



Southern Athletic Club

Proudly Presents

The Great Southern Half Marathon & 10K

Putting Runners First

Aldinga Bay, South Australia

Sunday 15 July 2018

<https://www.facebook.com/GreatSouthernHM/>



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GENERAL INFORMATION

1. The Main Event

Southern Athletic Club is proud to present the third running of the Great Southern Half Marathon in 2018 and it promises to be bigger and better than ever before. The Great Southern Half Marathon is a low-cost event over a stunning & varied course around Aldinga Bay, South Australia where runner experience is our absolute priority.

The course takes in sections of scrub, wetlands, beach, esplanade & quiet back roads. Following runners' feedback, we have made some exciting course changes with a new start/finish area, more trails and less beach and will be running it in the opposite direction to 2017. The course will be well marked and marshalled with water stations along the way.

High tide is at 6:00 am, so once again we will have a nice social 9:30 am race start.

The half marathon distance is for runners only with a strict 3 hours cut-off (8:30 per KM pace).

The 10K is open to runners and walkers.

A 1500m free kids beach race will also be held later in the morning.

Our strapline at the Great Southern Half Marathon is "Putting Runners First" and we pride ourselves on organising a race of the highest standard that we would love to do ourselves.

Click to say you are going to the Great Southern Half Marathon Facebook event to stay up to date with news & announcements in the lead up to race day.

2. Location

The start/finish area is located at Aldinga Bay Surf Life Saving Club, Norman Road, Aldinga Beach, SA.



<http://goo.gl/maps/QbciH>

Travelling from the north, take the Main South Road (B23) past Aldinga, turning off at Norman Road.

3. Race Fees & Closing Dates

Online registrations are processed through Eventbrite at

<https://www.eventbrite.com.au/e/great-southern-half-marathon-10k-tickets-43002896822>.

Costs shown below include all administration and credit card fees.

	Early Bird Entry By midnight 24 June	Standard Entry By midnight 12 July	Late Entry From 8am on race day
Half Marathon	\$25	\$35	\$50
10K	\$15	\$25	\$40
Kids Race	FREE	FREE	FREE

Half marathon runners must be at least 15 years of age on race day.

Race Cut-Off Times

The half marathon course will be progressively closed at 8:30 per KM pace (3 hours in total) to be fair to our marshals, who are giving up their Sunday morning to man the course for you. If you are not confident that you can complete the half marathon in this time please enter the 10K event.

Finisher Medals

We understand that some runners treasure their finisher medals and that others prefer to keep entry fees to a minimum so we have added the option to purchase of a medal for \$9.99 along with your race registration. **Finisher medals must be ordered online by 31 May.**





4. Transfer and refund policy

The Great Southern Half Marathon operates a no refund policy and entries cannot be transferred into another runner's name.

Changes to your race distance can be made up to 5pm on Thursday 12 July 2018 by emailing info@southernac.org.au. If you change up from the 10K to the half marathon you will be required to pay the additional \$10 entry fee. If you change down from the half marathon to the 10K event there is no refund of the difference in entry fees.

5. Insurance

Insurance for the Great Southern Half Marathon is provided by <http://www.vinsurancegroup.com>.

6. Roger Rasheed Sports Foundation

The 2018 Great Southern Half Marathon has partnered with the Roger Rasheed Sports Foundation to raise awareness for the amazing work they do to enrich under-privileged children's lives through sport. A proportion of entry fees will be donated towards their project at Morton Reserve, Christie Downs that will provide sporting facilities for disadvantaged kids in the south of Adelaide.

The Roger Rasheed Sports Foundation takes a team of Adelaide runners to participate and raise funds at the New York Marathon each November. For more information on their work, how you can get involved in fundraising or to join them in the Big Apple visit <https://rogerrasheedsportsfoundation.com/>

7. Accommodation Options

Why not make a long weekend of it and stay for a short break in the area? Aldinga Bay is located close to the many tourist attractions of the Fleurieu Peninsula and just a stone's throw away from McLaren Vale wine region. Kick back and sample some of the best produce, vineyards and microbreweries in Australia or enjoy the beaches and stunning coastlines of our region.

