



**EVENT HANDBOOK**  
**2021**



## INTRODUCTION – A WORD FROM THE RACE DIRECTOR

Well – for most of us – we finally made it!

And as luck has had it, we haven't been able to dodge the COVID bullet despite all the good work that our communities have done since the outbreak.

It has been cruel to see how quickly participant fates have been decided so suddenly, with the closure of borders. This event normally has a high rate of interstate participants, and indeed a few have made the trip over for the event a number of times. So the staging of this event this year will be bittersweet in their absence.

If you're reading this knowing this is your situation, I am shattered that you can't share this final event with us. You will be missed this weekend!

Now in its 12<sup>th</sup> year, the Festival continues the rich history of these kinds of ultramarathons in Adelaide. The 24 Hour began in 1982 under the stewardship of the Sri Chinmoy team, and has been held at several different locations since. Falling numbers saw Sri Chinmoy move the event to Brisbane in 2008, which is when we picked up the reigns and as a fledgling business held the inaugural Adelaide 6 Hour in 2009.

The 12 Hour and 24 Hour were added in subsequent years, and have always been based at the "Uni Loop".

Hundreds and hundreds of runners and walkers have since taken part in the Festival, with the event experiencing all kinds of weather but always managing to foster a special kind of spirit amongst the participants.

The current records since 2009 stand as such:

**6 Hour** Men Cameron Gillies 78.690km 2015 Women Rebecca Toomey 69.088km 2018

**12 Hour** Men David Turnbull 139.664km 2015 Women Amelia Griffith 129.154km 2017

**24 Hour** Men Felix Weber 260.017km 2018 Women Nicole Barker 217.266km 2016

2021 is the 10<sup>th</sup> anniversary of the 24 Hour, so we would like to extend a very special welcome to all the entrants in this event. And an extra special mention to those who have competed in every single one of these 10 24 Hour events: Colin Brooks and David Billett. Colin has also been at every event since the 2009 launch of the 6 Hour, along with Graham Tottey and Kym Williams. Thanks so much to these legends of our community!



If this is your first event of this kind then welcome! More often than not entrants comment later that traveling in loops wasn't as mundane as it sounds. We have great support from our volunteers and quality service from all of our suppliers. So we aim to make your first experience a good one.

Please read on for all the info. And if you still have any questions at the end of the brief then please do not hesitate to contact me.

Ben

## 1.0 PRE-RACE PREPARATION

### 1.01 ABOUT THE “UNI LOOP”

A meticulously-measured 2.200km gravel track, this path circles the University of Adelaide playing fields of Park 10 at North Adelaide. Mostly flat, with only a slight undulation at the back of the Council Depot, the track is well worn and comfortably accommodates two people running side-by-side.

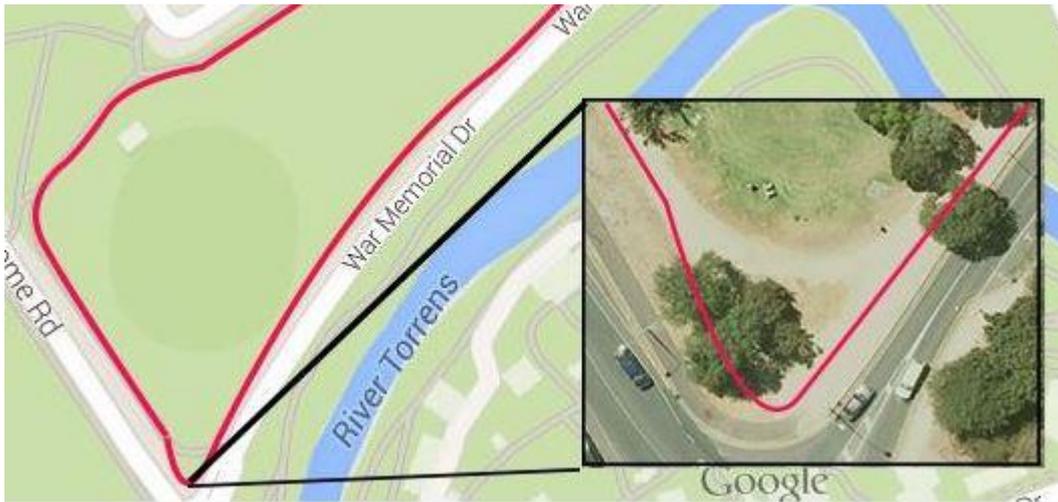


**CREW AREAS ARE TO THE IMMEDIATE SOUTH OF THE MAIN AREA SETUP**

On the day, the course will NOT be closed to the public, so be aware that other people will be using the path throughout the day. However based on the experience of all our previous events held here foot traffic is generally light.

