

Race 3 O'Halloran Hill Conservation Park

Short Course 8km

Medium Course 13.3km

Long Course 21.1km

February 16 2020

Junior Event (U12s) Start: 7.10am

All Other Events Start: 7.30am

With the end of summer almost in sight, the 2019-20 Summer Trail Series' penultimate event is being hosted at O'Halloran Hill Recreation Park.

One of Adelaide's "hidden" gems, the terrain within O'Halloran Hill is ideal for running, with a mixture of rolling hills, some steep pinches, and flat running at the top and parallel to the Expressway. There is limited natural shade so if it's warm be prepared with sunscreen and head-coverings.

The courses themselves will take in everything from gravel access road to tight single trail. You'll have some great vistas from the south of the Adelaide Plains (if you want to sneak a look) as all courses cover a great cross-section of the Park. Underfoot it is occasionally off-camber so be expecting that as well.

We would also like to welcome all new runners to the Summer Series. With every event we endeavour to bring you a quality and easy-to-follow experience, from when you first sign up to run, to the moment your finishing time is posted. While these runs are touted as a Series, they are all still standalone trail running events, held in our easy-access Parks around Adelaide. So thank you for your support, and we hope you really enjoy your event.

The information that follows is intended to be a comprehensive guide to this event. So have a read through and if you have any further questions please let me know.

Ben

0447 550 010

1. Venue Details and Drink Stations

Short Course Drink Stations: 1.4km/4.0km/6.5km

Medium Course Drink Stations: 1.4km/4.0km/6.5km/8.7km/11.7km

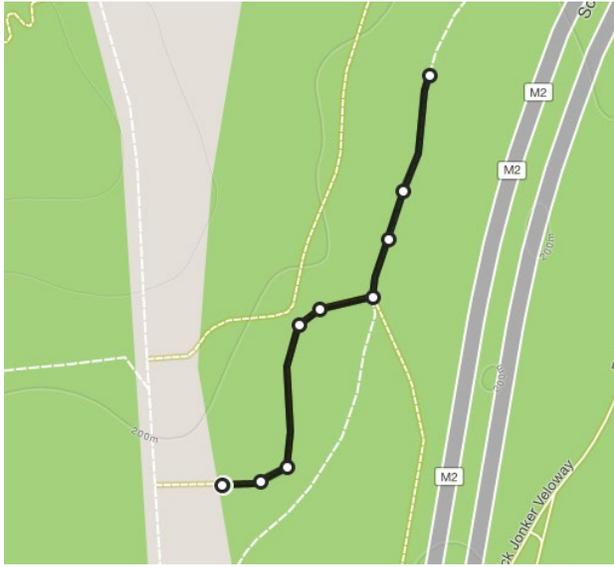
Long Course Drink Stations: 1.4km/4.0km/6.5km/8.7km/12.3km/14.7km/17.2km

For all course maps please refer to <https://ultrasa.com.au/events/summer-trail-series/>

