



**28/07/2024**

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**Entry Fees**

Fee Type	Super Early Bird 24/04/2024	Early Bird 24/06/2024	General 24/07/2024	Manual Late Entry Price
SARRC Member 5.00km	\$28.00	\$32.00	\$36.00	Same as Adult(18+)
Adult(18+) 5.00km	\$35.00	\$40.00	\$45.00	\$55.00
Youth (12-17yrs) 5.00km	\$28.00	\$32.00	\$36.00	\$46.00
Under 12 (5-11yrs) 5.00km	\$24.50	\$28.00	\$31.50	\$41.50
SARRC Member 10.00km	\$44.00	\$48.00	\$52.00	Same as Adult(18+)
Adult(18+) 10.00km	\$55.00	\$60.00	\$65.00	\$75.00
Youth (12-17yrs) 10.00km	\$44.00	\$48.00	\$52.00	\$62.00
SARRC Member 21.10km	\$64.00	\$72.00	\$80.00	Same as Adult(18+)
Adult(18+) 21.10km	\$80.00	\$90.00	\$100.00	\$110.00
Bus Transport 21.10km	\$10.00	\$10.00	\$10.00	\$10.00
Teenager (15-17yrs) 21.10km	\$64.00	\$72.00	\$80.00	\$90.00
SARRC Member 30.00km	\$72.00	\$80.00	\$88.00	Same as Adult(18+)
Adult(18+) 30.00km	\$90.00	\$100.00	\$110.00	\$120.00
Bus Transport 30.00km	\$10.00	\$10.00	\$10.00	\$10.00
Medal Engraving ALL km	\$9.00	\$9.00	\$9.00	\$10.00

**General Entries close at midnight on 24/07/24.**

**Online Late Entries close at 4:30pm on 27/07/24 \*\* incurs late entry fee \*\***

**How to enter:**

Enter from the [SARRC website](#), which has a link to register or Click [HERE](#) to go directly to the Event Registration Website.

## Weekend Event Schedule (Subject to Change)

### Friday

12:00pm to 5:30pm – Bib Collection – [Sportitude, 20 Manton St Hindmarsh](#)

### Saturday

9:00am to 12:00pm – Bib Collection – [Sportitude, 20 Manton St Hindmarsh](#)

### Sunday

6.15am: Bus #1 (30K) Departure from Harold & Cynthia Anderson Reserve

6.30am: Bus #2 (30K) Departure from Harold & Cynthia Anderson Reserve

6.30am: Bus #1 (21K) Departure from Harold & Cynthia Anderson Reserve

6.45am: Bus #2 (21K) Departure from Harold & Cynthia Anderson Reserve

7:00am: Bib Collection Opens

[Athelstone Recreation Reserve, Athelstone](#) (30Km)

[Felixstow Reserve](#) (21Km)

[Harold and Cynthia Anderson Reserve, West Beach](#) (5&10Km)

8:00am: 30 km start (from Athelstone Recreation Reserve)

8:00am: 21.1 km start (from Felixstow Reserve)

8:00am: 10 km start (from Harold and Cynthia Anderson Reserve)

8.15am: 5 km start. (from Harold and Cynthia Anderson Reserve)