Also be aware that each lap involves crossing the access road into the Council Waste Depot. With its opening hours being 10.00am – 3.45pm on Saturday (closed Sunday), expect this road to be used lightly during these times. Be sure to check left and right before crossing. There is no kerb to negotiate, with the bitumen being at the same level as the Uni Loop track, but be aware there may be small divots where they join.

There is one modification to the course in order to make it exactly 2.200km. At the South-West corner where Frome Road intersects War Memorial Drive (a roundabout) cones will be put out on the path clearly marking where to run.



### 1.02 ADELAIDE WEATHER IN JULY

The current forecast is for possible rain across the event weekend, with minimums around 9degcel, and maximums around 16degcel.

### 1.03 EQUIPMENT

Besides your typical running attire, a headlamp may be convenient. The “Loop” is generally reasonably lit at night, and the mostly-even footing of the gravel track means you shouldn’t be tripping over protruding objects. Runners in the past have also commented on the lack of a need for extra lighting. But for your peace of mind, and for the ones with addled brains in the dark (particularly the 24 Hour runners on their overnigher), a headlamp is handy.

Also be prepared with lots of warm layers. From experience the times that we have the most medical incidents are when it is cold overnight, not wet and windy. So be sure to keep on top of your warmth regardless of wind and rain. Be aware that you may be pulled from the course, either temporarily or permanently, if the medical staff deem that you are not able to continue in your present state. **Any entrant who defies medical advice will be automatically disqualified.** We appreciate you participating in our event of course – but we want you to live to tell the tale!

### COVID-Safe

Our event has a COVID-safe plan so be sure to adhere to the 1.5m social distancing requirement where possible, and be assured that we will uphold our end of the deal with sanitisation and clean handling of food and drinks.



## 2.0 RACE DAY

### 2.01 PARKING

Parking is free along MacKinnon Parade and War Memorial Drive on weekends (see map at the start of the briefing).

### 2.02 START TIMES AND LOCATIONS

*6 and 12 Hour:* Will begin at 6.00am Saturday July 10.

*24 Hour:* Will begin at 10.00am Saturday July 10.

**Number and chip pickup** at the Timing Area (see map) on Friday July 9 between 3.00pm and 6.00pm and then from 5.00am Saturday July 10.

**The start for both events will be at the Timing Area.**

**24 Hour runners are to not enter the timing area with their chip before their race starts at 10.00am.**

### 2.03 TOILETS

Three portable toilets have been organised to be placed near base camp, next to the course.

### 2.04 USE AND PLACEMENT OF TENTS

More applicable to the 24 Hour runners, the Council and University have given permission for small tents to be used for the duration of the event. Their preferred option is for weighted tents, however tent pegs can be used, and are to be no longer than 15cm. All tents are to be erected on the south side of the access road (see map).

**All runners intending to sleep at some stage in their tent please have their name marked clearly at the front of the tent (eg on masking tape or a peg can be provided but please let Ben know prior to the weekend) so that their whereabouts/welfare may be checked if needed.**

### 2.05 REFRESHMENT TABLES

There will be several tables set up at the Food Area for the supply of nutrition and hydration for everybody. One of these tables will be for the use of runners' personal bottles. Please ensure you mark all of your items clearly.



## **NO DISPOSABLE CUPS AT ULTRA RUNNERS SA!**

At the 6/12/24 Hour we will be supplying re-usable cups which will be washed after each use and then re-used. You don't need to supply your own cups in this case. You may also place your own drink bottles and/or specialised drinks on the communal table.

Please allow our fabulous volunteers to fill your vessels for you, to avoid you needing to touch anything.

There will be a selection of food and drink available, namely bananas, sandwiches, sugar lollies, chips, pizza (including vegan), soft drink, sports drink and of course water. The 24 Hour runners will be provided with a hot meal in the evening, including gluten-free and vegan options.

Hot water in an urn will also be available for the overnight portion of the event, which can be used to make teas/coffees/hot chocolates.

Please note there is no access to electric power so you will need to adjust for such (eg. bring along a small camping stove for heating and battery powered lights, car charger for your phone etc).

