

# **LEFEVRE COASTAL RUNNING FESTIVAL Semaphore Mon June 8th**

## **Event Rules>>**

**Have fun...lots of fun!! #coastalfunruns.**

**\*\*Due to the current COVID-19 pandemic please be aware of the following restrictions in place for this event. This should be the last event with these restrictions.**

**All distances with the exception of the 21.1km half marathon, 30km, 42.2km marathon & 60km will be run as a virtual event. Unfortunately due to lack of volunteer assistance it would not be practicable to allow other distance runners to start on the actual course.**

**Please if you are running the virtual 1km, 5km,10km & 15km distance remember to record your run (actual time not moving time) and post your Garmin or Strava or the like screenshot in our event page so that we can record your finish time in the online results.**

**I will be at the start area at the location listed below for collection of all finisher medals (1km, 5km,10km & 15km medals ONLY) on Fri June 5th 2020 between 5:00pm - 6:00pm.**

**The marathon distance will be run on the actual course (there are marathon club rules in place that require this distance to be run as an official race). The 60km ultra also needs to be run on the actual course to meet the requirements of AURA and be eligible for championship points.**

**The marathon will start at 7:00am with a maximum of 20 runners. The half marathon, 30km & 60km will start at 8:00am also with a maximum of 20 runners in total. If you are in the second wave please don't arrive early or congregate at the start area until the first wave have started.**

**Please make sure you are aware of which starting wave you are in before you arrive.**

**Please do not stay at the finish area waiting for other finishers after your run. We need to enforce the policy of "arrive, run, leave". We have to be very aware of the need to not gather in groups of more than 20. Due to the current restrictions on**

*gatherings, we do not encourage the support of family, friends or supporters with you on the morning of the event.*

**Please try and keep the social distancing of 1.5 metres at all times even when on course if possible.**

**Unfortunately we cannot promote or allow the usual uplifting high-fives between runners.**

**The marathon finisher medals will be left on the table in a box so that you can collect your own medal after your run. The volunteer/s will not place the medal around your neck as usual.**

**There are plenty of drinking fountains along the course route but we will also supply 10 litre water boxes at the start/finish. Remember we are now "cup free". Due to restrictions we cannot supply any lollies or fruit so if you need any other nutritional requirements please bring your own food and sports drink which you can leave at the start/finish with our volunteer.**

**If it can be sourced we will also provide hand sanitiser at the start/finish for all to use before and after your run.**