9:00am: Winners presentations for 5K

9:10am: Winners presentations for 10K

9:20am: Age Group Awards for 5K

9:30am: Age Group Awards for 10K

10:00am: Winners Awards for 21K

10:10am: Winners Awards for 30K

10.15am: Kids run registration and event

10:30am: Age Group Awards 21K

11.00pm: Age Group Awards 30K

12:30pm: Course closure

## Bib Collection

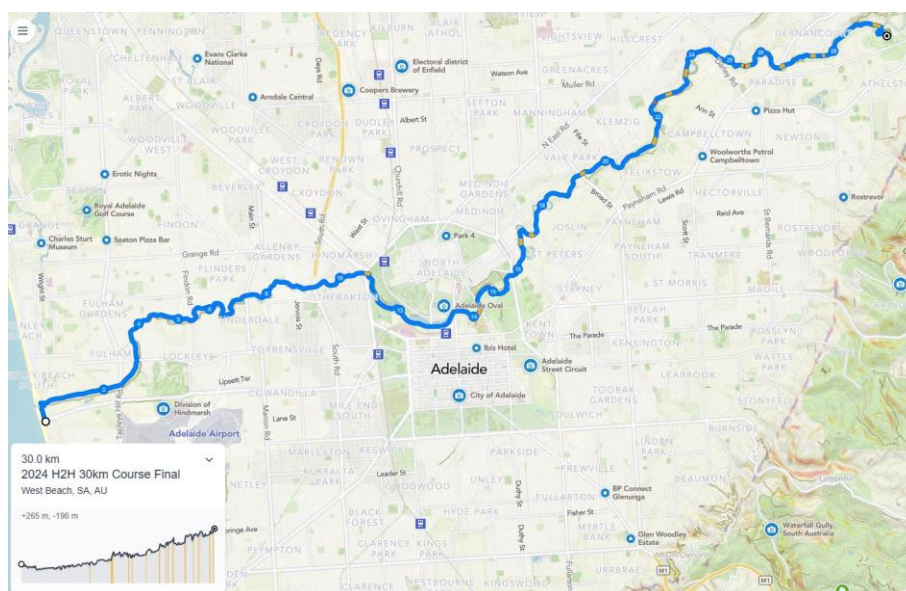
You are strongly encouraged to collect your race bib (or do Late Entries) at Bib Collection on Friday & Saturday from [Sportitude](#) - 20 Manton St, Hindmarsh.

On race day, Bib collection for 21K/30K will be at their respective start locations only from 7:00am.

NOTE: There will be no Bib pickup at the finish location for 21K & 30K participants.

For 5K & 10K participants, bib pickup will be at the finish location starting from 7:00am.

## Course map (PDF Copy [30km](#) [21.1km](#) [10km](#) [5km](#))



**30Km** – Race start is from Athelstone Recreation Reserve at 8:00am. Bib collection, Bag Drop and toilets will be available at the reserve from 7:00am. Dropped bags to be tagged with Bib Tear-off (ties available at Bib collection). They will be transported to the finish and will be available at the Bag Drop Marquee on display of your race number. There is a bus available to take you to the start from the finish at Harold and Cynthia Anderson Reserve. Pre-Booking Bus ticket is essential.

Site Map – Appendix 1

**21Km** – Race start is on the Linear Trail at Felixstowe Reserve at 8:00am. Bib collection, Bag Drop and toilets will be available from 7:00am. Dropped bags to be tagged with Bib Tear-off (ties available at Bib collection). They will be transported to the finish and will be available at the Bag drop Marquee on display of your race number. There is a bus available to take you to the start from the finish at Harold and Cynthia Anderson Reserve. Pre-Booking Bus ticket is essential.

Site Map – Appendix 2

**5Km & 10Km** – Start and Finish will be from Harold and Cynthia Anderson Reserve. Bib collection and Late Entry will begin at 7:00am. Course is an out and back. 10Km starts at 8:00am and 5Km starts at 8:15am.

Site Map – Appendix 3

Reminder:

- Please remember that you will be running on public paths, so you may encounter Sunday walkers and cyclists (not to mention animals). Please be polite in the tradition of friendly running and sharing.
- Keep left, for your safety and the safety of others, especially as you near turn around points.
- There are 4 runs (a 30km run, a 21.1km half marathon, a 5km and a 10km; The 5km and 10 km runs are out and back from the finish area, so you may encounter runners coming toward you before their turnaround or be passed by lead cyclists with fast runners close behind. Keep left and follow lead cyclist instructions.
- The Marshalls are there to look after your safety. Please follow their instructions at all times.
- We will also have First Aid officers on course and at the finish. They are there to look after you. Please follow their instructions at all times.

### **Start Procedures**

Please self-seed yourself by positioning yourself at the start in approx. position to your estimated finish time. There will be time boards displayed to assist you in this.

If you believe you are an overall or SARRC member (30km, 21.1km or 10km) Placegetter contender (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> male or female) in your event, please ensure you start at the front as Placegetter times and positions are based on gun time. All other times (incl Age Group) are based on net time which means your time will only start when you cross the start mats. Please keep social distancing where possible.

Site Map (Appendix 3) shows the finish area as currently planned, but this may change, as our planning progresses.

