

GRANGE COASTAL

Sun March 10th

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 42.2km 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 March 7th 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).



Start/Finish

Schedule>>

****PLEASE NOTE..NOW WITH A 6:30AM 15km & 30km OPTION****

ALL distances (10km, 15km, 21.1km, 30km & 42.2km) will start at the same time of 6:30am from Semaphore.

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 5:45am on the morning of the event 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 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 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.

ALL turn around points for all distances will be further explained at the race briefing. Most turn points will be marked with yellow paint and also pink ribbon to guide you.

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

The turn point for the 10km is just past the lookout at Tennyson Dunes.

We have added a late 15km & 30km option as well. The 15km turn point is the Grange Jetty whilst the 30km turn point is Anderson Ave Glenelg North.

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.

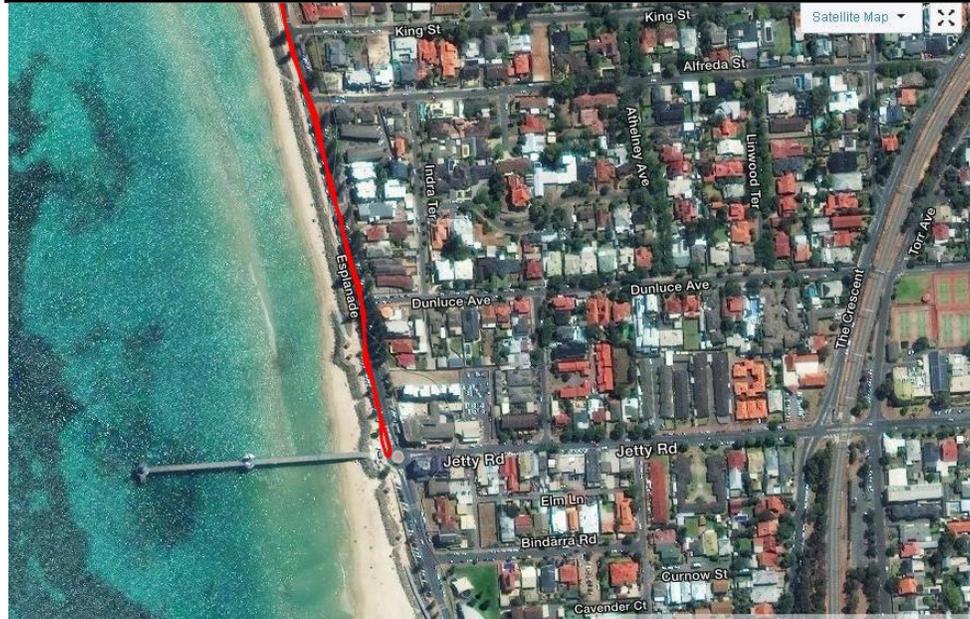


The full marathon turn point is at Brighton Jetty where you will run under the “Arch Of Remembrance” and return.

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.

Safety>>

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

Drop Bags>>

There will be an area at the start/finish under the Pavillion 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. 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) 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>>

Due to the nature of this self supported run we will not have the usual finish presentation.

Bibs & Medals>>

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

“coastalfunruns” is THE ORIGINAL 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 is put into place to 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 and to assist our volunteers work load on the 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 at selected events). 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>>

There is no theme for this event but it would be awesome to see everyone run in the team BRAVERUNNER top if you have one. This helps us to create the much needed awareness for Bravehearts as we spend the time running along the Adelaide coastline.

First Place Medals>>

We will not be having first place medals for this event unless we reach 100 entries and have volunteer support. To be advised.

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 to join “inkinskin tattoo studio” for sponsorship of all coastalfunruns events.

Volunteers>>

We are still in need of volunteers for this event to help with Race Director, bibs, aid station, finisher medals and the all important timing.

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

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