

# **YORKE COASTAL WEST 2022**

**Sun Feb 6th**

***From bib number design to looped course layout and distances on offer this is the original low cost, low key community coastal fun running event series in South Australia.***

***We proudly support both the Australian Cancer Research Foundation & Bravehearts through our "running with purpose" 😊***





**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.**

***\*\*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.**

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

***Please stay home and do not attend if feeling unwell.***

**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 details**

**There is an 4 hour cut-off time for all distances up to and including the 21.1km.**

**Once the last runner finishes (or 12:00pm) the full marathon becomes SELF-SUPPORTED. This means there will be no aid station and you will have to record your own finish time and submit for recording. (Must be total "elapsed" time not moving time). Your finisher medal will be handed out before you start. The 42.195km full marathon has 2 start times of 7:00am or 10:00am.**

**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 all other users.**



### **Entry>>**

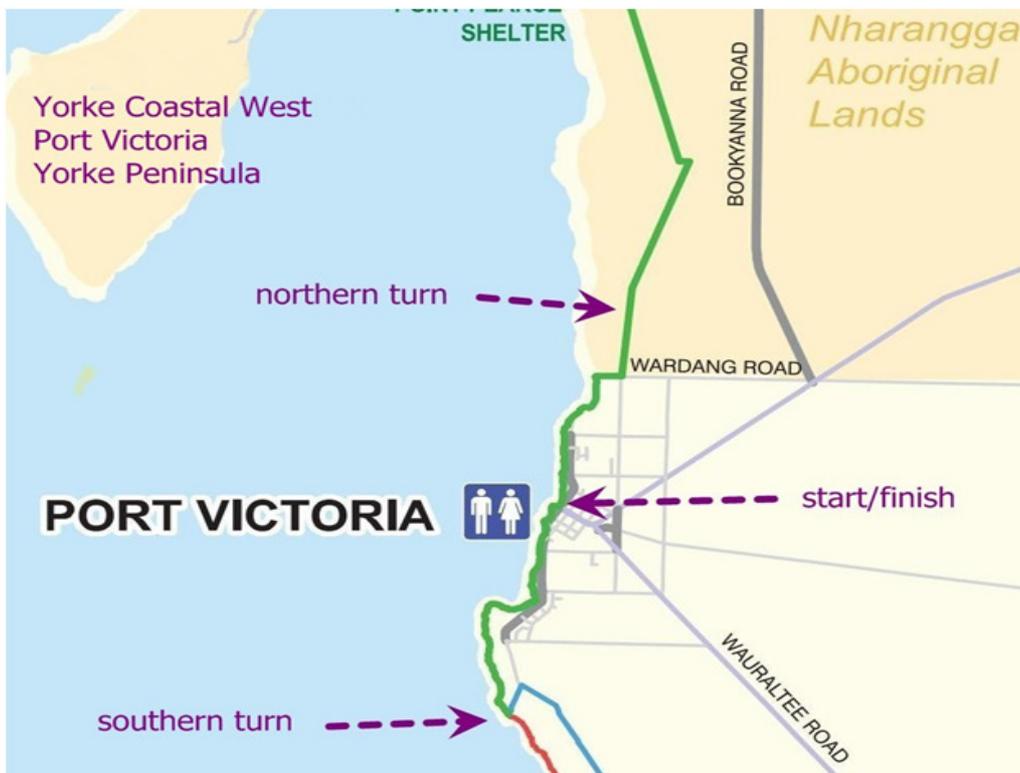
**Registrations WILL close on Thurs Feb 3rd at noon. (This has now been extended until 8:00pm Fri Feb 4th) There will be no late entries on the day.**

### **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>>**

**7km 8:00am Start - \$15**

**14km 8:00am Start - \$20**

**21.1km 7:00am Start - \$30**

**42.2km 7:00am/10:00am self supported - \$35**

**ALL prices are "Earlybird" for all events (priced from \$15 - \$35 inc. race bib & finisher medal) but revert to "Standard" one month out from each event date (priced from \$20 - \$50 inc. race bib & finisher medal).**

