



Competitors Booklet

15TH OCTOBER, 2023

This will be the 15th running of SARRC's McLaren Vale Running Festival comprising a 21.1Km, a 10Km and a 5Km events. All events start and finish at Hardy's Tintara Winery at McLaren Vale. The 21Km course first goes west onto and along the Coast to Vines trail before turning at 4Km and returning to the winery before heading east and then south on the Shiraz trail towards Willunga before returning to the finish at the winery once again. The 10Km and 5Km events go east from the winery on the Shiraz trail and then south towards Willunga before turning at the appropriate turn around points and returning to the finish at the winery.

In previous years we have had some 800 competitors in all, about 400 running the 21.1k course. McLaren Vale Township has many cafes and wineries, so although these don't offer great views of runners, they do offer breakfasts and other refreshments to look forward to.

The McLaren Vale Running Festival is the final event of the Triple Vine series of runs hosted by SARRC, the other two being Clare Running Festival and Barossa Marathon Festival. For those completing all 3, a commemorative medal hanger & lanyard will be handed out at the finish line at McLaren Vale.

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1. EVENT ENTRY COSTS

Fee Type	Super Early Bird until Midnight 2023-07-14	Early Bird until Midnight 2023-09-11	General until Midnight 2023-10-11
SARRC Member - 5.00km	\$22.40	\$27.20	\$32.00
General - 5.00km	\$28.00	\$34.00	\$40.00
Youth (12-17yrs) - 5.00km	\$22.40	\$27.20	\$32.00
Under 12 (5-11yrs) - 5.00km	\$16.80	\$20.40	\$24.00
SARRC Member - 10.00km	\$33.60	\$40.80	\$48.00
General - 10.00km	\$42.00	\$51.00	\$60.00
Youth (12-17yrs) - 10.00km	\$33.60	\$40.80	\$48.00
SARRC Member - 21.10km	\$44.80	\$54.40	\$64.00
General - 21.10km	\$56.00	\$68.00	\$80.00
Teenager (15-17yrs) -21.10km	\$44.80	\$54.40	\$64.00

Online Entries close Wednesday prior to the event at midnight.

NOTE: Members get 20% Discount off General Fees on all events

2. How to Enter

Enter from the [SARRC website](#), which has a tab to registration or click here to [ENTER](#)

3. Event Schedule (Race Weekend)

Bib Pickup Times

Friday (13/10) 12:00pm – 5:30pm : [SPORTITUDE](#), 20 Manton St, Hindmarsh, SA
Saturday (14/10) 9:00am – 1:00pm : [SPORTITUDE](#), 20 Manton St, Hindmarsh, SA
2:30pm – 4:00pm : [Hardys Tintara Winery](#) 202 Main Street McLaren Vale
Sunday (15/10) 6:30am – 8:55am : [Hardys Tintara Winery](#) 202 Main Street McLaren Vale

On Race Day (Sunday 15th Oct)

6.30am: Bib Collection & Late Entry Opens
8:00am: 21.1 km START
8:40am: 10 km START
8.55 am: 5 km START
9:30am: 10Km & 5Km Winner's presentations
9:45am: 21.1Km Winner's presentations
10:00am: 5Km & 10Km Age Category Awards
10:15am: U12 Kids Run (290m) (Free)
10:30am: 21.1Km Age Category Awards
11.00: Course closure (based on a 8:30min/km pace)

Course Record

		21.1Km	
Male	2022	Jacob Cocks	1:07:08
Female	2022	Brooke Hines	1:18:53

4. Course Map



This map shows all courses. The 5Km and 10Km course head south along the Shiraz trail to their well marked turn around points. The 21.1Km course heads north and then west to a turn around point, then comes back past the winery start / finish area, and south along the Shiraz trail to its turn around point at Willunga. The countdown km markers, colour coded for each event, will let you know how far you have to go,

Reminder:

Please remember that you will be running on public paths and roads, so you may encounter Sunday walkers and cyclists. Please be polite in the tradition of friendly running and sharing. Call out "Runner Back" giving them enough time to move over for you.

Keep left, for your safety and the safety of others, especially as you near turn around points. There are 3 runs on the day (a 21.1Km half marathon, a 5Km and a 10Km), so you may encounter or be passed by lead cyclists with fast runners close behind. Keep left and follow their instructions.

The marshals 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.

5. The Start / Finish area



The Event Village is kindly situated on the grounds of the lovely Hardys Tintara Winery at 202 Main Rd McLaren Vale.

Coffee and light snacks will be available from the Fleurieu Arthouse Café on the winery grounds.

Parking

There is no parking on the winery grounds. In addition to street parking, there is also parking behind the Mitre 10 on Main Rd and the McLaren Vale Shopping Centre about 600m from the Winery.