### **Bib placement.**

Please correctly attach your bib. Your bib must be positioned at waist height and not covered. The timing sensor is in the mat under the Arch, and if your bib is too high or covered, it won't be detected, and you won't get a correct time.

### **Why is bib placement important? (And other race bib matters)**

1. Electronic Transponder Timing will be used to record your race times.
2. You have been allocated a race number bib and it has an electronic timing tag on the back linked to you and the race you have entered.
3. Before you start you must notify Timing Officials if any of your entry information needs changing (eg you are changing races). You can find your entry information by checking the online results page on the SARRC website a few days before your event and also on the Entry Details boards when you collect your bib.
4. Do not use someone else's number bib as this will produce false results for everyone.
5. Attach the bib at WAIST HEIGHT (NOT chest!) to the OUTSIDE FRONT of whatever you will be wearing. Do not bend or fold the tag or tamper with it.

6. You must start at the correct time for your race, or you may be disqualified.
7. Your time and number will be recorded when you pass timing points provided your race number bib is visible. Covering it with your hands as you operate a watch, a nutrition belt, clothing, or anything else will prevent it recording, so all of these must be HIGHER than the bib.
8. Race number bibs are disposable & do not need to be returned.
9. Please notify Timing Officials at the finish line if you think your online results are not correct or if anything happened that will affect your results, eg:
  - a) if you cut the course short (for example by skipping a lap or taking a shortcut).
  - b) if you pulled out of your race before finishing.
  - c) if you lost your race number bib during the race
10. Both gun and net times and positions will be shown in the results.
11. After the finish line video has been uploaded, re-visit the online results page to get a link to your finish moment.

### **Pre-event briefings**

We will give you pre-race briefings before each start. These will help make the event safer for you. They also include course information that will help you in your participation.

### **Drink Stations**

There will be 8 drink stations, one every 3 to 4Kms. All drink stations have 2 water tables (blue tablecloths). If you are unable to get to the first water table, move on past and get from the second water table. Every second (odd numbered) drink stop will also have an electrolyte drink (orange tablecloth). Water will also be available at the race starts and Water and electrolyte drinks will be available at the finish. Fruit will be available at the finish line.

All cups used by SARRC are compostable. At each drink station, the first 2 rubbish bins after the tables will be marked "Bio Cups Only". Please only throw cups into these bins. The 3<sup>rd</sup> bin will be for general waste where you can throw empty gels and other non-compostable rubbish.

### **Clothing**

What you wear is up to you (unless its offensive). We do suggest you try out your intended gear in training runs, especially if you are taking part in one of our longer events. Chafing is not desirable. If it's hot a cap or hat is recommended and pouring water over it helps your cooling.

### **Prams**

Pram policy for this event remains as strongly discouraged. The paths we are running on are narrow at places and are not closed to the public. There will be Sunday Walkers, Bikes and animals on lead sharing the path not to mention lead cyclists with faster runners overtaking. As it's a public path, SARRC cannot stop you from running with a pram but if you insist, please start at the back of your group, stay to the left in single file and be aware of runners / bikers behind and in front of you at all times.

### **Headphones**

"In Ear" Headphones are strongly discouraged in all SARRC events. It's important that you are aware and able to hear marshals and lead cyclists at all times. We recommend that if you want to wear headphones, that you use open ear (bone conducting) headphones only so that you can still hear what's going on around you, for your safety and that of others around you.

### **Volunteers**

As usual we will rely on volunteers to help you with bib collection, at the finish area, and out on the course. (Other volunteers will have worked earlier to organise the event and to set up the course). These people are there to support you. You can increase their enjoyment with friendly comments, just as they will support you with encouragement, smiles, as well as pointing the way or giving you a drink. Please show your appreciation. It will make their day. We want them to leave our event thinking they have done a good thing, were appreciated, and ready to come back and support you next time.

## **Course measurement and Timing**

All SARRC event courses are measured to international standards. We use electronic timing, courtesy of Malcolm Robertson's Event Strategies Company. The basis for timing is that our events start at gun time and placegetters are determined from gun time, in accordance with the requirements of the International Association of Athletics Federations) rule 165 part 24, and our own SARRC "Good Sports" policy. Age group medals are based on elapsed time (the time when you and your chip goes over the start line until it passes over the finish line).

