

WESTERN COASTAL MARATHON

2018

Sun Oct 7th

Event Rules>>

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

HIGH-FIVES AND SMILES ARE MANDATORY.

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

****The 100km and second marathon have now been removed from this event.**

There is a very relaxed cut-off time of 8 hours for all distances (except the 5km) up to and including the 42km marathon. The 5km event has a cut-off of 1:00pm.

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 Thurs Oct 4th 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 Oct 7th 2018

5km COASTAL CLASSIC 11:00am

10km 8:00am

21.1km 7:00am

42.2km 6:00am

50km 6:00am

****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 distance starting time. Check-in will open from 5:15am Sunday morning for bib collection.

Bibs will not be mailed out and need to be collected from the check-in area on the day.

Please be aware we start on time and cannot wait for any late comers. If you are late you time will be recorded from GUN time.

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 5km COASTAL CLASSIC course will be explained at the race briefing. The course is basically a 3km out and back northern loop followed by a 2km out and back southern loop.

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).



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 & currently only the Australian Cancer Research Foundation (ACRF). Our costs are already the lowest in Australia and will remain so as the fixed EARLYBIRD price.

Prices will increase 8 weeks out from the event start date to the STANDARD price. All distances increase by \$5 with the marathon distance increasing by \$15. This will hopefully encourage runners to enter early especially the marathon runners.

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 3 days 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 possibly receive a generic finisher medal without the completed distance engraved. You will also receive a pre-printed numbered bib but your name will not be included.**

This will ensure everyone goes home with a medal as 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 YELLOW with the winner awarded the “YELLOW” trophy to be chosen by our volunteers.

First Place Medals>>

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

Results>>

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

Results will be provisional and become final 3 days after posting online.

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.

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY ☺

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