

Running SA:10

EVENT INFORMATION

DATE

Sunday 4th June 2017 commencing at 8am

LOCATION

SA Athletics Stadium (formerly Santos Stadium), 145 Railway Terrace, Mile End

In this information pack we hope to answer all your questions regarding the Running SA: 10. If however you have any further questions then please do not hesitate to contact the office on 8354 3477 or email admin@athleticsa.com.au

TIMETABLE OF EVENTS

Distance	Start Point	Time
10km run / walk	SA Athletics Stadium causeway (see map)	8.00am
5km run / walk	Netball Stadium carpark (adjacent SA Athletics Stadium)	8.05am

EVENT PARKING

Ample free car parking is located at SA Athletics Stadium and the adjacent Netball SA Stadium.

BIB NUMBER COLLECTION

Bib numbers can either be collected from the Athletics SA office (Level 1, SA Athletics Stadium) on Thursday 1st June or Friday 2nd June 2017 between 9am and 4pm or on event day from 6:30am at the registration desk located on the ground floor of SA Athletics Stadium.

BAGGAGE STORAGE

A baggage storage area will be available at the registration desk at SA Athletics Stadium. Participants are asked to mark their bib number on their belongings. Please refrain from placing valuable items with your gear as we are unable to take any responsibility for lost or misplaced items.

TOILETS

Toilets and change rooms are located on the ground floor of the main building at SA Athletics Stadium. Additional toilets are also located on the concourse level of the main grandstand adjacent the canteen and on level 1 near the bib collection area.

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START LINE LOCATIONS

10km – The 10km start location will be alongside the access road that runs around the outside of the track at SA Athletics Stadium.

5km – The 5km start location will be in the carpark of the netball Stadium as shown on the map below. The start can be accessed via a walkway under the bridge from the SA Athletics Stadium carpark

Running SA staff and volunteers will be able to guide you to both starting positions on the morning of the race.

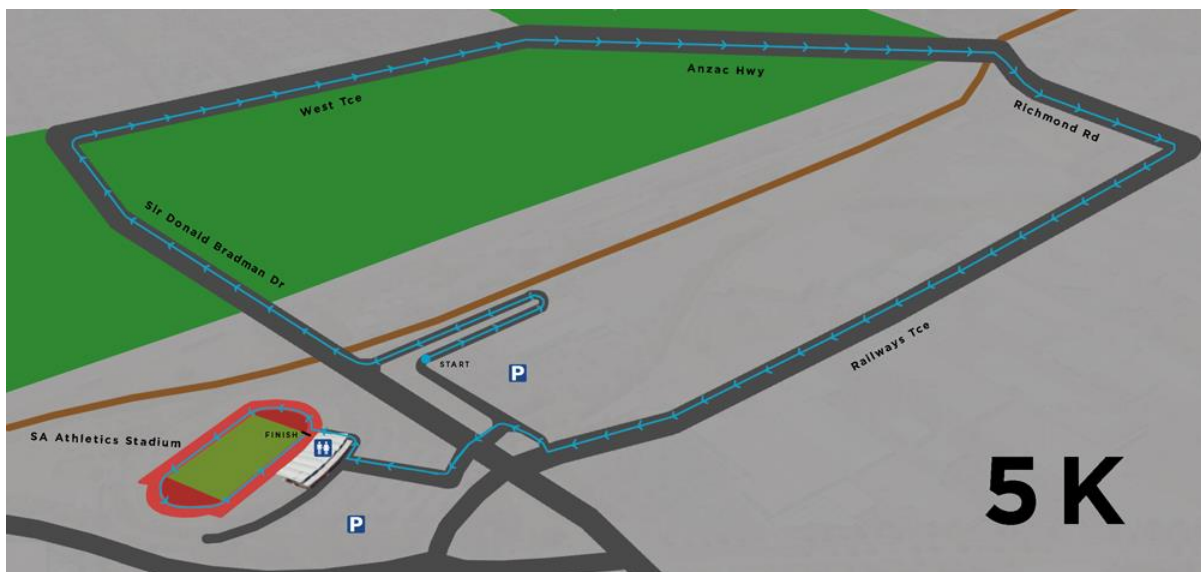
ASSEMBLING AT THE START LINE

All participants are asked to assemble at the start line of their event 10 minutes prior to the scheduled start time. When assembling at the start line, participants are asked to place themselves in relation to their anticipated pace. That is, the fastest runners at the front and walkers towards the back. If you are unsure, please ask one of our friendly marshals or another event participant.