The [Aldinga Bay Holiday Village](#) (esplanade) and the [Aldinga Beach Holiday Park](#) (scrub) are both located on the race course with plenty of other [private holiday rental properties](#) available in the area.

8. Sponsors

Southern Athletic Club would like to thank the businesses and organisations who support the Great Southern Half Marathon.



ALDINGA BAY
SURF LIFE SAVING CLUB



SUPPORTED BY CITY OF



If you are interested in sponsoring future events or Southern Athletic Club please drop us a line at info@southernac.org.au.

RACE DAY

9. Event Schedule

Sunday 15 July 2018

8:00	Race registration opens for bib collection and late entries
9:15	Race registration closes
9:20	Race briefing
9:30	Half marathon start
9:35	10K start
11:30	Kids 1500m beach race starts
12:00	Presentations
12:30	Course closes

10. Parking

There is a large car park at the Aldinga Bay Surf Life Saving Club and plenty of on-street car parking available on the surrounding streets. Please do not park on the beach as this may cause an obstruction to the run course. Please car-pool if possible to minimize the environmental impact and disruption to the local community.

11. Toilets

There are toilets in the Aldinga Bay Surf Life Saving Club, public toilets adjacent to the car park and there will also be a couple of additional portaloos.

Toilets can be found on course at Sellicks Boat Ramp, Aldinga Bay Surf Life Saving Club, Snapper Point and Aldinga Boat Ramp.

12. Race Bib & Timing Transponders

Race bibs and timing transponders can be collected from 8:00 am on race day.

Race bibs must be worn visibly at all times during the race and your electronic timing transponder worn should be attached to your ankle using the Velcro band provided. Timing Transponders will be collected after you have crossed the finish line. Timing transponders remain the property of Event Strategies and a \$33 replacement fee will be charged for lost transponders.

13. Bag Drop

An area will be allocated in the surf club to keep bags dry while you run. There is no security over this facility so please leave any valuable items locked safely in your car or with your supporters. Bags left here are at the owner's risk.

14. Tide times

A 1.82m high tide is expected at 6:01 am on race day so you will have a beautiful, wide beach with hard packed, runnable sand for your race.

15. Environmental issues

Car Sharing

We encourage you to car share where possible to minimize the environmental impact and disruption to the local community.

Phytophthora

We have had to gain special permission from DEWNR to run through the Aldinga Scrub Conservation Park. One of the conditions of use is that all runners must disinfect their shoes in the disinfectant footbaths at the start area to prevent the spread of phytophthora.

IT IS MANDATORY THAT YOU USE THE DISINFECTANT FOOTBATHS BEFORE RACE START.

Littering

We have a zero-tolerance policy to littering. If you are consuming gels or energy bars on the course, please stuff the wrappers in your pocket or in a bin when you pass one. Any runner who is seen littering on course will be reported to the race director and disqualified. You will be running through a beautiful part of the Fleurieu coastline and Aldinga Scrub Conservation Park – let's keep it that way!

LITTERING ON COURSE WILL RESULT IN DISQUALIFICATION.

Bio cups

We will be using compostable cups made from plant-based materials during the event to minimize our impact on the environment. Runners may also carry their own drink bottle or cup to refill at water stations.

16. Course Marking

The course will be clearly marked with direction arrows and distance signs. Our friendly marshals will be strategically positioned around the course to keep you heading in the right direction.

17. Electronic Timing & Race Results

Electronic timing services will be provided by [Event Strategies](#) to ensure accurate and quick publishing of race results.

Your race time will be recorded when you cross the timing mat at the finish line. When you cross the finish line, walk & stay in order in the finish chute until you are past the backup cameras. Volunteers will be positioned in the finishing chute to collect your timing transponder from you.

If you pull out of your race please do not cross over the mat as we may inadvertently think you have won the race. If you do not complete your course you must return your timing transponder to the timing van near the end of the finish chute.