**There is an 8 hour cut-off time for all distances for this event.**

**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.**

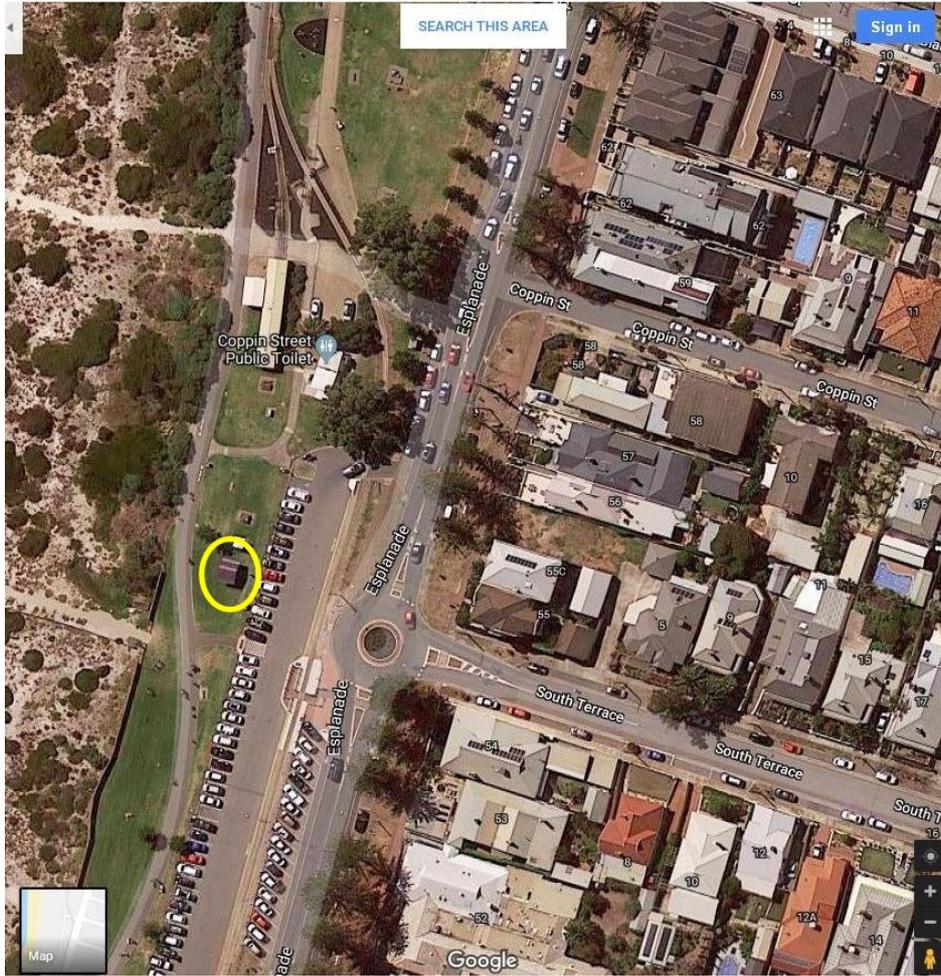
### **Entry>>**

**Registrations WILL close on Fri June 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>>**

**Mon June 8th**

**7:00am – 42.2km - Wave 1 (max 20)**

**8:00am – 21.1km, 30km & 60km - Wave 2 (max 20)**

**1km, 5km, 10km & 15km distances to be run as virtual. This means you can run in any location of choice at any time of choice during Mon June 8th. The time you choose to run on the day is entirely your choice.**

**You are of course welcome to run on the actual public coastal path along Semaphore as it was great seeing familiar faces throughout the morning last week, but please be aware all restrictions in place.**

**For the marathon runners please try and arrive in time for the race briefing 15 mins before your scheduled starting time. Please if you're in wave 2 do not arrive before the first wave have already left the start area. 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 so you are ready for the race briefing.**

**Check-in will open from 6:15am Mon for bib collection for wave 1 runners. 7:15am for wave 2 runners.**

**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>>**

**For the half & full marathon distance the course is a 10.55km 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 an approx 6.40km northern loop followed by a 4.15km southern loop.**

**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 north and finish from the south onto the lawn.**

**We will be using the original AIMS measured course of 10.55km laps for the half & full marathon distance.**

**There WILL be purple cones placed at the 2 turn-around points and also white paint distance markers on the left hand side of the path at those turn around points.**

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

**Here is a link showing the same full course used at another event earlier this year.**

**<https://www.strava.com/activities/3043631477>**

**On the southern loop the path splits into two for a few metres on several occasions. Please take the left option both out and back as this is how the course was measured.**

**\*\*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 course for the 30km & 60km will be explained on the morning but will consist of multiple laps of a 10km AIMS measured loop.**

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

**The aid station is located at the start/finish which you will pass approx every 5kms. Toilets are available at the start/finish area and also about 1km both north and south.**

**There are also several drinking fountains and showers in each direction both north and south along the path.**

#### **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.

### **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 (observing the 1.5m social distancing rules) before the race so please be ready when called over.

### **Presentation>>**

There will be no award presentation for this event due to the lower numbers.

### **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 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>>**

**Due to restrictions there will be NO THEME for this event.**

#### **First Place Medals>>**

**Due to smaller numbers there will be no first place medals for both male and female for this event.**

#### **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 a large car park 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](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.**