

Seaside Coastal/ULTRA ONE

- Semaphore

Sun Nov 20th 2022

Proudly Backing

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION



Proudly
Supporting

Bravehearts^{inc.}

Educate Empower Protect
Our Kids



ULTRA ONE

20

NATHAN



coastalfunruns

Proudly Supporting

Bravehearts

Educate Empower Protect Our Kids



coastalfunruns



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" 😊

Welcome to the 7th year running of our popular Seaside Coastal event, which now also includes the third running of our ULTRA One event.

Distances include 5km (new), 10km, 21.1km half marathon, 42.2km full marathon & ULTRA One (Last One Standing).

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 & disinfectant 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.

*****NO LONGER REQUIRED***

There is a 8 hour cut-off time for all distances up to 42.2kms. Plenty of time so relax, run/walk well and see you at the finish safely.

*****Please note the revised 7:00am start for ALL distances this year.***

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.

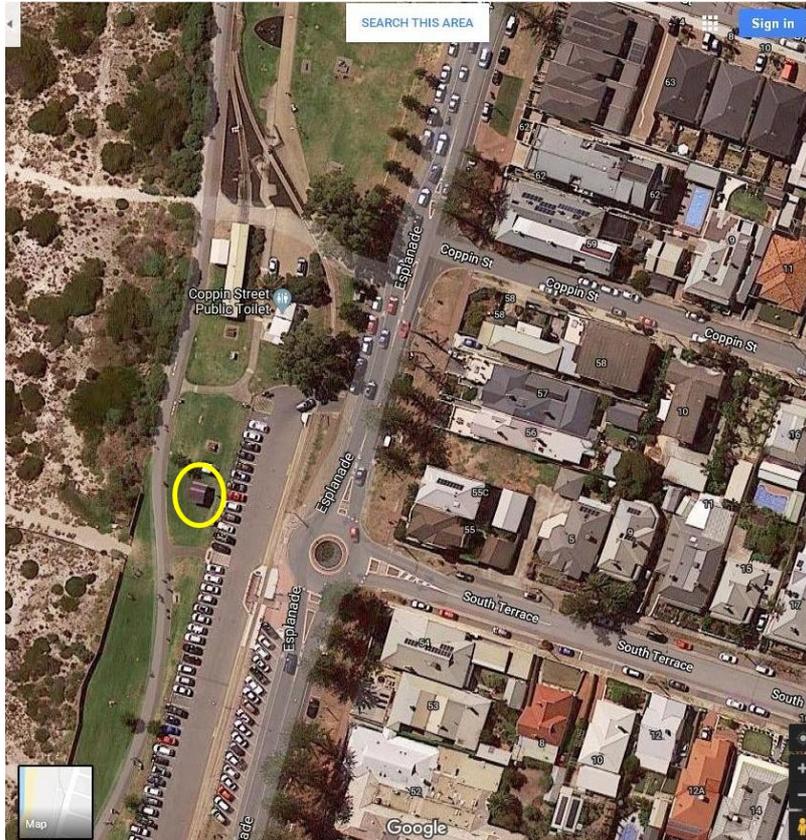
Entry>>

Registrations WILL close on Thurs Nov 17th at noon. Now extended until late Sat Nov 19th or until all medals have been exhausted.

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 Nov 20th 2022

ULTRA One - 7:00am - \$35

42.2km - 7:00am - \$35

21.1km - 7:00am - \$30

10km - 7:00am - \$20

5km - 7:00am - \$15

Please arrive to check-in and have your name taken and collect your bib and pins at least 30 minutes prior to your distance starting time so you're ready for the race briefing at 6:15am.

Check-in will open from 6:15am in the morning for bib collection for all 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 the advertised start time.

Depending on numbers we may or may not stagger the start by 5 mins for each distance.

*****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 (usually volunteer duties etc) 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.

Also no deviations from the actual event course during your run/walk.

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.