COURSE MAPS

5km Course

Starting in the netball carpark, participants make their way towards the access ramp to Sir Donald Bradman Drive. Participants then run along Sir Donald Bradman Drive, West Terrace, Anzac Highway, Richmond Road and Railway Terrace. Participants then turn into the SA Athletics Stadium carpark before completing a near full lap of the track and finishing in front of the main grandstand.



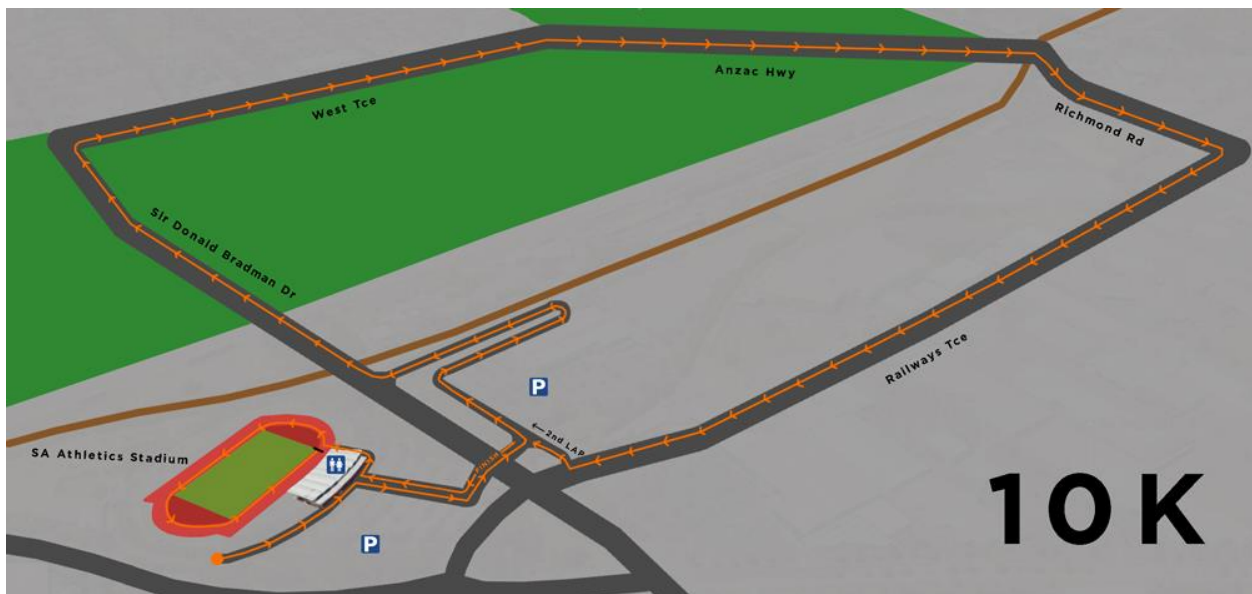
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10km Course

The 10km course is a two lap course. Starting in access way of SA Athletics Stadium, participants make their way through the athletics and netball carpark before travelling up the ramp to access Sir Donald Bradman Drive. Participants then run along Sir Donald Bradman Drive, West Terrace, Anzac Highway, Richmond Road and Railway Terrace. Participants then turn right to again enter the netball stadium carpark to commence the second lap of the course. After completing the second lap, participants then turn into the SA Athletics Stadium carpark before completing a near full lap of the track and finishing in front of the main grandstand.



WATER STATIONS

A water station will be located at the end of the first lap of the 10km event. Water will also be available at the finish line.

ROAD AND SPEED RESTRICTIONS

Traffic and speed restrictions will be in place during the event. Participants must follow the directions of event staff, the SA police, and traffic management contractors at all times. Whilst lane closures are in place, we still ask that all participants remain aware of their surroundings and in particular motorists on the roads.

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EVENT RESTRICTIONS

Participants are advised that for the safety of all participants, pets are unable to participate in the run and/or walk events. Individuals are also unable to participate with bicycles, roller skates, skate boards or motorised devices.

FIRST AID

A Level 2 Sports Trainers will be positioned at the 5km water station and at the finish line. Please help us to keep you all safe by watching out for fellow participants during the event.

FOOD AND BEVERAGE

Food and drinks will be available for participants and specators to purchase at the canteen at SA Athletics Stadium

STATE CHAMPIONSHIP AGE GROUPS

The Running SA: 10 incorporates the South Australian Road Running Championships. All participants are eligible for state championships medals in their respective age group in the following events

10km Run: Open Men and Women, Under 20 Men and Women, Over 35 Men and Women, Over 50 Men and Women

5km Run: Under 18 Men and Women, Under 16 Men and Women, Under 14 Men and Women

We hope you enjoy the Running SA: 10

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