



# 32nd Adelaide Marathon Festival, 15th August 2010

## ENTRANT GUIDE

### 42.2km, 21.1km & 12km Run and Walk

*Remember: If you enter as a walker and keep to the left hand side of the course.*

#### LOCATIONS

##### MARATHON

Adelaide Oval, War Memorial Drive/King William Road Adelaide.

##### HALF MARATHON

Glenelg Baseball Club, Anderson Ave (west), Glenelg North.

##### 12KM

Lockleys Bowling Club, 46 Rutland Ave. Lockleys.

All events finish in Adelaide Oval, King William Rd, Adelaide.

#### TIMETABLE

5:45am — Marathon Walkers start, Adelaide Oval.

6:45am — Marathon Runners start, Adelaide Oval.

7:15am — Buses\* depart for Half Marathon Start At Glenelg, Adelaide Oval.

8:15am — Half Marathon events start, Glenelg Baseball Club.

8:15am — Buses\* depart for 12km start at Lockleys, Adelaide Oval.

9:00am — 12km events start, Lockleys Bowling Club.

11:15am — Presentations and random draw, Adelaide Oval.

*\*Tickets must be produced to the Bus Marshal before boarding the buses.*

#### GEAR

A gear truck will be located at race starts at least 15 minutes prior to start time and available for collection at Adelaide Oval from 10 am.

#### COURSE CLOSURE

The course will be closed and marshals withdrawn at 8:30 mins/km for marathon runners. Slower entrants will be transported back to Adelaide Oval.

#### TRAFFIC CONTROLS & MARSHALS

Major roads will be controlled by SA Police. Traffic Technologies licensed operators will control major road crossings at which speed limits will also be applied. There will be painted or mobile signage along the entire course and course marshals at key points & direction changes. Please follow all marshal directions, keep left and stay within cones.

The train to Outer Harbour is scheduled to pass across Park Terrace (approximately 3.5km from start) at 7:14 am and slower runners may be held up. Please follow marshal instructions.

#### SPECIAL DRINK DELIVERY

Special drinks can be dropped off at the Southern Gate of Adelaide Oval from 2pm to 5pm on Saturday 14<sup>th</sup> August. Please ensure your bottles/containers are marked with your Race Bib No and it is advisable to mark them or decorate them so they stand out more to make it easier for you to find your drink/food.

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#### TOILETS

Locations of all toilets along the course can be found on the detailed [sector maps](#) on the marathon website. These are mostly public toilets and signs will be placed to identify them.

#### RACE HYDRATION

Cups of water will be available at drink stations located along the course, refer to [sector maps](#) for actual locations, cups of lemon-lime flavoured Gatorade will be available from the 10km drink station onward.

#### KILOMETRE MARKERS

Every effort will be made to place accurate kilometre markers out on the course (A4 size), counting down. Larger markers (A3) will be placed at 5 kilometre intervals.

#### RACE BIBS

Please ensure you pin the plastic sleeve containing your race number and the timing tag to your front. Race Numbers must be visible at all times to enable quick identification and accuracy of results.

#### WITHDRAWALS

If you wish to withdraw during the event for any reason, please report to the next drink station, or marshal, who will organise transport back to Adelaide Oval.

#### PRIZES AND AWARDS

Presentations will be held at 11:15am in front of the Clem Hill Stand at Adelaide Oval.

All marathon and half marathon finishers receive a commemorative finishers medal.

All participants receive a finishers certificate and can go in the draw to win random prizes to be drawn during the presentation. Prizes include:

\$100 [Joggers World](#) Vouchers

1 year [Team R4YL](#) subscriptions

Complimentary Sunday Mail [City-Bay](#) Entries

[Sporty Girls](#) Gear Vouchers

[SARRC](#) Merchandise Vouchers

[Step Into Life](#) Fitballs and Water Bottles

Trophies will be presented to the first 3 runners and walkers in each event.

Prize money will be awarded to the first three marathon runners in both the male and female events.

1<sup>st</sup> - \$800

2<sup>nd</sup> - \$300

3<sup>rd</sup> - \$150

#### SARRC Perpetual Trophies

John Bannon Trophy – Awarded to the fastest debut Adelaide Marathon by a SARRC member (male).

Bob Wiese Trophy – Awarded to the fastest debut Adelaide Marathon by a SARRC member (female).

## RECOVERY

All participants will receive fruit, juice and an oat bar after completing their event. Body First will supply a massage service to all finishers, with marathon entrants receiving priority treatment.

Male shower and change facilities are available for use at Adelaide Oval. Unfortunately we were not able to secure any Female shower facilities.

## RESULTS

Results will be available on the SARRC website on Wednesday 18th August.

## OFFICIAL CHARITY

SARRC is proud to be associated with [MDA \(Muscular Dystrophy Association Inc\)](#) as the official charity for the Adelaide Marathon for the 23rd consecutive year! Help support [MDA](#) by joining the [Muscle Team](#) and setting up a [fundraising page](#) for your chance to **win a trip to London including an entry into the London Marathon valued at over \$4000!**



## SPECTATORS

Spectators are encouraged to be as vocal and congratulatory as they can be. Get together all your family and friends to form a cheer squad with banners, pom-poms and maybe an icy-pole to give you a boost. Toilets and shelter are available for spectators in the Clem Hill stand at Adelaide Oval and hot food and coffee will be available for purchase.

## PHOTOGRAPHY

[Epsom Road Studios](#) will again be photographing entrants out on course and at the finish. Photos will be available for purchase from their website.