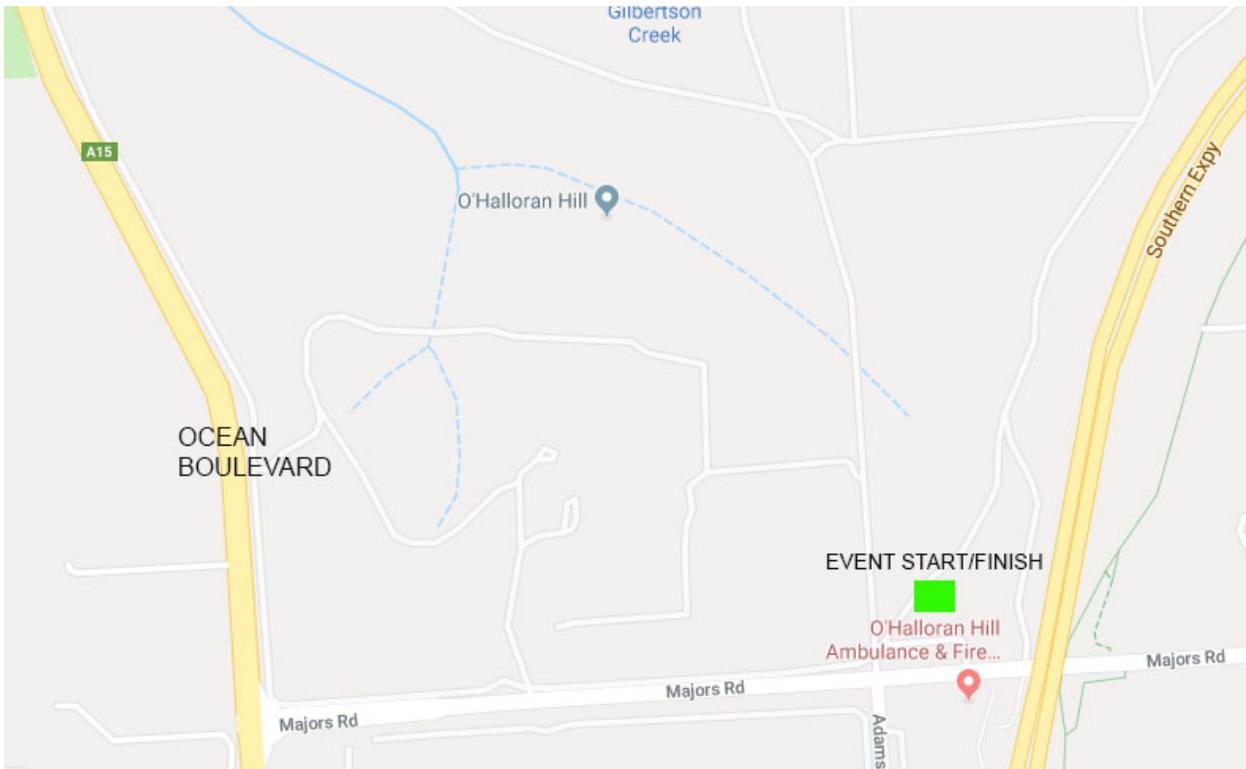
There will be carparking available both inside the Park and on Majors Road. Bear in mind that parking in the Park will be limited. From Majors Road it is only a five minute walk to the Start/Finish area.



JUNIOR RUN 800m



O'Halloran Hill Location Map



For gps navigation, enter these co-ordinates to get to the carpark entrance -
35.054456,138.543781

Course Markers

The course will be marshaled and well-marked with red-and-white tape and directional arrows, as well as “Wrong Way” markers, so you should be able to navigate around the course without looking at the map. So if you are new to trails or directionally-challenged, this Series will cater to you!

2. Junior Trail Run

Thanks to all the kids and parents for the great response to the Junior Trail Run at Anstey and Clelands. We are pleased to continue this offer here at O’Halloran Hill.

Once again each child receives a bib, and a medal for finishing. We hope this encourages the little ones to not only be active and take part in something that their elders do, but also to learn more about trails and what it takes to run out in the “wild”. The runs are for Under 12s, untimed and parents/guardians of the Juniors are most welcome to join them on their run.

NBParents/guardians must sign in with their Junior, and either be with them during their run or at the finish to greet them over the line. No entrant on their own (either prior or during the event) will be permitted into the Junior event.

3. Registration

Number collection is from 6.15am. Please arrive as early as possible to allow time for this process as the events will be commencing at 7.30am sharp. There are no entries on race day unless by prior arrangement.

Note that we may need to start the runners in two or three waves depending on how many registrations there end up being. This will be communicated in the **Final Event Email** on the Friday prior to the event.

Note that the Kids’ Trail Run starts at 7.10am. As their run is untimed they will have a bib with no chip attached.

The registration process is:

1. Find your name and race number on the name list on the board (your bib and chip number will be the same)
2. Proceed to the next point to collect your bib
3. A timing tag linked to you and your race number will be stuck to the back of your race number bib. It is vital that you do not use someone else's number bib under any circumstances
4. Attach the bib at **WAIST** height to the outside **FRONT** of whatever top you will be wearing at all timing points. Do not bend or fold the tag or tamper with it
5. Your time and number are recorded when you pass through a timing point provided your race number is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording
6. If there are several starts for different races, make sure you start at the correct time
7. Race number bibs are disposable and do not need to be returned
8. If you cut the course short (for example by skipping a lap, or taking a shortcut) **do not go through the finishing time point** as timers may inadvertently think you have won the race. If you do not complete your course you must go to the timing van near the end of the finish chute and inform the Timing Manager
9. If you lose your race number bib during the race you must go to the timing van near the end of the finish chute as soon as you cross the finishing mat.

