



## Competitors Booklet

13<sup>th</sup> November 2022

SARRC's Glenelg Classic comprises a 10km and a 5km event as well as a FREE kids' run! All events start and finish at Wigley Reserve, at the corner of Anzac Highway and Adelphi Tce. Both the 5km and 10km courses start on Wigley Reserve and go south towards the Brighton Jetty along the coastal path. The 10km turn is just after Brighton Jetty and the 5km course turns back in Glenelg South. The Kids' Run will be held around Wigley Reserve so we can see them at all times. The 5km and 10km courses are flat, so you should run a good time. Glenelg itself has many cafes and restaurants, some of which offer a view of runners going by. All are good places for refreshments.



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### Entry costs

Event	Super Early Bird until 1159PM 2022-08-12	Early Bird until 1159PM 2022-10-09	General until 1159PM 2022-11-09	Late Entry Price
5km general (18+)	28.00	34.00	40.00	50.00
5km SARRC members	22.40	27.20	32.00	50.00
5km Youth (12-17 years)	22.40	27.20	32.00	42.00
5km UNDER 12 (5-11 Years)	16.80	20.40	24.00	34.00
10km general (18+)	42.00	51.00	60.00	70.00
10km SARRC members	33.60	40.80	48.00	70.00
10km Youth (12-17 years)	33.60	40.80	48.00	58.00
Kids' Run	Free	Free	Free	Free

**Note that members' fees are 20% lower!**

### How to enter:

Enter from the [SARRC website](#), which has a link to registration. Online entries close on Wednesday 9<sup>th</sup> November 2022

### Event Schedule for Sunday 13<sup>th</sup> November 2022

- 6.30: Late entries and Bib collection
- 8:00am: 10 km START
- 8.15am: 5 km START
- 9:00 am: Presentations
- 9:30am: Kids Run (free)
- 10.00: Course closure

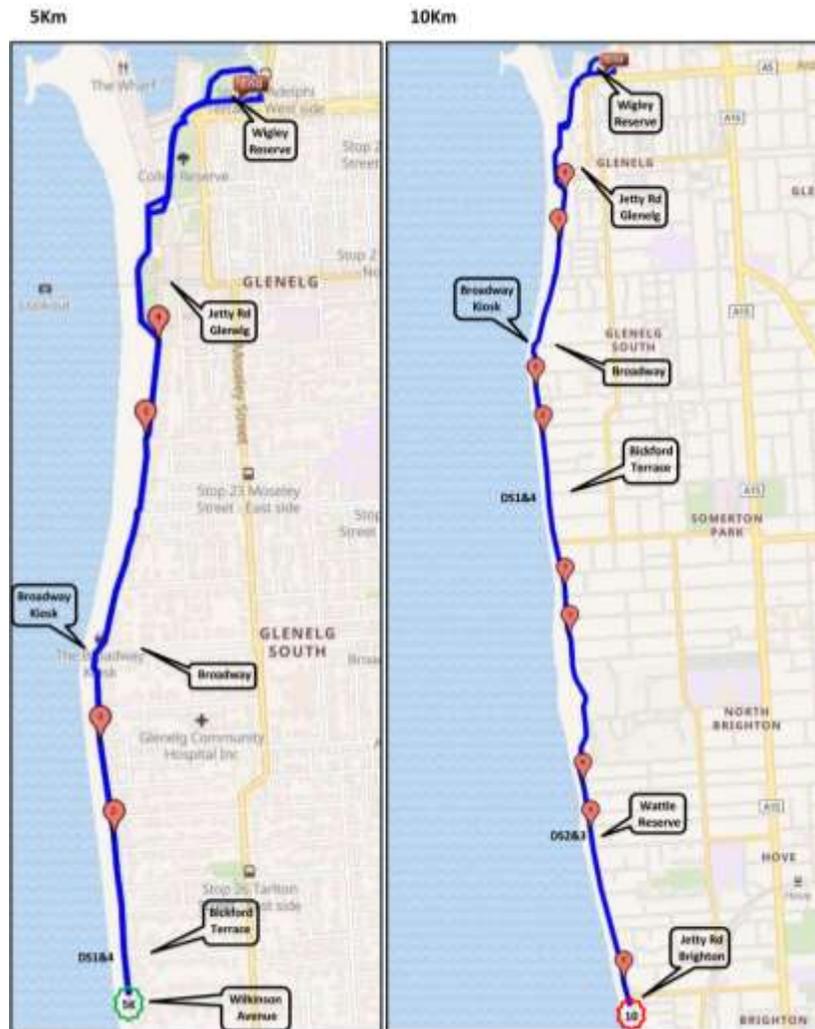
### The Start Finish area.



The Village will include a bib collection / late entries marquee, post race refreshments, and 1<sup>st</sup> Aid.



## Course Maps



Km markers on course will be count down. I.e. they will show how far you have to go. Not how far you have run.

