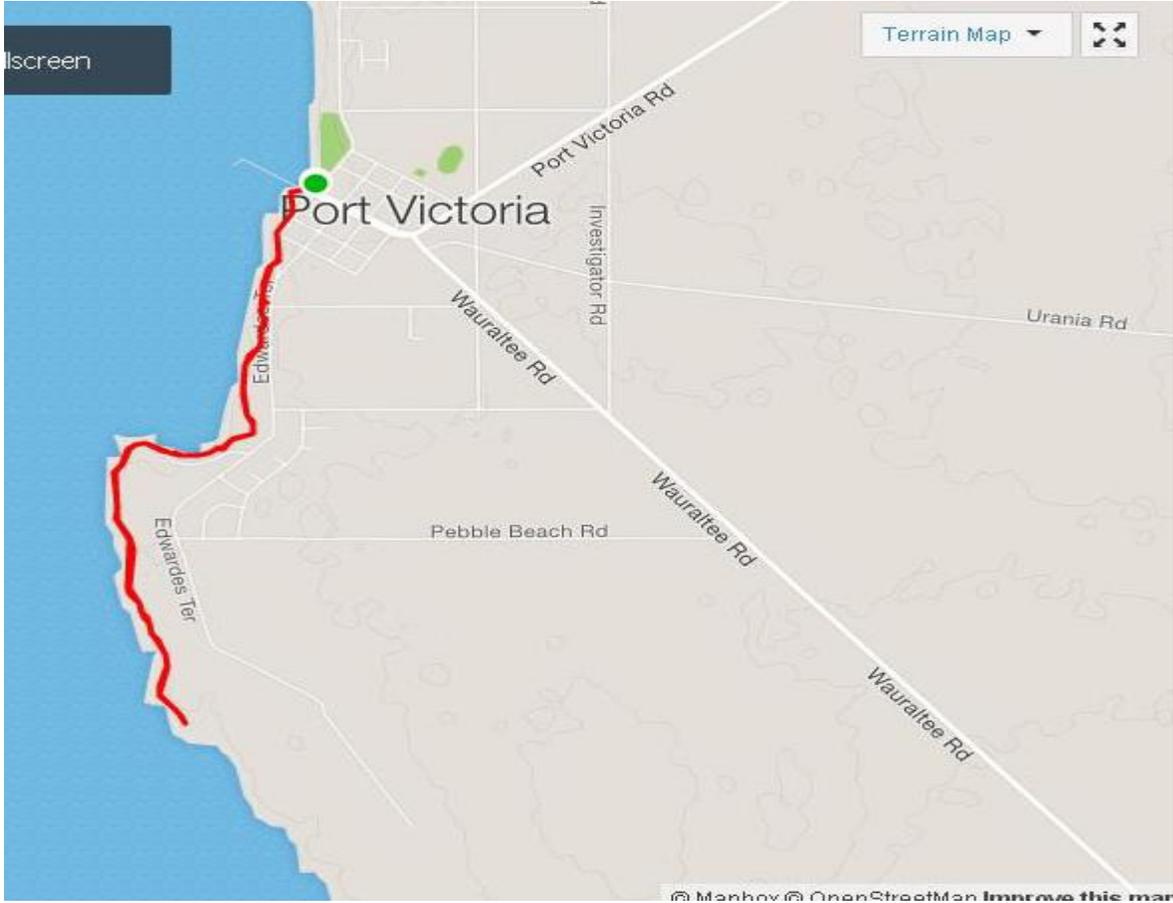
The start/finish area marked in yellow.

