

# YORKE COASTAL WEST 2019

Sun Feb 10<sup>th</sup>



**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 is an 8 hour cut-off time for all distances up to and including the 42km marathon.**

**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>>**

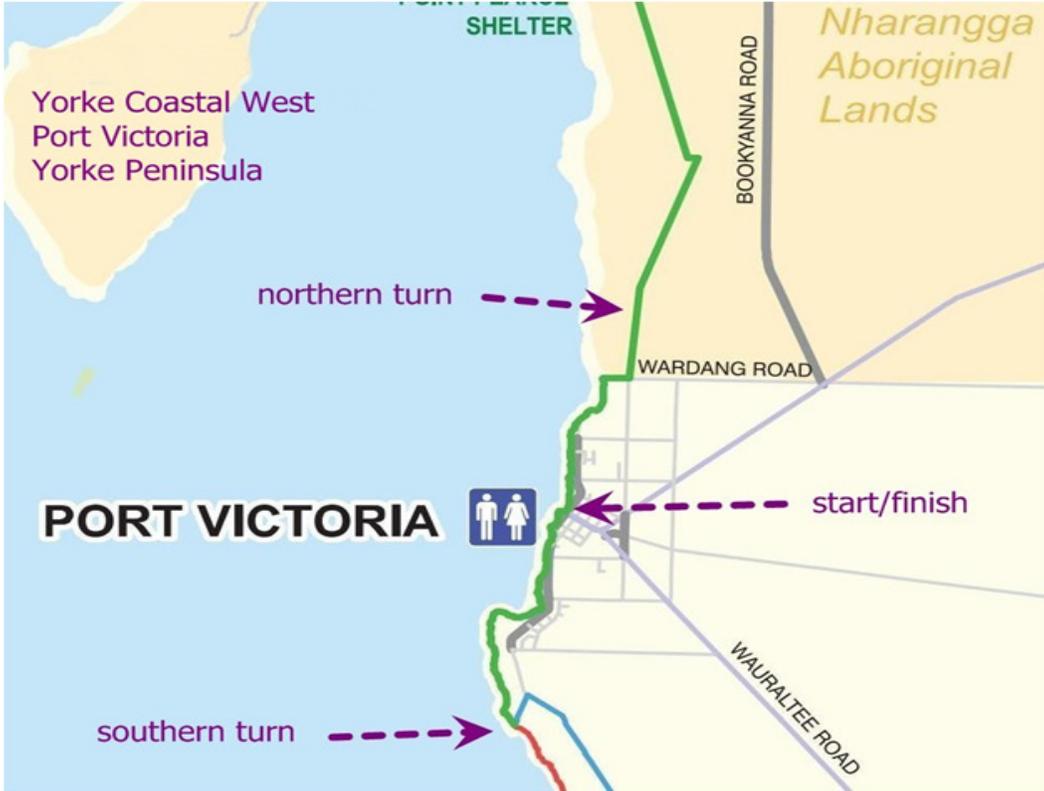
**Registrations WILL close on Thurs Feb 7<sup>th</sup> at midday. There will be no late entries on the day.**

### **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.**



**Start/Finish**



The start/finish area circled in yellow

### **Schedule>>**

**6:00am 42.2km full marathon.**

**7:00am 21.1km half marathon.**

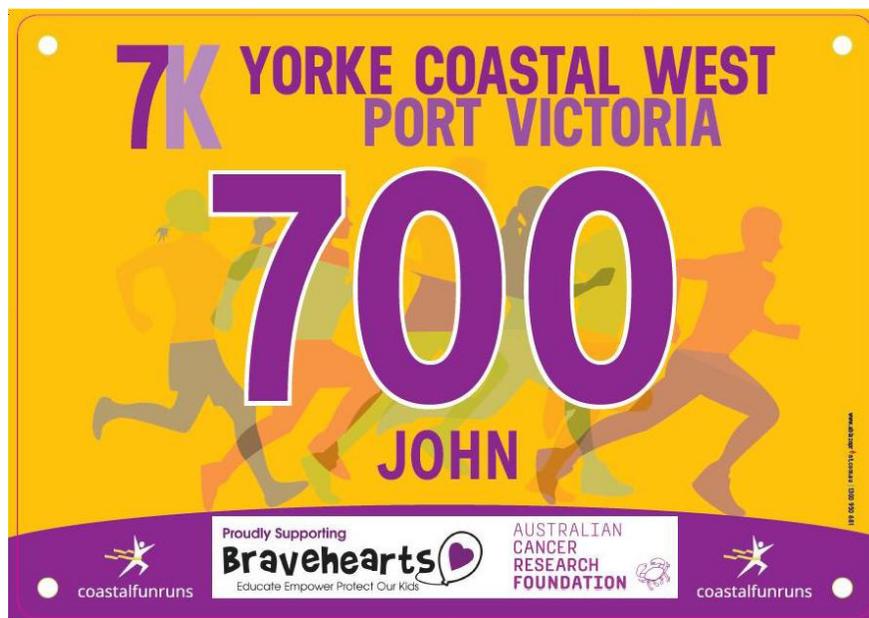
**8:00am 14km.**

**9:00am 7km.**

**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.**

**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 your 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 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.**