If you lose your timing transponder during the race you must go to the timing van near the end of the finish chute as soon as you cross the finish timing mat.

Officials will phone and search for anyone who has started their race but has no finish time, so it is vital you do not use someone else's number and you go over the timing mat so your start and finish are recorded.

Live race results will be published online as soon as you cross the finish line.

Provisional results will be published on the afternoon of the race. Any timing discrepancies should be notified to [Event Strategies by email](#) immediately.

Timing transponders remain the property of Event Strategies and a \$50 replacement fee will be charged if for lost transponders.

18. Race Start

Please position yourself at the start line depending on your expected pace. Start at the front if you will be running under 4 minutes per kilometre, towards the back of the pack if you will be running over 2.5 hours for the half marathon or somewhere in between.

19. Official Photography

Look out for our photographers at various points around the course. Give them a smile and a wave and look like you are enjoying yourself. All pictures will be posted on Facebook shortly after the race for you to tag, download & share for FREE!

20. Water stations

Water stations on the half marathon course will be located at Aldinga Bay Surf Life Saving Club (4KM), exit from the Aldinga Scrub (9KM) & Snapper Point (13KM & 17KM). On the 10K course there will be one water station at the exit from the Aldinga Scrub (5KM).

We do not expect it to be too warm in mid-July so please drink to thirst & be careful not to over-hydrate.

Only compostable cups made from plant-based materials will be used during the Great Southern Half Marathon to minimize our impact on the environment. Please try to hit the bins provided at the water stations and be aware that littering on the course will result in disqualification. Runners may also carry their own drink bottle or cup to refill at water stations.

21. Volunteers / Marshalls

Please be courteous to our marshals and other volunteers. Remember that they are giving up their Sunday morning to make sure that you enjoy your run.

ALWAYS FOLLOW INSTRUCTIONS GIVEN BY COURSE MARSHALS.

22. Traffic management

Much of the Great Southern Half Marathon & 10K course is run off-road. There will be two road crossings of the Esplanade controlled by accredited traffic management contractors.

Sections of the course are run on quiet back roads that remain open to traffic. There are no road junctions for you to negotiate but you must be vigilant for vehicles coming on or off driveways. Always follow the instructions of course marshals, run within cones and follow the road rules.

Silver Sands beach will be open to cars on race day and has a 10 KM/H speed limit (though you may run faster if you like!). Minimal traffic is expected on the beach in mid-July but you should remain aware of any vehicles around you.

23. First aid/emergency procedures

We thank Aldinga Bay Surf Life Saving Club for providing race day first aid cover. There will be a static first aid station located at the start/finish area and a roving first aid unit out on course. If you or any fellow runners require assistance, please notify the nearest marshal who will contact our first aiders.

In case of emergency the race director can be contacted on 0415 883 117 during the race. Please save this number in your phone if you will be carrying it with you.

24. Cut-Off Times

The half marathon is open to runners only and the course will be progressively closed at a pace of 8:30 per kilometer (equivalent to a finish time of 3 hours). If you do not reach the 11KM point (Aldinga Esplanade after completing the Scrub section of the course) within 95 minutes you will not be able to complete the out-and-back section to the Star of Greece @ Port Willunga and will be asked to return directly to the race finish along the beach.

A tail runner will follow the last participant around the course for safety reasons and to relieve marshals from their positions. If you fail to maintain the minimum pace you will be asked to stop and return to the start finish area. This is the last thing we want to do on race day so if you are not confident that you can complete the half marathon in this time please enter the 10K event.

The 10K is open to runners and walkers. All participants must finish by 12:30 pm (17:30 per kilometer).

25. Personal Care

Course Conditions

Sections of the half marathon and 10K courses will be run on paths that are open to the public and runners do not have automatic right of way. Please keep to the left of shared paths and pass other pedestrians/dog walkers with care.

As some sections of the Great Southern Half Marathon and 10K courses are of road, participants must be careful of sandy, rocky or slippery surface conditions under foot.