### **Reminder:**

Please remember that you will be running on public paths, so you may encounter Sunday walkers and other runners (although our marshals and lead cyclists will try to warn them off). 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 2 runs today (a 5k and a 10k), so you may encounter or be passed by lead cyclists with fast runners close behind. Keep left and follow their instructions.

The Marshalls and traffic management staff are there to look after your safety. Please follow their instructions at all times.

We will have First Aid officers. They are there to look after you. Please follow their instructions at all times.



### **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 e.g. 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, e.g.:
  - 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 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 include information to recognise our wonderful sponsors and to help make the event safe for you. They also include course information that will help you in your participation.

### **Drink Stations**

There will be drink stations with water and sunscreen at the start / finish area and out on the course.

### **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 you cooling.



## **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 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 and 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 that was appreciated, and ready to come back and support you next time.

## **Course measurement and Timing**

All SARRC event courses are measured to international standards. Our Glenelg Classic courses are measured to AIMS standards. We also use electronic timing, courtesy of the SARRC timing team. 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 or net time (the time when your chip goes over the start line until it passes over the finish line).

## **Special drinks**

There are no provisions for special drinks in this event.

## **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 8 weeks before each event to ensure they arrive on time. You will receive a finisher medal unless we run out. If you receive a bib number starting with “9”, this means that you entered after all ordered medals had been allocated. Please check the medal counter on the race web page when you register. If it’s zero or negative, that signifies that entries have exceeded the medals ordered. (We expect to have pre-ordered enough, but can’t guarantee this for late registrations)
- If you place in your ten-year age category you will receive an additional award at the awards ceremonies. Please check your results after you finish to see if you have achieved a top 3 in your age group and if so, please stick around until the presentations to receive your age group medal. Unclaimed medals are kept for 2 months before being repurposed.
- If you were in the first three male or female finishers in any distance your achievement will be recognised at our awards ceremony.
- 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 two months only. After that we will repurpose them.



### **Photography**

We will have a photographer at the finish and possibly one out on course, so if you want a great picture smile and keep a look out! These will be available for download via the [SARRC Photo Gallery](#) or Facebook after the event

Obviously your friends are welcome to take their own pictures and if they want, upload these to the photo gallery for all to admire. (<https://tinyurl.com/SmugMug-GC>)

### **Toilets**

There are toilets available at the start / finish area. There are some public toilets available on or near the course.

### **Bag Drop**

We will have a bag drop area in the race village, but please understand that we can take no responsibility for loss. Please use the bag tag at the bottom of your race number to mark your bag otherwise mark it clearly with your race number and name and make it sufficiently different that you will recognise it easily. Elastic bands to attach these tags to your bag will be available at Bib Collection and at the Bag Drop tent.

### **Post Race refreshments**

SARRC will provide event participants with water & fruit at the finish.

### **Looking after children**

We know that many of our participants have children to think of. We are working to ensure all our volunteers have Child Safety Clearances, and that all those involved in the Kids Run have clearances. We will organize the Kids' run within the Wigley Reserve area so they can be seen at all times, but parents remain responsible for their children. Please don't let them out of your sight, remembering, for example, that we are near main roads the ocean and the Patawalonga boat haven, 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 times because of demands on volunteers, many of whom arrive well before participants and who may have been loading up our transport vehicles on the Saturday as well and because we need to specify a closure time when applying for use of facilities and to allow reasonable public access to public roads and paths, and the like.

For this event we will close the course at 10.00 (allowing 2 hours for the 10km, and 1.45hr for the 5k), 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! We note that in 2018 and 2017 the slowest competitor took just over 1 ½ hours. If you think you will be challenged by the closure time we encourage you to take advantage of Kent Dredge's coaching programs which can be found on the SARRC website.



### **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**

Only street parking is available, the most convenient of which is in the middle of Anzac Highway after the Adelphi Tce turn, or in the carpark adjacent the old Buffalo. Please DO NOT park in the hotel carpark east of Wigley Reserve. Check the limit signs!

### **Feedback**

SARRC wants to make its events as great as possible, and to improve them each year. If you have ideas on what we should do more have, less of, or differently in future 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 future years, as we receive questions.

### **Are there showers available nearby?**

No

### **Are there buses available from the start to the finish?**

No, this is not necessary as the start and finish lines are close together.

### **Is there a bus to Glenelg from Adelaide?**

Yes, check your local travel app.

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

We will not make special drinks arrangements for this event.

### **Can I enter on the day?**

Managing late entries requires an extra volunteer staff member and delays preparation of start lists. For these reasons we encourage you to enter online prior to the event, and will charge an extra admin fee of \$10.

### **Can I run with a stroller.**

Running with a stroller during this run poses a safety risk to fellow participants and the general public and is strongly discouraged. Because this is an out and back course running on narrow paths, you will encounter large groups running / walking /cycling in both directions. Collisions with any of these would expose both parties and you child to injury.