## VOLUNTEERS

We will have over 80 volunteers out there, some from about 5 am on, and several for many hours. Thank them. They will be cheering you on and will appreciate your acknowledgement!

## PASTA PARTY

All entrants, family and friends are invited to the pasta party, to be held 7pm, Friday 13th August at Unley Town Hall. 181 Unley Rd, Unley

Features:

- All you can eat authentic pasta with choice of three different pasta sauces including; Bolognese, Carbonara & Napoletana (Vegetarian).

- MDA Raffle including; \$100 Jogger's World gift vouchers, Wirra Wirra wine packs, Subscriptions to R4YL Magazine Team, Complimentary Free Entries into the 2010 City-Bay.
- Presentation by Sports Nutritionist Stephanie Gaskell from Shepherd Works on marathon nutrition including carbohydrates, proteins, fluids and carbohydrate loading, pre-event, race nutrition and recovery.
- Marathon Information
- Cost is just \$25 per person
- Drinks available for purchase (including Wirra Wirra wines and selection of beers), NO BYO.
- All proceeds go to support our Marathon Charity, [MDA](#)

To purchase tickets please complete the [Booking Form](#) and then return to Naomi at the SARRC Office at 73 Wakefield Street, Adelaide 5000 or by [email](#) before 3:30pm Thursday 12th August.

## SPONSORS AND SUPPORTERS

Our sponsors' and supporters support is essential for the presentation of the 2010 Adelaide Marathon. Please show your appreciation by supporting them in turn. Distance events provide a healthy pursuit for runners and walkers and enable us to stay healthy.



ALL NATURAL  
BAKERY



## TOILET AND DRINK STATION SCHEDULE

Refer to detailed sector maps for exact locations.

|  |                |
|--|----------------|
| TOILET 1 - in Bonython Park approx 50 metres south of Phillips St & Port Road intersection.  | 37.9 Kms to go |
| DRINK STATION DS1 - in layby on southern side of West Thebarton Rd & opposite Dalgleish St, Thebarton  | 37.2 Kms to go |
| TOILET 2 - eastern end of Mountbatten Tce, Allenby Gardens - northern side of River Torrens & eastern side of Holbrooks Rd - return along same route to rejoin course          | 35.2 Kms to go |
| TOILET 3 - Flinders Football Club clubrooms  | 33.6 Kms to go |
| TOILET 4 - on River Torrens Linear Park at southern end of Canino Drive - turn left to access toilets - return to Valetta Rd to rejoin course                                  | 32.8 Kms to go |
| DRINK STATION DS2 - on southern side of roadway on concrete driveway into park   | 32.5 Kms to go |
| TOILET 5 - Corner Esplanade & Grange Rd, Grange - turn north (right) at Reedie St/Esplanade to access toilets - return south to rejoin course                                  | 29.0 Kms to go |
| DRINK STATION DS3 -at northern end of car park accessible only from South St, Henley Beach. Located at southern end of Henley Square adjacent to Henley Surf Life Saving Club. | 27.9 Kms to go |
| TOILET 5 - Corner Esplanade & Henley Beach Rd, Henley Beach  | 27.3 Kms to go |
| TOILET 6 - Corner Esplanade & Seaview Rd, Henley Beach South   | 26.4 Kms to go |
| DRINK STATION DS4 - on Reece Jennings bikeway on Tapleys Hill Rd - just south of entry into Patawalonga Golf Course  | 22.8 Kms to go |
| TOILET 7 - Scouts Hall, Anderson Ave East, Glenelg North   | 20.1 Kms to go |
| DRINK STATION DS5 - northern corner North Esplanade & King St, Glenelg North next to beach side path under large trees   | 17.9 Kms to go |
| TOILET 8 - Barcoo Rd, Glenelg North (adjacent Adelaide Shores boat ramp)   | 16.3 Kms to go |
| TOILET 9 - Seaview Rd & West Beach Rd, West Beach  | 14.8 Kms to go |
| TOILET 10 - Seaview Rd & Stanhope St, West Beach   | 14.3 Kms to go |
| DRINK STATION DS6 - in car park at entry to beach ramp at Henley Sailing Club - cnr Seaview & Burbridge Rds, West Beach  | 13.9 Kms to go |
| TOILET 11 - Seaview Rd & Esplanade, Henley Beach South   | 13.5 Kms to go |
| DRINK STATION DS7 - corner of Motley Ave & Riverway Place, Fulham Gardens  | 10.0 Kms to go |
| TOILET 12 - at footbridge over river (east) past Frogmore Rd/Torrens Ave, Fulham Gardens @ Canino Drive  | 8.9 Kms to go  |
| TOILET 13 - adjacent to Pooch Park car park  | 8.4 Kms to go  |
| TOILET 14 - eastern end of Mountbatten Tce, Allenby Gardens  | 5.5 Kms to go  |
| DRINK STATION DS8 - Cnr Mountbatten Tce & Beatty Ave, Allenby Gdns   | 5.9 Kms to go  |
| TOILET 15 - corner Adam & River Sts, Hindmarsh at Cemetery wall off Adam Street & west of intersection of Adam & River Streets   | 4.5 Kms to go  |
| DRINK STATION DS9 - Equestrian Park roadway - white posts at start of path leading up from underneath Port Road  | 3.2 Kms to go  |
| TOILET 16 - Torrens Weir footbridge  | 1.6 Kms to go  |

### MORE QUESTIONS?

Any more questions, then please email [marathon@sarrc.asn.au](mailto:marathon@sarrc.asn.au) or follow us on [Facebook](#).



*The 32nd Adelaide Marathon Festival is brought to you by:*

The South Australian Road Runners Club  
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