### *2.07 SET-UP OF CREW TABLES*

Crew tables can be set up anywhere in the vicinity of the Food or Crew area so long as they do not impede the use of the path by the general public and other running/exercise groups who will be out training on the day. Please keep table sizes to a minimum and that all rubbish is properly disposed of. **It is very important we not only watch out for our runners, but anybody else who may be using the Loop.**

### *2.08 RUNNER-ONLY AREAS*

This year, **RUNNERS ONLY** will be allowed in the main timing area. This area will be denoted by fencing and signs.

This is to reduce congestion on the course for runners.

## 2.09 NON-RUNNERS ON THE COURSE

Please note that only paid runners/walkers in the event can be on course at any time. Supporters are to keep to the infield where practicable and are not to impede the progress of others.

**There is a strict “no pacing” policy.** Besides being an official rule it is just not in the spirit of fairness in this event. Anyone suspected of being paced by family or friends will receive one warning. If the pacing is deemed to continue then the runner will be disqualified. This is a “solo” event, and all runners must run as such.

A full list of all the names currently entered into the event are on the website [www.adelaide24hour.com.au](http://www.adelaide24hour.com.au) The bib list will be emailed out Thursday July 8 along with the link to the Event Strategies timing page. We encourage you to print off a copy and give it to your crew so that they can cheer by name all of you out there. Especially overnight, we want lots of encouragement from everyone!

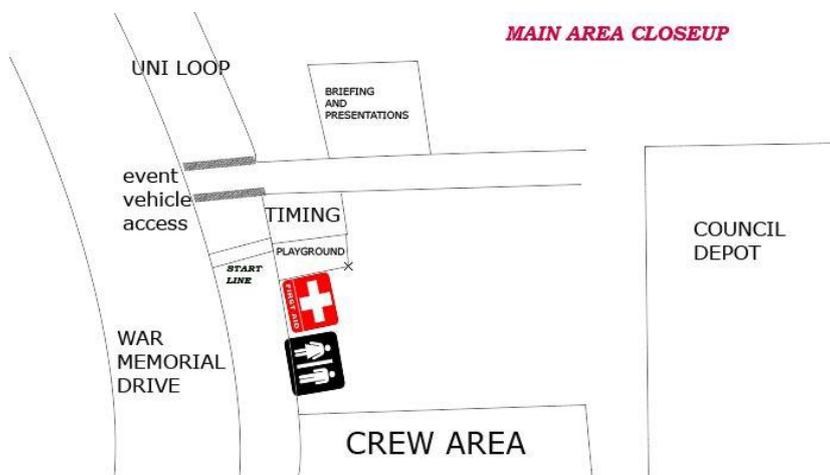
## 2.09 PRE-RACE BRIEFING

Race briefings will occur 15 minutes prior to each event.

The briefing for the **6/12 Hour** will take place at **5.45am**.

The briefing for the **24 Hour** will take place at **9.45am**.

The Briefing/Presentation Area is as shown:





### *2.10 TIMING AND YOUR RACE BIB*

Race bibs and timing straps can be collected on Friday July 9 from 3.00pm until 6.00pm or on Saturday morning at the Timing Area from 5.00am.

The collection procedure will be as follows:

### **ADELAIDE 6/12/24 HOUR REGISTRATION PROCESS**

1. On arrival, go straight to the “ENTRY DETAILS” display boards. All entrants will be listed and sorted by surname. Find your name. Check that your entry details are correct, especially the race and category you have entered.
2. Go to Registration staff to collect your race number & timing chip. Tell staff if any of your entry details are wrong
3. Check your timing band. If you are not happy with the velcro grip, exchange the band for a new one

### **TIMING CHIP USER GUIDE**

1. Timing chips are **not disposable** & must be returned. If you do not start you must return the chip to officials at the start line.
2. Your timing chip is in a blue plastic housing attached to a velcro’ed band. Strap the band to your left ankle with the blue housing facing out. Test that it is secure. If you are not happy with the velcro grip, exchange the band for a new one at Registration
3. Make sure you start at the correct time.
4. Your time and race number are recorded when you step on the timing mat
5. After you finish, return your chip to officials at the finish line.
6. If you do not finish you must return your chip to officials at the finish line & tell them that you did not finish

Volunteers will be there to assist in case you have any questions.

For the duration of the event we request that your number always be visible on your front.



**Regular updates of laps completed and positions will be provided on a TV screen by the side of the course at the Timing Area.**

Amendments to bib/timing setup and procedure this year

Live results will be available at a link to be provided to the runners in the final event email on Thursday July 8.

During the event these results will be updated every minute. When it becomes available please share this link with your family and friends. Malcolm Robertson, who owns and runs our timing contractor [Event Strategies](#), has done a top job with our timing in the past and we are glad to employ his services again this year.