**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 6:15am.**

**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.**



**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 decided this year for the second time to just use the southern loop of the course. The aid station is situated at the start/finish which will pass every 7km for those running the 14km, half & full marathon. *(We may or may not move the course 1km back from the southern Rifle Butts Beach turn-around so that all runners can experience a 1km out & back along the northern section - if this happens it will be explained at the briefing on the morning)***

**The path will be marked with chalk or white or yellow chalk paint (where possible) to guide you in certain areas and a purple witches hat (cone) will be placed at the 3.5km turn-around point.**

**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.**

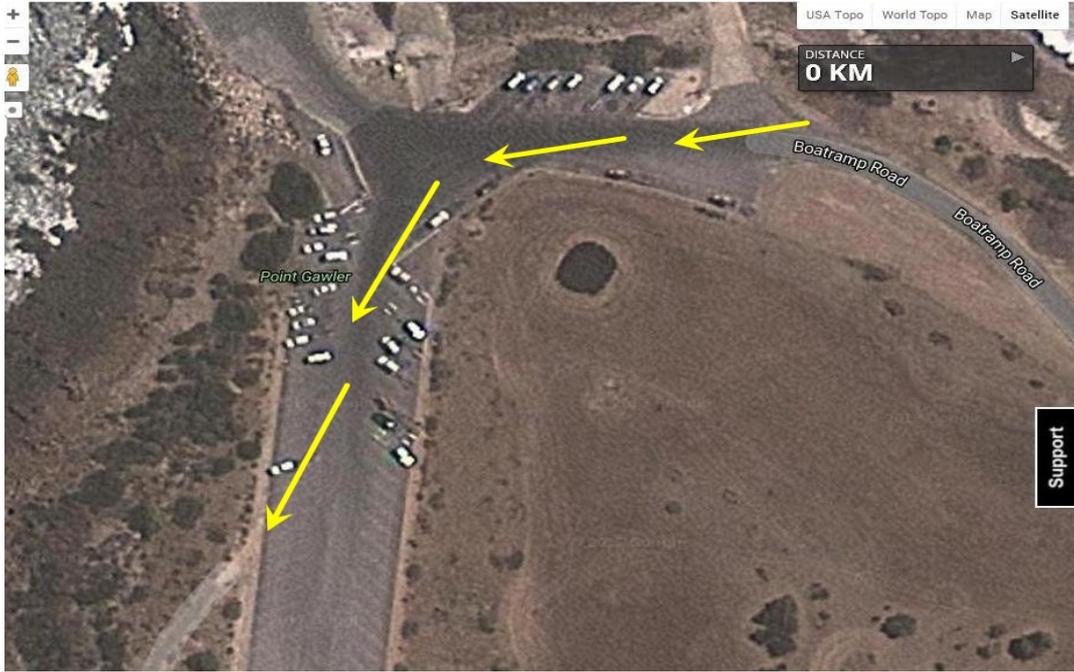




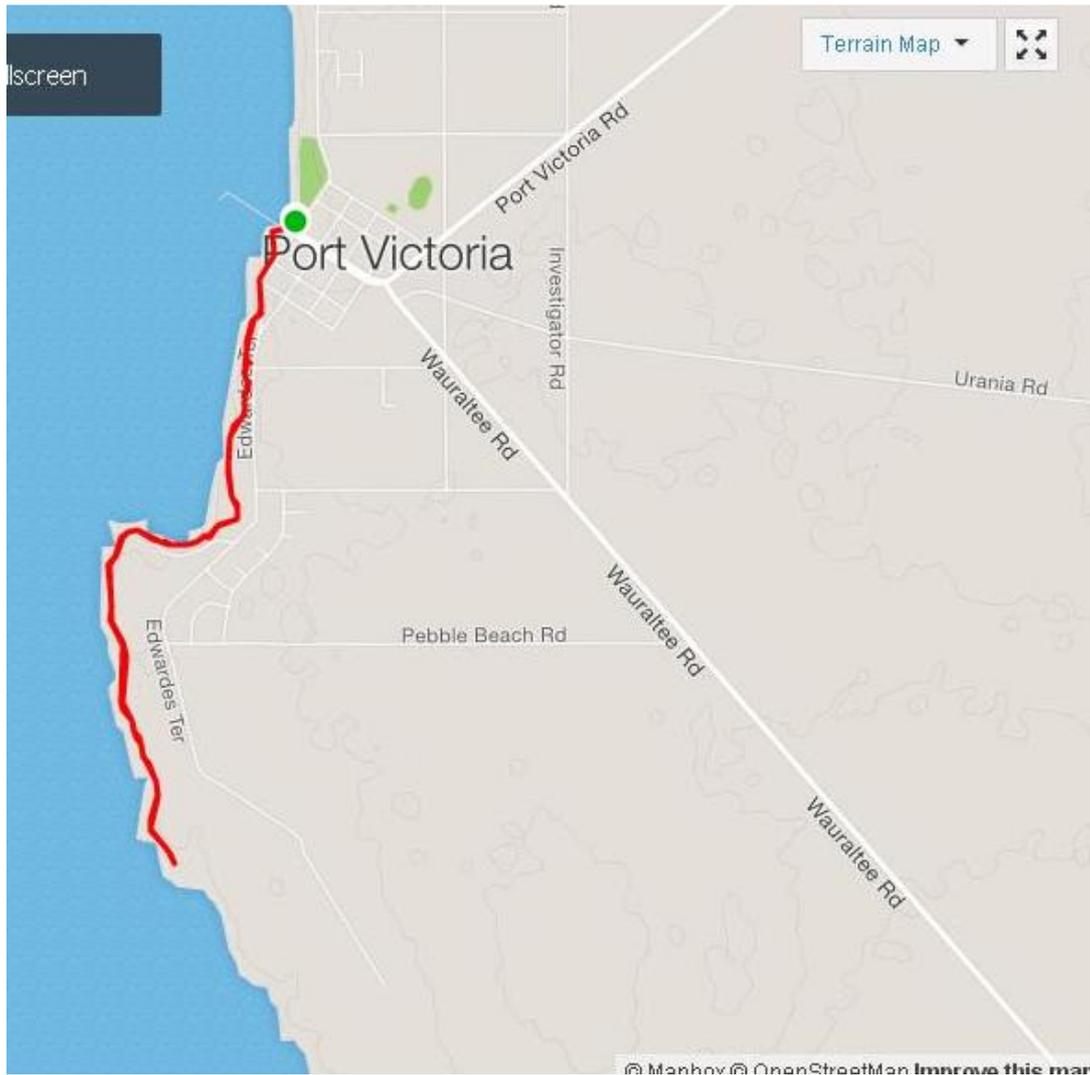
**ALL runners will turn here at the same turn-around point on the full southern loop and return to the finish.**