Headphones

Wearing of headphones is discouraged. Enjoy the serenity of the course, the birdsong of the Aldinga Scrub Conservation Park, the crashing of waves on Silver Sands beach or conversation with your fellow competitors. If you do choose to wear them, please have your music at a low volume or use just one earpiece so that you can still hear traffic and safety instructions from our course marshals.

Pulling Out

If you are unable to complete the course for any reason, please notify the nearest marshal so that we can account for all starters/finishers.

26. Half Marathon Course

Map



Elevation profile

The Great Southern Half Marathon course is pretty flat with just 180m elevation change over 21.1 kilometres.

An elevation profile chart will be added shortly.

Course Description

Starting on the beach, runners will run south to the turnaround point just before Sellicks Beach ramp before returning to the Aldinga Bay Surf Life Saving Club. This beach section is run on hard packed sand and is approximately 4 kilometres long.

You will leave the beach up the vehicle ramp at ABSLSLC past water station 1 and follow the rocky trail along the top of the dunes to the Esplanade. Here you will cross the Esplanade and run along Wattle Avenue (keeping left inside the witches' hats) to enter the scrub at the corner of Wattle Avenue and Acacia Terrace. A sandy section of single track winds through the scrub for around 400m before opening up on to a fire trail that will take you to Cox Road. A 1 kilometre section of road will take you past the Aldinga Beach Caravan Park and back into the Aldinga Scrub.

Follow the fire trail for about 1.5 kilometres with scrub on your left and vineyards on your right with the Mount Lofty Ranges rising up in the distance. Water station 2 is located at the exit from the scrub. The path then winds through the Aldinga Wetlands before following a bitumen path between the Aldinga Scrub and Sundays housing estate. At the end of this path you will be sent left down Dover Street then right down Fraser Street, right onto Maurice Street and left down Morgan Street. Keep left and inside the witches' hats along this section of quiet suburban streets.

A controlled crossing will take you across the Aldinga Esplanade where you turn right to follow an out and back section to the Star of Greece at Port Willunga. Water station 3 is located at Snapper Point and is accessible as you run past it in both directions. When you return to the Aldinga Beach Boat Ramp you will rejoin the beach for the final 2 kilometres back to glory at the finish line.

27. 10K Course

Map

A map of the 10K course will be added shortly. In the meantime, refer to the half marathon map above where the 10K will only run 500m south on the beach to the first turnaround point and will miss out the out-and-back section along the Aldinga Esplanade after completing the loop of the Aldinga Scrub.

Elevation profile

An elevation profile chart will be added shortly.

Course Description

Starting on the beach 5 minutes after the half marathon runners, 10 K participants will run or walk approximately 500m to their southern turnaround point before returning to the Aldinga Bay Surf Life Saving Club. This beach section is run on hard packed sand.

You will leave the beach up the vehicle ramp at ABSLSLC past water station 1 and follow the rocky trail along the top of the dunes to the Esplanade. Here you will cross the Esplanade and run along Wattle Avenue (keeping left inside the witches' hats) to enter the scrub at the corner of Wattle Avenue and Acacia Terrace. A sandy section of single track winds through the scrub for around 400m before opening up on to a fire trail that will take you to Cox Road. A 1 kilometre section of road will take you past the Aldinga Beach Caravan Park and back into the Aldinga Scrub.

Follow the fire trail for about 1.5 kilometres with scrub on your left and vineyards on your right with the Mount Lofty Ranges rising up in the distance. Water station 2 is located at the exit from the scrub. The path then winds through the Aldinga Wetlands before following a bitumen path between the Aldinga Scrub and Sundays housing estate. At the end of this path you will be sent left down Dover Street then right down Fraser Street, right onto Maurice Street and left down Morgan Street. Keep left and inside the witches' hats along this section of quiet suburban streets.

A controlled crossing will take you across the Aldinga Esplanade where you turn left, down the Aldinga Beach Boat Ramp and south along the beach for the final 2 kilometres back to glory at the finish line.