Please note this year your bibs contain your timing chip, which are disposable. While you are welcome to take your bib home with you, we encourage you to return it to the random draw box after you finish your run for the random draw at the conclusion of the running events.

Then it is very important to complete the process with this next step:

IMPORTANT: Phytophthora Cinnamoni Prevention

As you move into the start chute you will walk over a length of carpet which will be soaked with a water/metho solution. Please give your shoes a solid wipe on the carpet as you move across it.

PC (or "root-rot") is an organism that infects and kills native plants. As runners we can inadvertently be part of the problem by spreading the virus via our shoes and moving through the park. It is a condition of the Park Ranger that all runners treat their shoes prior to starting the event. The metho mixture (one part metho to nine parts water) will not cause any damage to your running shoes.

4. Toilets

There will be portable toilets near the Start/Finish area.

5. Aid stations

There will be multiple aid stations on both courses. All stations will have water and sugar lollies. Every second station will also have electrolyte.

Remember all URSA events are CUP-FREE, so entrants will be required to provide their own drink containers.

At the time of writing, the maximum forecast for Sunday's event is for 28deg cel. This means we are currently well-within the URSA [Heat Policy](#) for all events to proceed.

Please remember that the Series is always subject to this policy, and that if the applicable Park is announced as closed by the Department of Environment and Water (for example, due to Catastrophic Fire Danger) then the event will be cancelled. Please refer to the above policy for further details on this.

6. First Aid

First aid will once again be provided by the very experienced staff from First In Sports First Aid, who will be stationed at the Start/Finish.

If you are carrying your mobile phone with you during the event it may be prudent to save Ben's number (0447 550 010) in case of emergency. **The back of your race bib will also contain first aid contact details.**

If you do find yourself in trouble during the event, the important thing to remember is to stay calm. You can either call Ben direct, or ask another competitor to go ahead and ask for help. Remember that it may be closer to go back to the aid station behind you. We will have a 4wd in the Park so it won't take long to reach you, wherever you are.

As a competitor who sees another in trouble, it is your responsibility to render assistance. Anyone who renders assistance will have this "downtime" accounted for in their results, although – to be fair - as a minimum you must be stopped for at least one minute, and this stopped time may be subject to witness reports.

7. Points system

A feature of the Trail Series is the opportunity for entrants to increase their strength and endurance across courses that are accessible and “challenjoyable” (ie a challenge but ultimately enjoyable). In recognition of the consistent performers the points system below has been devised to track and reward the placings of each entrant, either overall or within their age-group.

The prizes will be awarded as such:

On the day: Medals for overall top three males and top three females for both Courses

End of the series: Trophies for overall top three male/female runners and Course age groups.

The age groups are (for both male and female):

U15, U20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, O70

Your age for all events in this Series will be taken as at December 9 2018.

Points on the day will be assigned in relation to your position.

BOTH COURSES

1st 1 point

2nd 2 points

etc.

Age group points will also be scored as such. So you will essentially be assigned two lots of points at each event.

This means that the LOWEST scores at the end of the Series will be the placegetters with the LOWEST number of points.