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)

- a) Electronic Transponder Timing will be used to record your race times.
- b) 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.
- c) 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 pre-race email that you will receive 3 days before the event.
- d) Do not use someone else's number bib as this will produce false results for everyone.
- e) 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.
- f) You must start at the correct time for your race or you may be disqualified.
- g) 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.
- h) Race number bibs are disposable & do not need to be returned.
- i) 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:
 - I. if you cut the course short (for example by skipping a lap or taking a shortcut).
 - II. if you pulled out of your race before finishing.
 - III. if you lost your race number bib during the race.
- j) Both gun and net times and positions will be shown in the results.
- k) 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. 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. Every odd numbered drink station will also have an electrolyte drink (Infinit), look out for the table with the orange tablecloth. Drink stations will be spaced about every 2 -3Km.

Table #	Distance	Distance to next DS
DS1 – Stump Hill Rd	2Km	3.2Km
DS2 – Stump Hill Rd	5.2Km	1.5Km
DS3 - Winery	7Km	2Km
DS4 – Serafino Winery	9Km	2Km
DS5 – Rifle Range Rd	11Km	2.3Km
DS6 – Gaffney Rd	13.3Km	1.5Km
DS7 – Gaffney Rd	14.8Km	2.3Km
DS8 - Rifle Range Rd	17.1Km	1.9Km
DS9 – Serafino Winery	19Km	2Km

 Denotes DS with Electrolyte - INFINIT

Special Drinks

There are no provisions for special drinks for the McLaren Vale Running Festival.

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 McLaren Vale Running Festival half marathon courses are measured to AIMS standards and the 21.1 k course is also certified so that times from this event can be used to qualify for international and interstate events. We also use electronic timing supplied by Malcolm Robertson's Event Strategies Company.

To be considered for overall top 3 for each gender, gun time is used in accordance with the requirements of the International Association of Athletics Federations) rule 165 part 24, and our own SARRC "Good Sports" policy. If you fall into this category, please ensure you line up at the front when starting. Net times are not used for overall awards. For everyone else (incl Age Group awards), your time is based on elapsed time (the time when your chip goes over the start line until it passes over the finish line.net time is used. Your time therefore only starts when you cross the start line mats.

Post Race

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

Medals (See website for medal countdown)

- We pre-order medals and you will receive a finisher medals if you entered before the medal count ran out. If you enter after the medal count has been exceeded, you will be issued with a generic bib (does not have McLaren Vale printed on it), and you will not get a finishers medal. (We expect to have pre-ordered enough but can't guarantee this). Get your entry in before they run out.
- If you place in your ten-year age category you will receive an additional award at the Age Group awards ceremony for your event. Sign up for a [finish line SMS](#) to let you know if you have won an age group medal.
- If you were in the first three male or female finishers in any distance your achievement will be recognised at our placegetter awards ceremony.

Photography

We will have a photographer out on the course, so if you want a great picture smile and keep a look out! These will be available for download via the SARRC website after the event. Obviously, your friends are welcome to take their own pictures.

Toilets

There are toilets available at the start / finish area behind the Fleurieu Arthouse; follow the signs. There are also public toilets at the 2Km and 5km marks as well as a portaloos at the 7km, 11km and 17km marks.

Bag drop

We will have a bag drop area, but please understand that we can take no responsibility for loss. Please use the bag tag that comes with your race number to mark your bag and make it sufficiently different that you will recognise it easily. Rubber Band ties will be available at Bib Pickup.

Post-Race refreshments

SARRC will provide event participants with fruit, water, electrolyte drinks etc. at the finish and at drink stations. In addition, the onsite Fleurieu Arthouse will have coffee and light food available for purchase.

Looking after children

We know that many of our participants have children to think of. Please don't let them out of your sight, remembering that some participants (and children) move really fast, and we are close to a main road. 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 and who may have been setting or loading up on the Saturday as well; because we need to specify a closure time when applying for use of facilities; to allow reasonable public access to the roads and paths, and the like. For this event we will close the course at 11.00am, 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! If you think you will be challenged by the closure time, we encourage you to take advantage of Kent Dredge's coaching programs.

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.

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

Is there a bus to the start from the finish?

The start and finish lines are close together, so there is no need.

Can I have special drinks?

There are no special drink provisions for this event.

Can I enter on the day

Managing late entries requires an extra staff member and delays preparation of start lists. It also makes it unlikely we will have ordered you a finishing medal. For these reasons we encourage you to enter online prior to the event, and will charge an extra admin fee of \$10 for late entries after entries close on the Wednesday prior to race day.

Why is AIMS certification only for the 21.1 k event?

Athletics SA advise that ASA sanctioned 5km and 10km events do not require qualification times. 21.1 and marathon events do. Arranging certification involves expense.