28. Kids race

Starting on the beach at 11:30 am, the kids race will run 750 metres north before turning back for the final dash to glory at the finish line.

29. Family, Friends, and Supporters

- **DO NOT** cycle, drive, or run beside a competitor on any part of the course. If you do they may be disqualified.
- **DO** encourage and cheer on all competitors – not everyone is lucky enough to have family and friends around, and it can give athletes a real boost and will be enormously appreciated.
- **DO** make sure you keep yourselves hydrated and well-nourished – supporting can be exhausting! Refreshments are available at the Surf Life Saving Club throughout the morning.
- **DO** feel free to head out on the course to cheer on your runners at different points.
- **DO** look around the stalls at the race expo, but you're only allowed a massage if you actually run!
- **DO** take your kids to the play park, but don't wear them out if they have the kids race coming up 😊

Do you want to volunteer?

If you want a role to play while you are waiting for your runner to come back we have plenty of jobs directing runners, giving out water, helping at the finish line or giving out medals. Drop us a line at info@southernac.org.au – we would love for you to get involved.

POST-RACE

30. Participation Medals

If you have pre-purchased a participation medal, you will be recognized at the finish line from your race number and be presented with that hard-earned bling.

There may be some spare medals available for purchase on the day.

31. Recovery area

When you have crossed the finish line and had your timing transponder removed, head up to the Surf Life Saving Club where you can rehydrate and refuel on complementary fruit and water. The Sandbar Café and Surf Life Saving Club bar will also be open.

There will be post-race massage and showers available to runners – all included within your race entry fee. We will have a small expo with stands we hope to be relevant and of interest to runners and walkers with a healthy outlook – stall holders to be confirmed in due course.

32. Presentations

Presentations will take place around 12:00 pm (possibly earlier), with trophies being awarded to the first 3 males and first 3 females across the finish line in the half marathon and 10K.

The North-South Challenge (an inter-club trophy contested by Northern Districts Athletics Club and Southern Athletic Club) will be awarded to the club with the highest points score, based on the number of runners representing each club with bonus points for top ten finishers.

33. Event Feedback

A link to a brief online survey will be sent to participants after the race. Please take 5 minutes to let us know what you thought of the Great Southern Half Marathon. We want to know what you enjoyed and any suggestions about what we can do better next time so that we can keep on improving our events for you.

And if you enjoyed the race feel free to sing our praises on your social media, give us a 5 star rating on <https://www.facebook.com/pg/GreatSouthernHM/>, and bring all your mates along to run next year!

OTHER INFORMATION

34. About Southern Athletic Club

Southern Athletic Club is an inclusive, community-based athletics and recreational running club that promotes healthy, active lifestyles and supports its members to achieve their athletic goals. We have a recreational running group that meets at different locations around the Aldinga-McLaren Vale-Seaford area for a steady run every Friday evening. We have runners of all shapes & sizes, from beginners building up to their first 5K to seasoned marathoners. We also hold regular mid-week interval sessions.

New members are always welcome. Check out our Facebook events page to see where you can find us: <https://www.facebook.com/pg/SouthernAthleticClub/events/>

35. Developing Athletics and Recreational Running in the South

Southern Athletic Club is currently working to establish a much-needed home ground for athletics in the south and have identified a perfect site in Knox Park, Morphett Vale. A 400m running track was constructed here in 1988 but it has never been used for this purpose. The ground is not currently used for any organised sports and is in need of some TLC to bring it up to a standard to host athletics training and competition.

Southern Athletic Club is raising funds to:

- Level the track and infield
- Install irrigation
- Build a toilet and storage shed
- Construct a perimeter fence around the track
- Install long jump & throwing facilities

Having an established home ground is essential to increase participation in athletics and recreational running in the south and provide greater opportunities for members of our community to follow healthy, active lifestyles.

If you are interested in supporting this initiative, we have established a fundraising partnership with the Australian Sports Foundation where tax deductible donations can be made towards this project.

Thank you if you are able to contribute and help us achieve our vision!

<https://asf.org.au/projects/southern-athletic-club/>