

Coastal 5 2021
- Semaphore -
Sat July 17th - Fri July 23rd 2021



**Welcome to the 6th year running of our original multi-day event series.
This event is proudly supporting BRAVEHEARTS to help #protectkids.**

**This year we have added an additional 2 days either side of the 5 day event (Sat July 17th & Fri July 23rd) with a 7km & 42.2km distance option on those days.
Distances for the 5 day event include 7km, 10km, 21.1km half marathon & 42.2km full marathon.**

**Due to having no volunteer support this event is now a self supported event.
This means you still start at the nominated time of 7:30am each day at the Semaphore South location, and you record your own finish time (must be elapsed time not moving time) Race bibs and finish medals will be given out at the race briefing each morning at approx 7:15am.**

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.**

Physical distancing, or social distancing principles still apply. Every person should attempt to stay at least 1.5 metres from other members of the public.

We have a Step 3 COVID-Safe Plan in place and also your COVID Marshal for this event is Chris Glacken.

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

We will provide hand sanitiser and antibacterial wipes at the start/finish for all to use before and after your run.

You will need to use your mobile to check-in to our unique QR Code using the mySA GOV app. If you don't have a mobile or the app you will need to check-in with our volunteers and leave your name and contact number.

Due to being self supported there is now NO cut-off time for all distances. Plenty of time so relax, run/walk well and enjoy the journey 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 all other users.

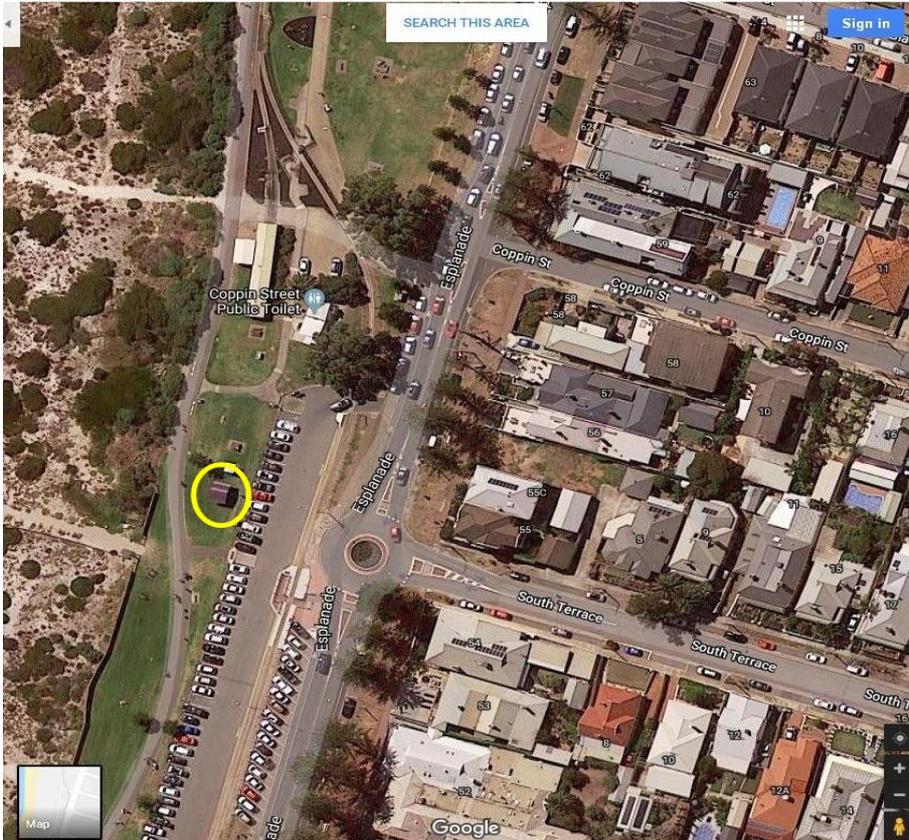
Entry>>

Registrations are online and will close Thurs July 15th at midday (unless noted otherwise).

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>>

ALL distances start at the same time of 7:30am each day.