**ALL distances will start with the southern loop first.**

**The path will be marked with chalk or yellow chalk paint to guide you in certain areas and tall orange witches hats (cones) will be placed at the 2 x 2.5km turn-around points.**

**I will also mark the course with pink ribbon tape to guide you as well.**

**The southern loop is an out and back 7km to Rifle Butts Beach while the northern loop is an out and back 7km to Nharangga Aboriginal Lands.**



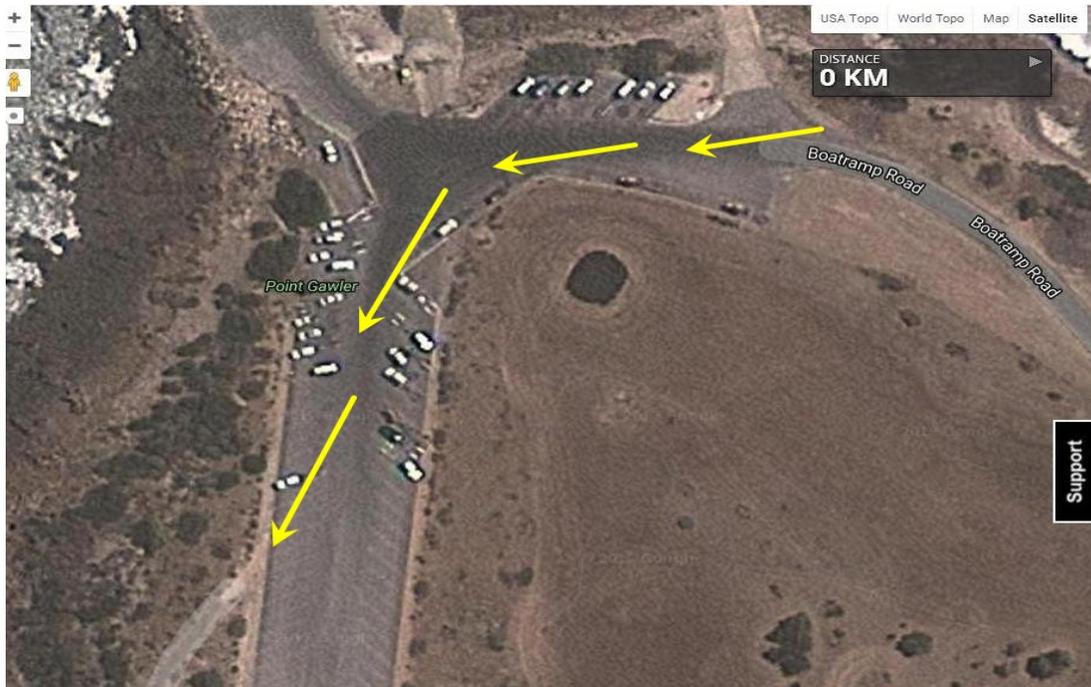


**The 7km runners will ONLY run the full southern loop and return to the finish.**

**The 14km runners will run the full course once.**

**The half marathon will run the southern loop then the northern loop followed by the southern loop again to the finish. The half marathon will also run an extra 100 metres out and back at the start before heading out on the southern loop.**

**The full marathon will run both the southern loop then the northern loop a total of 3 times back to the finish. The full marathon will also run an extra 100 metres out and back TWICE at the start before heading out on the southern loop.**



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



**Just for fun 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.**

**Here is a STRAVA link to last year's Yorke Coastal West marathon run.**

**<https://www.strava.com/activities/1750387591>**

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

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

**The aid station is located at the start/finish which you will pass approx every 7kms.**

**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.**

### **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 or yellow chalk paint to guide you in certain areas and tall orange witches hats (cones) will be placed at the 2 x 3.5km turn-around points.**

**(Goldy from YP Council has placed the orange cones out for me in the past 2 years so If I cannot contact him I will place out our usual purple cones)**

### **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.**

**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 being low key we will not have the usual presentation.**

### **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 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” late entries.**

**What this means is the following..**

**\*\*If you enter early you are assured of a finisher medal with the correct distance engraved (we are also now possibly including your full name engraved on all finisher medals). 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 “ORANGE” with the overall winner awarded the “ORANGE Theme” 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.**

**At least the full marathon and possibly other distances this year should receive a much larger than normal medal.**

### **Results>>**

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

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

### **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.

### **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.

Any other queries please call 0402 441 277

CHEERS THANKYOU FOR YOUR SUPPORT AND ENJOY☺

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