*2.11 TURNAROUNDS DURING THE EVENT*

To break a little of the monotony of lap running, changes of direction will occur **every three hours**. You will be advised when this is so, as you may be requested to change direction shortly before each three hour mark. Runners in the 24 Hour will run for the first two hours before their first turnaround to bring them into line with the 12 Hour runners, and from thereon the turnarounds will be every three hours.

**All** turnarounds will occur at the Start Line on instruction from the Race Director or volunteer.

*2.11 TAKING A BREAK*

If you wish to exit the course for a brief period (eg. for a nap or to use a toilet OTHER than the portable toilet) please ensure you complete your lap first before stepping off the course. Be sure to stay clear of the start line to avoid having your chip read accidentally.

When you wish to re-enter the course, first check that the lap direction hasn't changed since you stepped off.

*2.12 SIGNAL TO MARK "TIME'S UP" FOR EACH EVENT*

To signal the conclusion of each event, an air-horn will sound three times, at which time each competitor is to drop their sandbag immediately, in a downward vertical direction. Personalised sandbags will be made available to each competitor on what will be estimated to be their last time past the Timing Area.

This year several air horns will be used simultaneously to mark the end of an event, at either end of the playing fields. This is to ensure that no matter where you are on the course, you will hear when to stop.



Don't forget to drop your sandbag **as soon** as you hear the air horn signal.

### *2.13 MILESTONES*

Unfortunately with the event not able to achieve official IAU labelling this year (as the new criteria eliminates any course with “soft” edges) there is no official need to record interim distances.

**Please note that 12 Hour runners are NOT eligible for placings in the 6 Hour.**

### *2.14 FINAL RESULTS*

Provisional results are available immediately via the link provided. The results will remain provisional until Wednesday July 14 to allow entrants and administrators time to verify results are correct. If any disputes are in progress results will not be finalised until the disputes are resolved.

While we encourage all forms of evidence to be submitted when disputing a result, we would like to take this time to re-iterate that GPS data is, in virtually all cases, not a completely accurate way of determining your final distance. In fact we are yet to see a GPS reading usurp an official course measurement in over ten years of managing events.

The course has been measured using calibrated equipment which does not involve GPS. When submitting your backup evidence to have your result altered, please bear in mind that there is a rule-of-thumb 2% error rate with GPS data. This means that for every 50km covered, your distance may differ by a kilometre or so to the event's results. We will always check into any claimed discrepancy, but unless the error is glaring (eg there is a difference of 3km or more, depending on which event you are in) then it may just be the natural error rate of your GPS. Aside from the electronic timing Malcolm also has Go Pro cameras running continuously so any check can be made quickly and accurately.

### *2.15 FIRST AID*

First Aid will once again be available at the event. Please ensure your own health insurance is up to date as the event insurance does not cover entrants' medical expenses incurred at any Ultra Runners SA event.



### *2.16 PRESENTATIONS*

Presentations will occur **1 HOUR** after the conclusion of each event. Every effort will be made to have final measurements taken quickly but also accurately.

Trophies will be awarded to the top 3 Males and Females in each event and each entrant will receive a medal.

There will also be perpetual cups awarded to the male and female winners of each event. These cups will remain in my (Ben's) possession after presentations and photos. Hopefully someone takes this event on for next year so these cups can continue their unbroken run of displaying the fantastic winners' times.

### *PHOTOS*

We will have an official photographer out on course on Saturday morning. These will be uploaded to the website for you to be able to download for free.

### *2.20 COFFEE VAN*

We will have a coffee van present at the event from early Saturday morning

### *3.0 COURTESY NOTES*

**The Loop will not be a closed course.** Therefore we all need to be aware that we are not the only ones using the area. Foot traffic has been minimal in the past, but there are also sometimes running groups using the course for training. Be courteous, and where possible keep to the left at all times. And if anyone asks what you are doing, tell them you are being a total legend.

As night draws in, be mindful that there are residents living close by, and therefore to **keep noise to a minimum**. We are very lucky to have such a run so close to the CBD, and do not want to jeopardise the future of this event.

For the crews, all runners are grateful for any encouragement they can get. Make sure you cheer for them all! This year bibs have runners' names on them so please get behind them.

If you have any questions please do not hesitate to email [hockings.ben@gmail.com](mailto:hockings.ben@gmail.com) or call direct 0447 550 010. Closer to the day it is highly recommend that you text instead of emailing.

See you there!