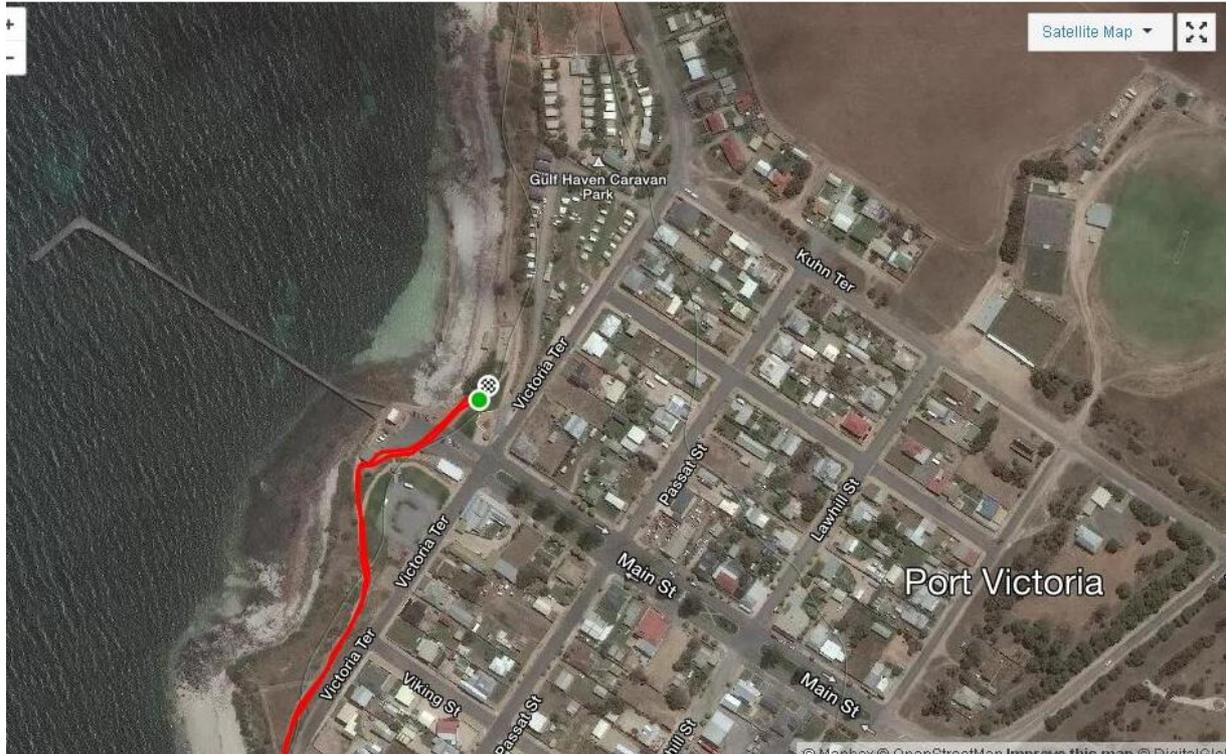
**The 7km runners will run the southern loop course once. All other distances will run multiple loops of the course. (14km twice, 21.1km half marathon 3 times & 42.2km full marathon runners 6 times)**

**On the first lap (ONLY) the half marathon runners will also run an extra 100 metres out and back north from the start before heading out on the southern loop while the full marathon runners will run an extra 200 metres out and back north before heading onto the southern loop. This will be fully explained at the briefing.**



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





**Here is a STRAVA link to the 2018 course (we will only be using the southern loop in 2022).**

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

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

**The aid station is located at the start/finish which you will pass approx every 7kms. We will provide water, powerade, coke, chips, lollies etc which will be handed out by our volunteers as you pass through the start/finish area.**

**Toilets are available at the start/finish area near the jetty.**

***Please be aware we are now cup free (a few cups will still be provided however)***

**There is 600ml bottled water and also 10litre boxes of water.**

**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.**

***We are currently testing a new timing system so as you cross the finish line one volunteer will record your finish time with a race app and you will be handed a ticket from our second volunteer. Please hand this ticket to our third volunteer who will record the ticket number against your name on the start list (this will be matched later with the race app to record your accurate finish time), and you will then receive your finisher medal.***

#### **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.**

#### **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.**

***Please DO NOT CROSS THE FINISH LINE MORE THAN ONCE as this may affect our timing.***

#### **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>>**

Due to the nature of this event being low key we will not have the usual presentation.

**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>>**

**Theme for this event is “MAROON & WHITE” with the overall winner awarded the “MAROON & WHITE Theme” trophy to be chosen by our volunteers.**



### **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.**

**We have provided at no extra cost a much larger than normal medal for all finishers who register in time. We will be using the large "team Braverunner" medals.**



**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.**

**"Yorke Coastal West" Facebook event page is here...**

**<https://www.facebook.com/events/1017988372315443>**

**coastalfunruns "STRAVA" Club is here...**

**<https://www.strava.com/clubs/327098>**

**Facebook "team BRAVERUNNER" group is here...**

**<https://www.facebook.com/groups/406678329694875>**

**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 the Australian Cancer Research Foundation (ACRF) & Bravehearts.**



***Please thank our awesome volunteers when you get the opportunity for without freely giving of their valuable time we would not have any events***

***PS.. We have booked a table (outside decking) for 10 people at the Port Victoria pub on Sat night Feb 5th from 6:00pm. Please let us know if anyone would like to join us?***