Conditions:

1. To qualify for end-of-series awards a runner must have completed at least three events in the Series;
2. Overall Series podium placers are not eligible to win their applicable age group category;
3. You can only run one combination of courses (ie all three Short Course or all three Long Course);

4. In the event of a draw between two or more people in any major (ie top three) result in Overall and/or Age Group Series placing points following Race 4, priority will be given to who ran the most events in the Series. If that still does not produce a result, whoever finished in front of the other at Race 4 will be allocated the higher Overall placing. This also applies if one runner does not compete at Race 4; the runner attending will be allocated the higher Overall/Age Group placing.
5. It is the runner's responsibility to understand the course. Please read our [Terms and Conditions](#), in particular "Course Marking and Route Knowledge". Only runners who complete the correct course will be eligible for placing points and awards, subject to our Terms and Conditions. In cases of incorrect routes being completed, affected runners will each receive the equivalent points of the last placed finisher of that Course on that day.
6. Any runner rendering assistance to another runner during an event will have their "downtime" credited against their Finish time, with a minimum of one minute assistance required. If the runner rendering assistance is required to assist the injured runner off the course and the assisting runner is unable to complete the event, they will be credited with points to be determined by the event referees.
7. Any runner who is injured during the event, and is unable to complete the event, will be ineligible for any points.
8. Protest forms will be made available at the event, should such a need arise. Runners will be able to lodge a protest for a decision or action they do not agree with at the event. Protests must be emailed to team@ultrasa.com.au by midday the Monday following the event, and is subject to a \$50 fee. This fee will be refunded only if the protest is upheld. Decisions on protests will be made by the event referees, and the decision will be final. Decisions will be made prior to the event results being made final.

Each year we learn more and more on how to avoid any misdirection. We here at Ultra Runners SA are also runners and we mark the courses as if we were going to run it for the first time. So we always do our utmost to ensure you all get around with no hesitations!

9. Heat Policy

Again, please visit our [Terms and Conditions](#) page for information on our Heat Policy.

Happily, in five seasons we have only had to cancel an event once. However while we would always prefer an event goes ahead, we still have insurance and Park conditions to adhere to.

An email will be sent out the Friday before each event with a weather update. If anything drastic happens between then and event morning, we will use all means available to us to

contact entrants to advise them of any change. If an event is cancelled a sign will also be put up at the event venue advising entrants, for those that we may have missed. Event staff will also be on hand for any enquiries.

10. Random draws

The draw will take place at 10.15am or when the last runner finishes (whichever comes first). You must be present to claim your prize. Anybody still out running in the event while the random draw presentation is taking place is still eligible to win a prize.



Chris “Chicken” Chapman, from The Running Company, has once again generously offered several discount vouchers per event.

It is a fantastic offer and we will generate the random draw list based on who starts on the day.

Whether you win a voucher or not, be sure to visit Chicken at shop 3/278a Unley Road, Hyde Park or his new store at 1/39a Beach Road, Christies Beach. Chicken’s stores are favourites amongst a huge number of runners here in Adelaide, for both roadies and trailies. And rightly so with some great stock and all the staff having excellent product knowledge and a passion for running. We here at URSA are very happy to be working with Chicken and can’t recommend his shops enough! So whether you need shoes, bladders, socks, gels and more, go check out [The Running Company](#).



Sue Maffei is also offering several of her unique and uber-cool homemade “Gators” for random draw. For those of you who are unfamiliar with Gators, they are an extremely useful fabric fitting that wraps around your ankles and spreads over the tops of your running shoes to keep stones, dirt and the like out. Sue’s Gators are VERY fashionable, and are a must-have trail accessory! Click [here](#) for her website.



A big thanks again to [Orange Mud](#)! Brett at Orange Mud will be giving away two Transition Wraps at each of our events this Series. These towels retail for up to \$75 so they are a great prize to win.

Also, if you enter all four events prior to Anstey Hill, you will go into the prize draw for an Orange Mud Endurance Park at the end of the Series. Retailing for \$229 this is another great reason to join us for the Series.

11. Merchandise



This year we have some very cool shirts (\$45.00ea) and singlets (\$42.50) for sale. And this is the final URSA Summer Trail Series so be sure to grab one of these tops! These will be available on the day and we can take cash or bank transfer.

Thank you very much to [Prime Sports](#) for these.

12. Photos

A range of photos will be taken on the day and will be made available free of charge to all runners. The link to the photos will be made available in each post-event email and will also be uploaded to URSA's Facebook page.

I think that that about covers everything. If you have any further questions please do not hesitate to contact me 0447 550 010 or ben.hockings@ultrasa.com.au

Otherwise we look forward to seeing you at the event!

Ben