

# **COASTAL4CANCER**

## **2018**

### **- Semaphore/Brighton**

[Event Rules>>](#)

**This particular event is proudly sponsoring the Australian Cancer Research Foundation (ACRF)**

**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 (FOR COFFEE)**

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

[Entry>>](#)

**Registrations are CLOSED**

[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)**



### **Start/Finish**

#### **Schedule>>**

**7:00am – 21.1km**

**7:00am – 42.2km**

**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**

**We will also be wearing black armbands for this event as a mark of respect so please allow a few extra minutes (not compulsory)**

**Check-in will open from 6:30am**

**Bibs will not be mailed out but can be collected from the start area on the day**

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

**Race briefing AND group photo will be at 6:45am SHARP**

#### **The Course>>**

**The course is an out and back run along the Adelaide coastline from Semaphore to Brighton and return**

**This self supported course starts 100 metres north of the Semaphore Jetty directly in front of the Pavillion**

**Turn around points for the half and full marathon will be further explained at the briefing**

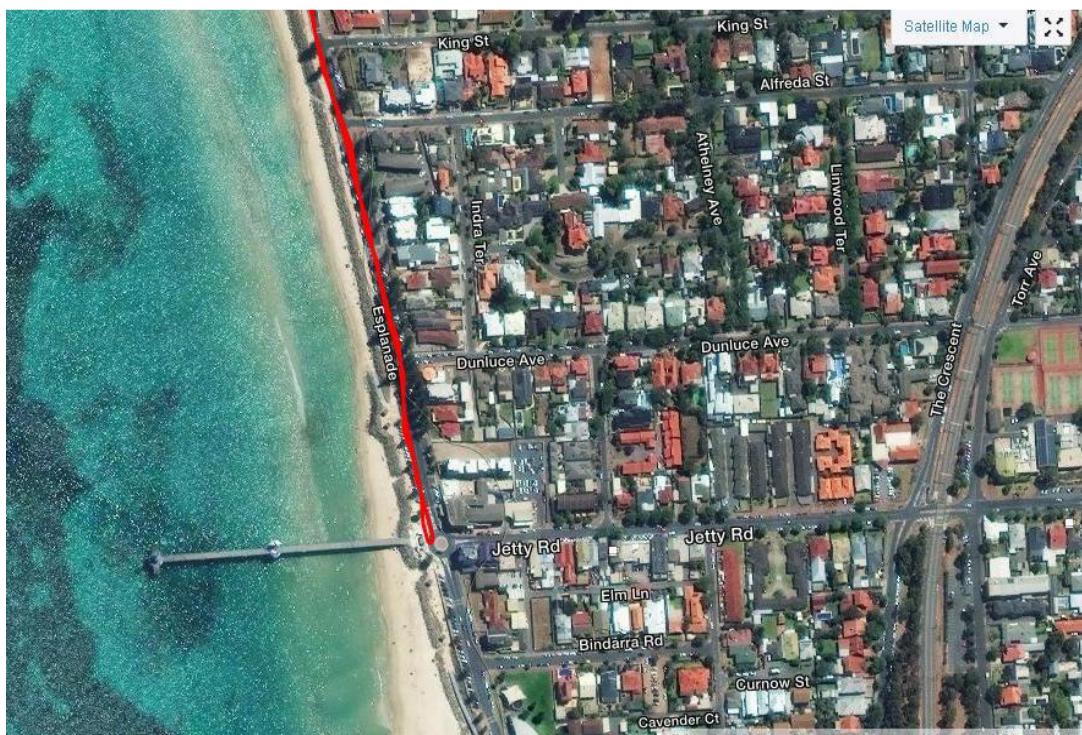
**We will run along the coastal bike/walk path, through the newly surfaced Tennyson Dunes path, passing through Glenelg and onto Brighton**

**The half marathon turn point is opposite Gilmore Road Henley Beach. (The first street on the left past Henley Beach Road) (approx 400 metres past Henley Beach Road and Hotel)**

**It will be marked with a yellow painted 21 on the left hand side of the path**



**The full marathon turn point is at Brighton Jetty where you will run under the “Arch Of Remembrance” and return**



**The half has one small section of beach running (Tennyson) with the full marathon two (Tennyson & Seacliff)  
Both no more than a few hundred metres**

**Here is a Strava link to the full course**

**<https://www.strava.com/activities/1797606478>**

**Aid Station/Toilets/Water Taps>>**

**The aid station is located at the start/finish area which will have the usual water, powerade & lollies etc**

**There are toilets at the start/finish which WILL be open. As this is a self supported run there are many numerous drinking taps and toilets along the course but please carry your own supplies if you need any extra nutrition etc**

**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**

**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**

**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**

**This event will finish from the south on the coastal path in front of the Pavillion**

### **Photos>>**

**We presently no longer have an official event photographer (we 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 photo before the race so please be ready when called over**

### **Presentation>>**

**There will be no presentation for this event**

### **Bibs & Medals>>**

**EVERY finisher of EVERY distance will receive a medal on crossing the finish line**

**“coastalfunruns” is a series of annual low cost, low key coastal fun running events held in South Australia and proudly supporting the Australian Cancer Research Foundation (ACRF)**

**Our costs are already the lowest in Australia and will remain so as the fixed EARLYBIRD price (until 8 weeks before each event date when prices will increase slightly to the STANDARD 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>>**

**There is no theme for this event but you are encouraged to wear your Braverunner singlet/t-shirt if you have one**

**Notes>>**

**We will be using the spare bibs for this event so your name and number will be hand written**

**We also encourage you to help us raise awareness about the need to end cancer by taking part and wearing your Braverunner purple or yellow singlet/t-shirt**

**All runners will be encouraged to wear black armbands for this event which will be provided. This will be explained at the briefing**

**Any other queries please call 0402 441 277**

**CHEERS THANKYOU AND ENJOY😊**

**[www.coastalfunruns.com](http://www.coastalfunruns.com)**

**“RUNNING WITH PURPOSE”**

**Proudly supporting 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**