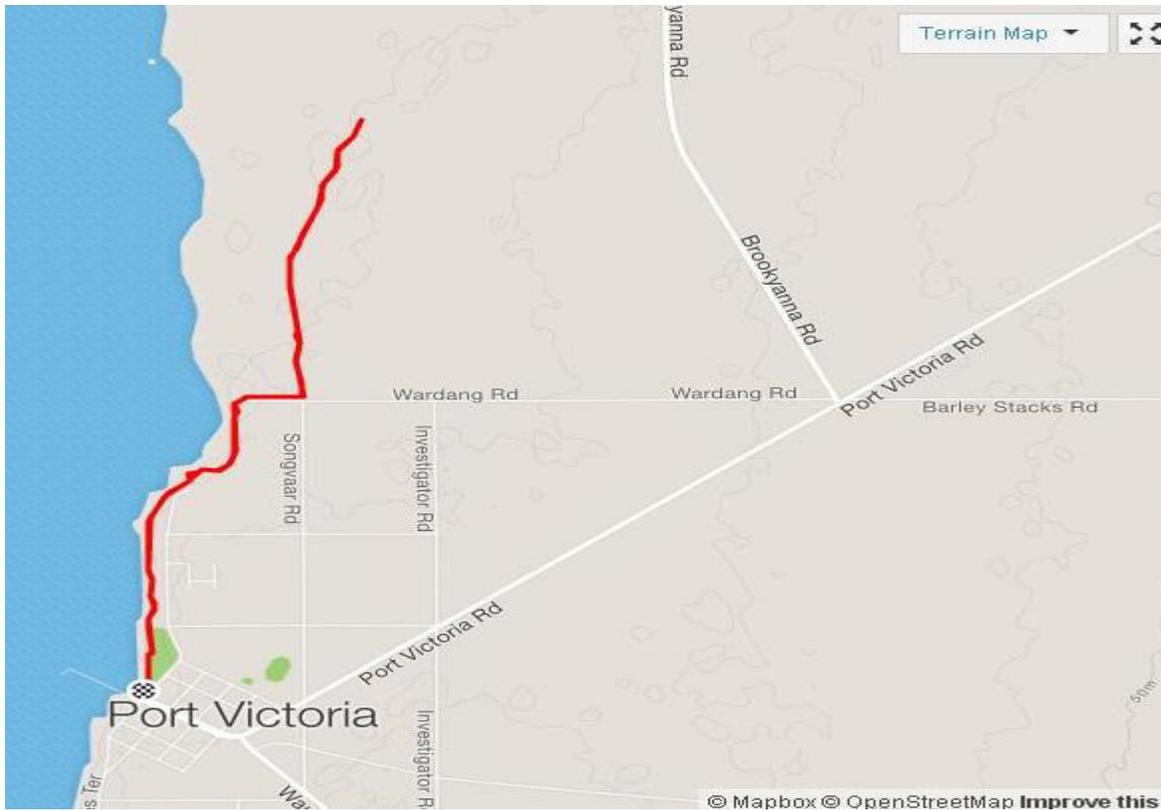


Be careful with any traffic as you cross through the boat ramp carpark on the southern loop. (very low traffic area).



The only stairs (wooden steps) are marked in yellow on the northern loop as you turn right and run along the rear of the caravan park.





Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish which you will pass approx every 7kms. There will also be water (10 litre carton with cups) placed approx 2kms out on both the southern & northern loops.

Toilets are available at the start/finish area near the jetty.

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.**

We will be purchasing a new timing system in the not too distant future.

Safety>>

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

The path will be marked with chalk (rain permitting) to guide you in certain areas and tall orange witches hats (cones) will be placed at all 3 turn-around points.

*****Please note that the 2:00pm marathoners may need to carry a headlamp or torch for much later in the day if still running close to 6:00pm.**

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 with 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.

Photos>>

We now no longer have an official event photographer (but would welcome someone willing).

There is no photographer available at this event but hopefully our volunteers can get some good pics for us please so remember to smile as you cross the finish even if you are hurting.

Presentation>>

Due to the nature of this particular event (low key), we will not have the usual presentation.

We will however have a medal for the first placed male & female for each event (except the second marathon) and also a trophy for our purple and/or yellow theme winner.

ALL finishers will receive a BRAVEHEARTS finishers medal with the full marathon finishers receiving a larger medal.

Theme>>

This event has a PURPLE and/or YELLOW theme and a trophy will be awarded to the person who best represents this theme. You are also encouraged to wear any BRAVEHEARTS gear or the colour purple as it helps us to continue to promote Bravehearts and create awareness.

Results>>

Results will be made available as soon as possible after the event and posted online at www.coastalfunruns.com

Results will be provisional and become final 3 days post event.

Event Parking>>

There is plenty of all day parking around the start/finish at the end of Main St.

Sponsors>>

We are still currently looking for sponsors for all coastalfunruns events.

CHEERS THANKYOU FOR YOUR SUPPORT AND ENJOY 😊

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

**Proudly supporting both
Bravehearts & the Australian Cancer Research Foundation (ACRF)**

Any other queries please call 0402 441 277

Please thank Bill and our other volunteers when you have the opportunity and also cheers to Goldy from YP Council for his advice and help with the placement of the markers.