## **Post Race**

Make sure you take only your share of refreshment food, all food is donated by sponsors and is limited to participants. Make sure you are aware that there still may be competitors starting or finishing their events well after you roar over the finish line. Stay off the course please.

## **Medals**

- We pre-order medals, and you will receive a finisher medal if you entered before the medal count ran out. Please refer to the medal counter on the event website when entering. If you enter after the medal counter for your event reaches zero, you will not be guaranteed a medal at the end of your event. We expect to have pre-ordered enough but can't guarantee this.
- If you place in your ten-year age category you will receive an additional award at the Age Group Awards ceremonies. Please check the Live Results link (will be sent the week before your event) after you finish to check if you have finished in the top 3 in your age category.
- If you were in the first three male or female finishers in any distance your achievement will be recognised at our Placegetters Awards ceremony.
- Our Morphett St office has several boxes of old unclaimed medals and awards, and we are running out of room. We appreciate that you may have to go before our awards ceremonies but be warned: we will attempt to contact you if your award is not collected on the day but will keep uncollected awards for 1 month only. After that we will dispose of them.

## **Photography**

We hope to have a photographer out on the course, so if you want a great picture smile and keep a look out! These will be available on the [SARRC Facebook page](#) as well as in the [SARRC photo gallery](#) after the event

## **Toilets**

There will be portable toilets at all our start locations. If you are catching a bus from the Finish at Harold and Cynthia Anderson Reserve, please consider using the toilets before you leave to minimise the congestion at the start once you arrive.

There are also public toilets on the course but we cannot guarantee they will be open.

## **Bag Drop**

We will have a bag drop area at each of the start locations. Bags dropped at the 30K & 21K locations will be transported back to the finish at Harold and Cynthia Anderson Reserve. Please understand that we can take no responsibility for loss. Please use the tear off at the bottom of your Bib to mark your bag. Rubber bands will be available at Bib pickup to attach these to your bags.

## **Post Race refreshments**

SARRC will provide event participants with water, electrolyte drinks and fruit at the finish.

## **Looking after children**

We know that many of our participants have children to think of. We are working to ensure our volunteers have Child Safety Clearances, but parents remain responsible for their children. Please don't let them out of your sight, remembering, for example, that we are near a busy road, the ocean, and a river, and that some participants (and children) move really fast. Children are adventurous, inquisitive and lively. We want them to be safe.

## **Course closure**

We have to consider course closure time because of demands on volunteers, many of whom arrive well before participants; because we need to specify a closure time when applying to the councils and to allowing public

access to the reserve, roads and paths. For this event we will close the course at 12.30pm, or when the last Competitor finishes if s/he finishes before then, although if you are in sight and looking healthy we will be flexible and wait. We want you to achieve!

### **Pets**

No animals, other than recognised mobility animals approved by the Race Director, are allowed due to the confined course space for the competitors, high speed cycling (the lead cyclists have to stay ahead of the first competitors and warn people of their approach) and because of the potential crowd size.

### **Parking**

There is limited public parking at the surf life saving club near Harold and Cynthia Anderson Reserve. Additional parking is local on-street parking, please check the signs to avoid incurring fines.

There is limited parking at both Felixstowe and Athelstone Recreation Reserves. If using on-street parking, check the signs to avoid incurring fines and arrive with enough time to find a park and get to your start location.

### **Feedback**

SARRC wants to make its events as great as possible, and if you have ideas on what we should do more have, less of, or differently in 2024 we want to hear from you. Please email your feedback to our office email, and it will be passed on for consideration at our events committee meetings.

### **FAQ's**

We will add to this booklet online and for next year, as we receive questions.

#### **Are there showers available at the start or finish areas?**

No,

#### **Is there a bus to the start from the finish?**

Yes

#### **Can I have special drinks?**

We are not making provisions for special drinks or this event.

#### **Can I cancel my entry and get a refund?**

Please contact the Office by email ([office@sarrc.asn.au](mailto:office@sarrc.asn.au)) or by phone (Mon or Fri 10am-3pm) to discuss your options.



### Athelstone Recreation Reserve Site Map

267 Lower Athelstone Rd, Athelstone





APPENDIX 2 – Site Plan – 21Km Start – Felixstowe Reserve Peninsula



Site Map





APPENDIX 3 – Site Plan – Harold & Cynthia Anderson Reserve

