



**EVENT HANDBOOK**

**2024**



## INTRODUCTION – A WORD FROM THE RACE DIRECTOR

Welcome to the running of the 2024 Adelaide 24 Hour Festival!

Enjoyed for over a decade, the Adelaide 6/12/24 Festival continues the rich history of Australian ultramarathons. 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 URSA picked up the reigns and, as a fledgling business, held the inaugural Adelaide 6 Hour in 2009 – adding the 12 Hour and 24 Hour events in subsequent years. In 2022, Dawn Parks preserved the tradition of picking up the reigns to steer this now-iconic event into the coming years.

Hundreds and hundreds of runners and walkers have 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 records since 2009 are:

### **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** Sonja Jensen 233.257 2021

As you can see the course has produced some high-quality results!

2024 is the third year this event is under the stewardship of Dawn Parks, who would like to extend a very special welcome to all the entrants in this event. If this is your first event of this kind, 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 have put a lot of planning into this event spectacular. So, we aim to make your first experience a good one.

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

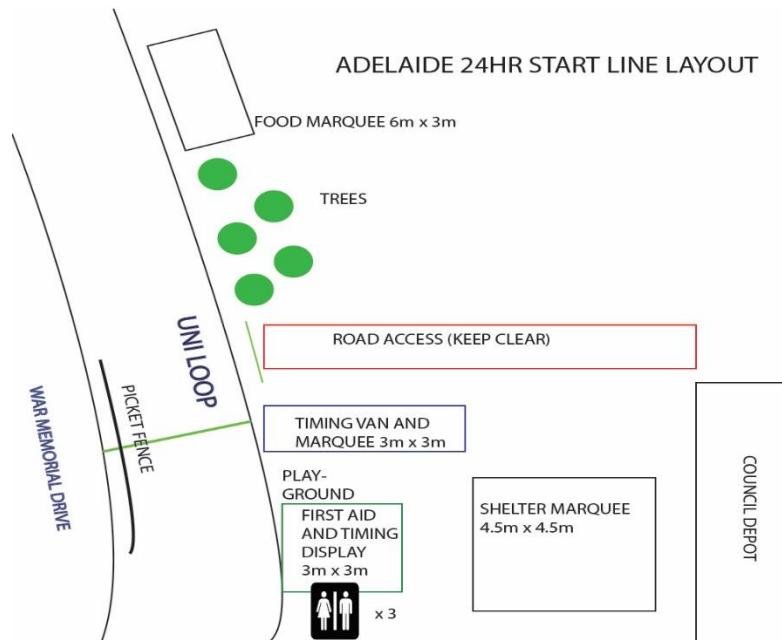
Dawn Parks, Adelaide 24 Hour Festival Race Director



## 1.0 PRE-RACE PREPARATION

### 1.01 ABOUT THE "UNI LOOP"

An AIMS-measured (but not IAU certified) 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**

You can find the course location on our website at <https://adelaide24hourfestival.com.au>

On the day, the course will NOT be closed to the public, so please be aware that other people will be using the path throughout the day. Foot traffic is typically light.

Be aware that each lap involves crossing the access road into the Council Depot. With its opening hours being 10.00am – 3.45pm on Saturday (closed Sunday), this road is expected 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.





## *2.02 START TIMES AND LOCATIONS*

*6 and 12 Hour:* Will begin at 6.00am Saturday 8 June 2024.

*6 and 12 Hour:* Will begin at 9.00am Saturday 8 June 2024.

*24 Hour:* Will begin at 10.00am Saturday 8 June 2024.

**Number and chip pickup** at the Timing Area (see map) from 5.00am Saturday 8 June 2024.

**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*

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 are asked to clearly display their names at the front of the tent (such as on masking tape), 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. Runners' personal bottles can be stored on one of the tables.

## **CUPS**

At the 3/6/12/24 Hour, we prefer to go green. We ask that you supply a reusable cup. However, to prevent the cross-contamination of germs, we will NOT be supplying reusable cups to be washed between participant uses. Instead, we will supply disposable cups if you do not supply a reusable cup for yourself.



There will be a selection of food and drink available, including bananas, oranges, small sandwiches, soup, pasta, lollies, pretzels, chips, and an assortment of baked goods. Check the 'food list' for a complete description of expected foods and timeframes. There will be a vegan option for lollies, sandwiches, soup, and pasta.

Runners are welcome to bring any specialised nutrition, which will be stored on a special table.

Hot water will also be available, which can be used to make tea, coffee, or hot chocolate.

Please be aware that there is no access to electric power, so you will need to plan your electronics with this in mind.

#### *2.06 DOGS*

Service dogs are allowed on the course at any time.

Non-service dogs are allowed on the course with the following conditions:

- The dog cannot be present on the course at the start/finish of any event.
- The dog must be on a non-extendable, hand-held leash.
- The dog cannot interfere with other runners.
- If a race marshal asks for the dog to be removed from the course for any length of time, the race marshal's request must be honoured.

