

HARBOUR COASTAL

2019

- Semaphore/Outer Harbour

Event Rules>>

This particular event is proudly supporting BRAVERHEARTS.

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 as this is a shared path.

Entry>>

Registrations WILL close Thurs Jan 10th 2019 at midday.

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>>

6:00am – 14km

6:00am – 21.1km

6:00am – 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.

Check-in will open from 5:15am.

**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 5:45am SHARP.

The Course>>

The course is a 14km out and back loop from Semaphore to Outer Harbour and return. This is not a closed course so please be aware of other users.

This self supported course starts 100 metres north of the Semaphore Jetty directly in front of the Pavillion on the coastal path and finishing on the lawn.

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

The half marathon will run 1 ½ laps of the 14km loop course turning opposite the snake pit on the second lap only.

The full marathon will run 3 laps of the 14km loop course (turning a few metres short at the half way point on lap 2 & 3 only).

The Race Director will explain in further detail the turn-around points before the 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).



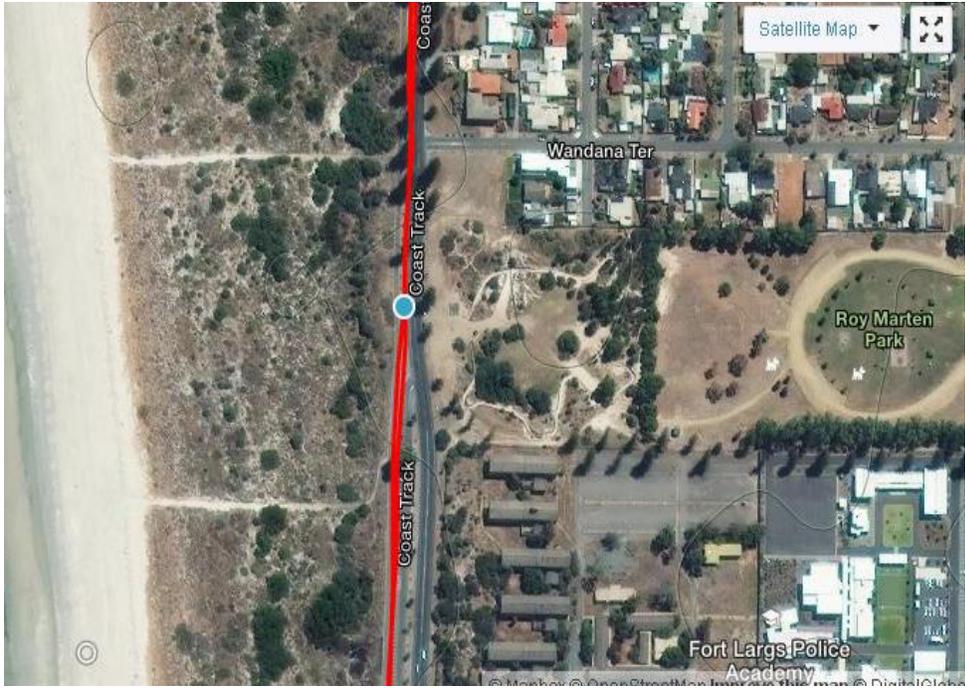
The 14km, 21.1km half marathon & 42.195km full marathon will turn here on the first lap north (run around the lawn area on the path ANTICLOCKWISE).



14km, 21km & 42km turn first lap only.



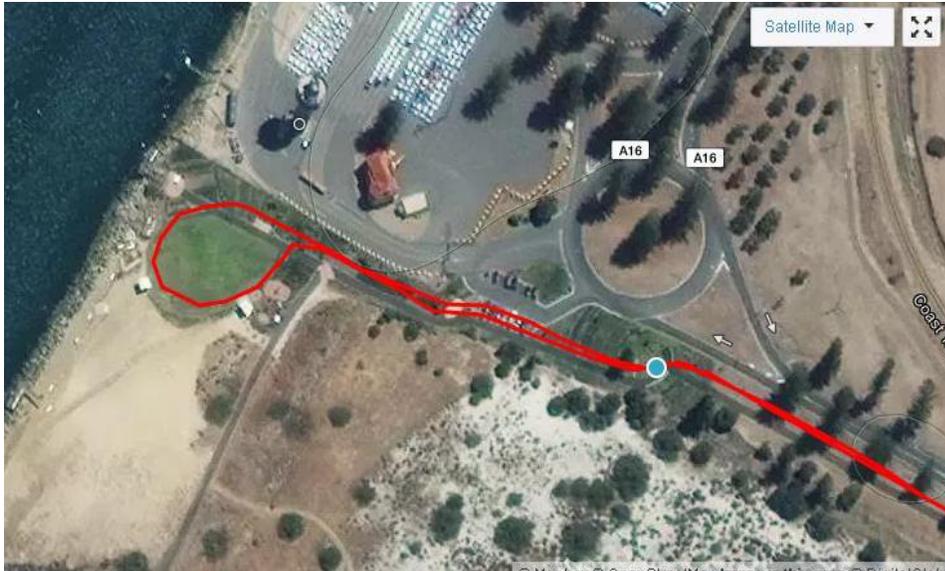
14kn, 21km & 42km follow path around lawn (first lap only).



21km second lap turn point (opposite the “snake pit”).



42km lap 2 & 3 turn



42km turn point for lap 2 & 3 only.

All turn around points will be clearly marked with yellow paint on the path (yellow 21 & 42 inside a heart) and further explained at the race briefing.

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 is also a toilet at the start/finish which WILL be open.

As this is a self supported run there are numerous drinking taps and toilets along the course but please carry your own supplies if you need anything extra nutrition.

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.

There are also a couple of side access roads that you cross over so please be careful of traffic and give way when needed.

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 grass please keep moving forward before collecting your medal so as to not obstruct other finishers.

This event will finish from the north on the lawn 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. Bibs and medals will be generic for this event as both my suppliers are still closed for the Xmas/New Year break.

“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.

Prices will increase 2 weeks out from the event start date to the STANDARD price. All distances increase by only \$5. This will hopefully encourage runners to enter early.

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 midday 3 days before each event (unless noted otherwise).

There will be NO on the day entries unless via prior arrangement..

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.

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.

Volunteers>>

We are still looking for volunteers for this event on any day to help with bibs, aid station, finisher medals and the all important timing.

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 number may be hand written.

We also encourage you to help us raise awareness for child protection by taking part and wearing your Braverunner purple or yellow singlet/t-shirt.

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

Proudly Supporting

Bravehearts

Educate Empower Protect Our Kids



Please thank our awesome volunteers when you get the opportunity for without freely giving of their valuable time we would not have any events