There will be cones (witches hats) placed at all turn-around points. We will also have white 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.

<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).

*****THIS REDIRECTION IS NOW PERMANENT FROM BOTH DIRECTIONS AS OF THURS DEC 23 2021.***



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

The ULTRA One is a 4 mile (rounded to 6.5kms) out and back northern run from the start location.

The course for the 10km will be explained on the morning at the briefing. It 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 5km course is approx a 3.6km out and back northern loop (to the Largs Jetty) followed by a 1.4km 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>>

The aid station is located at the start/finish which you will pass approx every 5kms. We should provide water, powerade, coke, chips, lollies etc which will be handed out by our volunteers as you pass through the start/finish area.

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

There will be 600ml bottled water and also 10litre boxes of water available.

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.

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 numbered 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, 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 (or on the table provided near the path) 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.

*****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>>

There will be no award presentation for this event, however the theme trophy winner will be chosen by our volunteers and handed out at the pre race briefing. The ULTRA One trophies will at some stage be presented once we have established the winners (or DNF's)

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>>

We have a "CRAZY SOCKS" theme for Sunday with trophy awarded to the person who best represents this theme and voted on by our volunteers and runners.



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 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

info@coastalfunruns.com

“RUNNING WITH PURPOSE”

Proudly supporting both the Australian Cancer Research Foundation (ACRF) & Bravehearts.

Proudly supporting
AUSTRALIAN
CANCER
RESEARCH
FOUNDATION



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

"Seaside Coastal" Facebook event page is here...

<https://www.facebook.com/events/394487716018938>

coastalfunruns "STRAVA" Club is here...

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

Facebook "team BRAVERUNNER" group is here...

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

PS.. The Steam Train Kiosk about 150 metres north of our start/finish may be open for any coffee or refreshments for competitors and/or volunteers and supporters throughout the morning/arvo. If not then Royal Copenhagen will be open which is not too far away on Semaphore Road.

ULTRA One

The course is a 4 mile (rounded to 6.5km) out and back northern course with the one aid station situated at the start.

The Race Director will explain the course in further detail including the turn-around point and the location of the possible stairs and ramps inclusion that you will need to navigate.

Once you turn at the turn-around point you will follow your EXACT footsteps back to the start.

There are possibly only 2 of stairs and NO ramps this year to navigate. The turn-around point AND each possible sets of stairs will be well marked and will be further explained at the briefing.

The aid station is located at the start/finish which you can utilize after every lap. Toilets are available at the start/finish area and also about 1km north next to the Largs Bay jetty.

There are also several drinking fountains along the path. (at the start, about 300 metres north and 1.5kms north).

There is no need for recording your time for this event as you only need to be back at the start and ready to go again EVERY hour.

Please make sure you wear your bib on the front so it is clearly visible and easy for the volunteers to record.

EVERY runner will at least receive a trophy or medal.

All runners will receive a medal and there are also 3 trophies to be awarded.

Rules

If you are not back and ready on the start line to start the next loop on the hour you will be eliminated.

This will continue indefinitely until there is only one remaining who must also complete their final loop within the hour to be declared "ULTRA ONE" winner.

Every runner who does not finish a lap within the hour time frame (or modified time) will be awarded a DNF medal or trophy.



There will also be a small trophy for both the last male & female remaining in the event.

The winner will receive the "ULTRA ONE" trophy.

This is not a race but more about pacing yourself over the multiple loops every hour. This will not be flat as we will be using some stairs at the northern end of the course.

This event (ULTRA ONE) will be strictly limited to 20 competitors.

No need to go out fast because you can't build up a lead over other runners. As every new hour begins those remaining are all in equal first place in the race.

Who will be 2022's ULTRA ONE?

***I apologise in advance for the following 😊 Please note there will be a surprise awaiting for this event to make things just a little bit tougher!!*

***I predict we will have a winner, or at least no winners by some time Sunday afternoon.*