

GRANGE COASTAL – Semaphore Sun March 8th 2020

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.

****PLEASE NOTE THAT DUE TO THE FACT THAT WE HAVE AN EARLY START AND WE ARE RUNNING VERY CLOSE TO SOME COASTAL HOUSING ON PARTS OF THE COURSE CAN RUNNERS PLEASE KEEP THE NOISE LEVEL DOWN DURING THE FIRST LAP.**

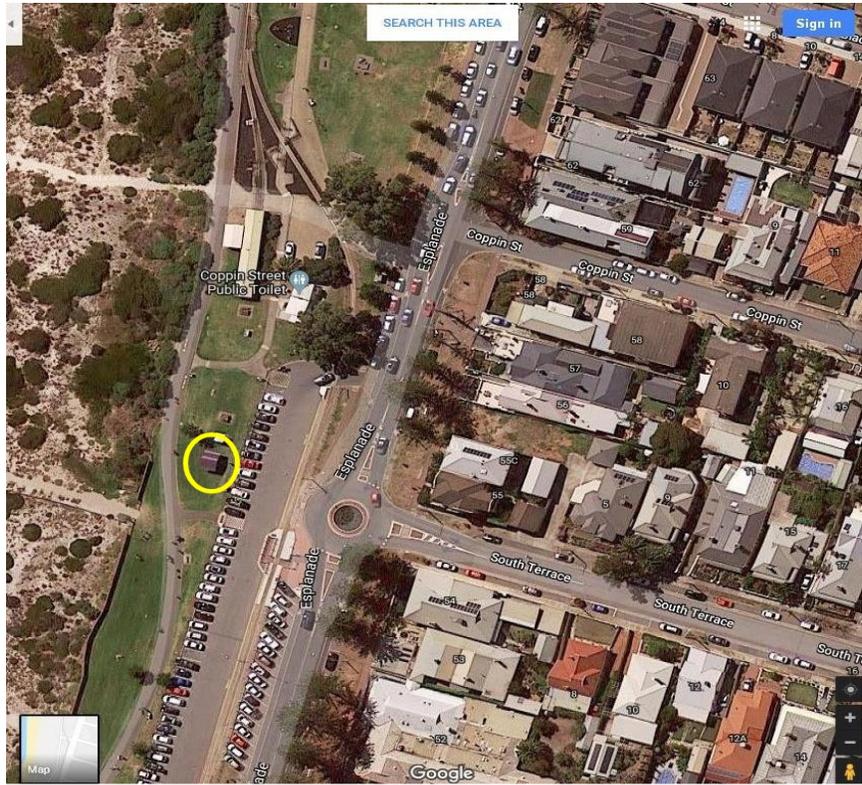
Entry>>

Registrations WILL close on Thurs March 5th at midday.

The Start>>

The start line and check-in has been moved from our usual Semaphore location. In future the start/finish location will be located approx 300 metres south of the existing location. This will not affect any of our current distances available. The new location is opposite South Tce Semaphore. There are toilets within metres and also an undercover area for our volunteers. (see picture).

This means the start and check-in is now located approx 200 metres SOUTH of the Semaphore Jetty.





Start/Finish.

Schedule>>

Sun March 8th

****All distances start at 6:30am**

6:30am – 42.2km

6:30am – 30km

6:30am – 21.1km

6:30am – 10km

**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 Sun 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>>

We have changed the course yet again for the Grange Coastal. We actually start and finish again at Semaphore this year. We run towards Grange but turn around at Tennyson and run back to the start at Semaphore.

The course is a 7.033km out and back loop to the start/finish. The one aid/water station is situated at the start/finish which you will pass every 7km.

You will start on the coastal walk/bike path in front of the new location (approx 200 metres south of the Semaphore Jetty) and head south towards Grange before turning at Tennyson and return to finish from the south onto the lawn.

Every runner in every distance (10km. 21.1km. 30km & 42.2km WILL turn at the same 3.5km turn around point on lap one.



Lap one turn around point for all runners.

The full marathon runners will run 6 laps while the half marathon runners will run 3 laps.

The 30km runners will run 4 laps then an out and back 2kms (1km out 1 km back)

The 10km runners will run 1 lap then an out and back 3kms (1.5km out 1.5km back)

This means there are only 3 turn around points on the course. The turn around points will be marked and explained further at the 6:15am race briefing.



1km turn point on last lap for the 30km runners.



1.5km turn point on last lap for the 10km runners.

Here is a link showing the full 7.033km course.

<https://www.strava.com/activities/3137848912>

Just be aware that the path splits in 2 at 3 different points (only for a few metres on each occasion). Please take the left option both out and back as this is how the course was measured.



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 and also about 1km & 3kms north.

There are also several drinking fountains (at least 6+) along the course.

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 shelter 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 for our volunteer timekeepers to record your bib number and time.



The banner features a green background with two light blue stars in the top corners. The text "coastalfunruns" is written in a purple, lowercase, sans-serif font. Below this, the number "2175" is displayed in a large, bold, purple font with a white outline. The background of the banner includes silhouettes of runners in various colors (green, blue, yellow, brown). At the bottom, there is a purple curved banner containing logos and text. On the left and right are the "coastalfunruns" logo, which consists of a stylized runner icon. In the center, it says "Proudly Supporting Bravehearts" with a heart icon, followed by "AUSTRALIAN CANCER RESEARCH FOUNDATION" and a small logo of the foundation. Below "Bravehearts" is the tagline "Educate Empower Protect Our Kids".

coastalfunruns

Proudly Supporting
Bravehearts
Educate Empower Protect Our Kids

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

coastalfunruns

139 056 001 FRANCIS... 08/04/14

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>>

We will only have a presentation to award first place male & female medals if we can secure enough volunteers.

Bibs & Medals>>

EVERY finisher of EVERY distance at EVERY event receives 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 probably already the lowest in Australia and will remain so as the fixed EARLYBIRD price.

We do 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>>

Theme for this event is GREEN with one trophy awarded to the person who our volunteers deem best represents this theme.

First Place Medals>>

We may or may not have first place medals for both male and female for all distances depending on whether we can secure enough volunteers to help out on the day. These will be awarded at the presentation if it goes ahead at approx. 10:30am.

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 a large carpark within metres of the start/finish area.

There is also plenty of available space with all day parking along the esplanade.

Sponsors>>

We are still currently looking for sponsors for all coastalfunruns events.

Volunteers>>

We are still in need of volunteers for this event to help with timing and handing out bibs and finisher medals. If anyone is available to take a few photos on the day please let us know.

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.