There is an EARLY start option for day 2 (Sun July 18th) at 12:01am (midnight) with prior arrangement.

Sat July 17th - 7km & 42.2km

Sun July 18th - 7km, 10km, 21.1km & 42.2km

Mon July 19th - 7km, 10km, 21.1km & 42.2km

Tues July 20th - 7km, 10km, 21.1km & 42.2km

Wed July 21st - 7km, 10km, 21.1km & 42.2km

Thurs July 22nd - 7km, 10km, 21.1km & 42.2km

Fri July 23rd - 7km & 42.2km

7km - \$15

10km - \$20

21.1km - \$25

42.2km - \$30

Coastal 5 Series Medal (any one distance for 5 days) - \$15

****If you choose to take up the early midnight option Sun you will obviously need a headlamp or torch, especially if unfamiliar with the course as there are numerous areas without lighting.**

Please arrive to check-in and have your name taken and collect your bib and pins at least 20-30 minutes prior to the scheduled starting time so you are ready for the race briefing.

Check-in should open from 7:00am each day for bib collection for all runners. For those running multiple days please retain the same race bib for each day.

Bibs will not be mailed out and need to be collected from the check-in area on the day.

**** Just an update effective from March 1st 2021. We are very low cost, low key with a heavy focus on the fun and enjoyment of running. We continue to remain as flexible as possible with most rules and regulations, but at the same time there is a need to add the following guidelines effective immediately. To keep some level of professionalism we need to set some fixed rules in place. All runners must start at the scheduled start time for all distances at all events.**

Any early starts are only allowable with good reason by prior arrangement with coastalfunruns at least 24 hours before the event start time.

You must also stay in the distance you nominated and registered for and cannot decide to drop back to a shorter distance or run a longer distance without prior arrangement with coastalfunruns at least 24 hours before the event start time.

This ensures our medal count and bib allocation is correct for all distances and makes our volunteers work much easier including the recording of finish times as we currently use a manual timing system.

The Course>>

For the half & full marathon 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.

There will be NO cones (witches hats) placed at turn-around points for this event. We will have yellow paint distance markers on the left hand side of the path at all turn around points and pink ribbons tied to the tree or post on the left hand side next to the paint markers.

Here is a link showing the same full marathon course used at a recent similar event.

The link for the 7km ran on Wed July 14th can be made available if required.

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

The gpx file is available upon request also.

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 half marathoners will run 2 laps whilst the full marathoners will run 4 laps.

The course for the 7km & 10km will be explained on the morning at the briefing.

The 10km will run on the same above listed course but with an earlier northern turn around point for an out & back northern loop of 5.85kms. The southern loop remains the same as above.

The 7km runners will run the half & full marathon course of the out & back northern loop of 6.40km followed by a 600metre out & back southern loop.

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

Aid Station/Toilets/Water Taps>>

Being self supported there will be NO aid station for this event.

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>>

With this event being self supported you will also time your own run and upload it to our event page asap. **It must show elapsed time not moving time.**

Even though the event is self supported all times are official with the 42.2km marathon being eligible for 100 club records.

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 at your own risk as the area will not be monitored. Car parking is available within metres of the start/finish to leave any valuables or nutrition requirements. Please don't leave any valuables at the shelter as no responsibility can be taken for them.

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>>

The finish line will be marked with chalk and explained at the daily briefings. You will finish from the south onto the lawn area in front of the shelter.

Photos>>

No photos will be taken unless any runners wish to take some pics out on course.

There will be the usual group photos for each day (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 particular event.

Bibs & Medals>>

EVERY finisher of EVERY distance at EVERY event 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 the Australian Cancer Research Foundation (ACRF) & Bravehearts.

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.

Theme>>

There is no theme for this event but if you do have a shirt with the Bravehearts logo please wear that if possible.

First Place Medals>>

At this stage there are no first place medals on offer in this event for either male or female. The event is all about participation and fun but we do however occasionally offer extra medals.

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 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 future coastalfunruns events.

Volunteers>>

We are always looking for volunteers for all our events as there are numerous roles to fill.

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY ☺

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

Proudly supporting BRAVEHEARTS.