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

Crew tables can be set up anywhere in the vicinity of the Food or Crew area as long as they do not impede the use of the path. Please keep table sizes to a minimum and ensure that all rubbish is properly disposed of. It is important we ensure all runners on the loop enjoy their run – both participants and not.

#### *2.08 RUNNER-ONLY AREAS*

**RUNNERS ONLY** will be allowed in the main timing area. This area will be denoted by fencing. A separate screen with timing results will be displayed near the side of the timing tent.



This is to reduce congestion on the course for runners.

### 2.09 NON-RUNNERS ON THE COURSE

Crew is NOT allowed to be on the course and/or accompanying the runner at any time. This is a solo event – no unregistered runners or crew allowed to accompany a runner at any time.

### 2.10 PRE-RACE BRIEFING

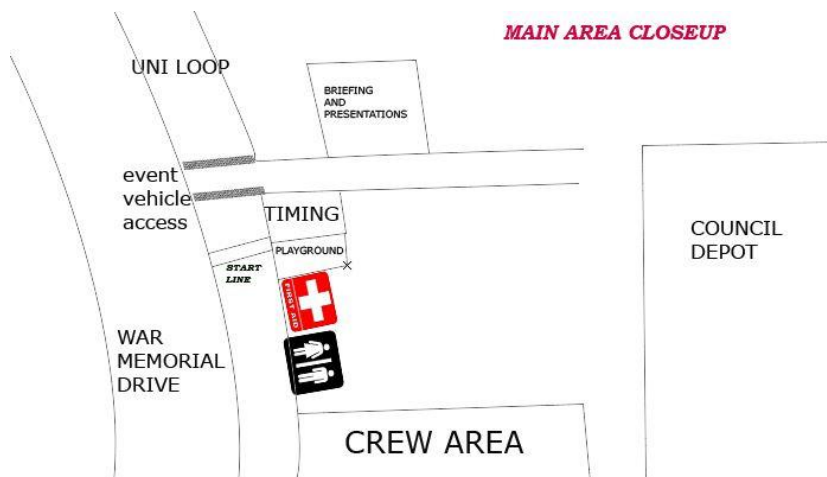
Race briefings will occur 15 minutes prior to each event.

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

The briefing for the **3 Hour** will take place at **8.45am**.

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 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 first name. Find your name. Check that your entry details are correct, especially the race and category you have entered.
2. Go to the 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** to officials at the start/finish 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. **Warning: the Velcro can cause chaffing. Wear tall socks or put tape under it to help prevent discomfort.**
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.

We request that your number always be visible on your front and back for the duration of the event.

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

### **Live Results**

Live results will be available at a link to be provided to the runners.





### *2.11 TURNAROUNDS DURING THE EVENT*

Changes of lap 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. From there on, the turnarounds will be every three hours.

All turnarounds will occur at the start line on instruction from the Race Director or volunteer.

### *2.12 TAKING A BREAK*

If you wish to exit the course for a brief period, 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.

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

To signal the conclusion of each event, an air-horn will sound, 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 when they are estimated to be crossing the Timing Area for the final time.

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

### *2.14 FINAL RESULTS*

Provisional results are available immediately via the link provided. The results will remain provisional until Wednesday 14 June to allow entrants and administrators time to verify the results are correct.

While we encourage all forms of evidence to be submitted when disputing a result, we would like to take this time to explain that GPS data is not a completely accurate way of determining your final distance. It is rare to see a GPS reading usurp an official course measurement.

The course is measured to AIMS standards, 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 2% error rate with GPS data. This means that for every 50km covered, your distance may differ by a kilometre to the event's results. Additionally, the GPS follows YOUR course, which could involve portaloos/aid station stops, as well as indirect meanderings along the route. We will always check into any



claimed discrepancy, but do not be surprised if it is determined the discrepancy is due to the natural error rate of your GPS or course meanderings. Aside from the electronic timing, there are cameras running continuously so any check can be made quickly and accurately.

Many thanks also go to Michael Slagter who has spent hours ensuring that the course is measured to the standard.

### *2.15 FIRST AID*

First aid staff will be on hand for the entire event, along with a first aid vehicle. Please ensure your own health insurance is up-to-date as the event insurance does not cover entrants' medical expenses.

### *2.16 PRESENTATIONS AND RANDOM DRAW*

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

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 our possession after presentations and photos.

### *2.17 PHOTOS*

We will inform you of where to locate images taken by volunteers at the event.

### *2.18 MERCHANDISE*

All shirts have been pre-ordered this year. These will be available at the event venue for those who have placed an order. Extra shirts are available on a first-come, first-serve basis.

## *3.0 COURTESY NOTES*

**The Loop will not be a closed course.** Participants should keep in mind they are not the only ones using the area. Be courteous to all foot traffic and 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 **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! Bibs have runners' names on them, so please get behind them.

If you have any questions, please do not hesitate to email [info@adelaide24hourfestival.com.au](mailto:info@adelaide24hourfestival.com.au) or call direct 0412977006.

See you there!