



CLARE VALLEY TRAIL RUN 2024

EVENT BRIEFING

Thank you for entering THE FIRST EVER Clare Valley Trail Run!

Start & Finish Line – All Distances

The start and finish area for all distances is at the Clare Showgrounds on Main North Rd, directly opposite the Caravan Park, on the south side of Clare. Google Maps link is attached below. There is ample on-site car parking.

<https://maps.app.goo.gl/1sLGfPado9HUuQJA6>

Toilets

There are toilets located on site, at the rear of the adjacent building.

Bib Collection & Pre-Race Dinner

Bib collection for all distances will be from the Sevenhill Hotel between 5-7:00pm. If you are unable to make it, bibs can be collected on race morning. We'd love you to join us for dinner. For reservations, please phone 08 8843 4217

<https://www.sevenhillhotel.com.au/>

Saturday Night Dinner

We'd love you to join us at Bentleys Hotel in Clare to celebrate your amazing achievements. Your finishers medal will entitle you to a FREE house wine or beer with the purchase of a main meal. For bookings, please use the link below and make a comment that you are with ATR.

<https://bookings.nowbookit.com/?accountid=467d2c9a-b695-4b6a-826b-d70159403e4a&colors=hex%2C263238&theme=light&venueid=6743>

Mandatory Gear

We DO have Mandatory Gear items in place for the safety of all runners. The mandatory items for all 50km runners include a Space Blanket, Whistle, Compression Bandage, Mobile Phone, and certain nutrition requirements. For 37km runners it is a phone and nutrition. In addition to the mandatory items, we also have a list of recommended items you might like to consider. There are no items that are mandatory for the 19km or 10km. ATR will have Space Blankets and whistles available for sale at Friday night bib collection.

Start Times

50km at 7:15am

37km at 7:45am

19km at 9:15am

10km at 10:00am

Aid Stations

All the info for Aid Stations can be found toward the bottom of the event page on the website, along with info for Bag Drops for the 50km & 37km.

[Clare Valley 2024 | AdelaideTrailRunners](#)

ALL AID STATIONS ARE CUP-FREE. YOU MUST PROVIDE YOUR OWN CUP, BLADDER or FLASK. All 50km & 37km runners are recommended to carry their own hydration and food with a minimum of 1L of fluid. There will also be water, bananas, watermelon and some home-baked goodies available at the finish, along with refreshments from Pikes Beer & Wine, a coffee van and a food truck.

Cut-off Times

50km - 5:00pm (9hrs 45 mins = 11:45 mins/km)

37km - 2:30pm (6hrs 45 mins = 11 mins/km)

19km - 12:45pm (3hrs 30 mins = 11 mins/km)

10km - 12:00pm (2hrs = 11 mins/km)

Race Day Entries

We are not able to accept entries on race day. We can accept late entries on Friday night at the Sevenhill Hotel between 5-7:00pm

Course Markers

Please look for direction markers (arrows) on course. There will also be blue & white marking ribbon attached to trees along the way. We have Red & White X's to signal a wrong way.

Animals on Course

Dogs or any other household pets are **NOT** permitted during the race for the safety of all runners. The only exception to this is for Assistance Dogs.

What if I am injured and need to withdraw?

The ATR race day phone number is printed on the back of the bibs. If you are very severely injured and cannot move i.e., broken leg or ankle etc it is best to phone 000 first.

Race Director (Brett) 0432 062 255, Emergency (Police) 000, First-Aid 0402200994

Medal Presentations and Random Prize Draw

All finishers in all distances will earn a finishers medal upon completion. The top-3 male & female in all distances will be presented with commemorative medals. The this will be conducted at the race, not at the hotel, and the time is still TBC.

Volunteers

We have an amazing team of volunteers who are very generously giving up their time. Please treat them with the respect they deserve. Any verbal or physical abuse towards a volunteer will not be tolerated and can result in disqualification.

Trail Etiquette

Please always keep to the LEFT, just as if you were driving a car. When passing another runner, always pass on the RIGHT and please give a clear verbal indication of your approach and of your intentions. We do NOT have exclusive access of the trails so please show courtesy to all other users.

Course Maps

All Course maps are available on the Adelaide Trail Runners website. Please note, we have been forced to make a late change to the 50km course. The link below will also have the links for GPX files if you are wanting to download to your watch. Here is the link >

[Clare Valley 2024 | AdelaideTrailRunners](#)

Bag Drop

Yes, we will be able to look after bags for you. Adelaide Trail Runners will take no responsibility for lost or damaged items, and it is highly recommended that you have a clearly marked name tag.

Bib Numbers

The link below will show your bib number and you can also check out your competition! It is strictly prohibited to give your bib to another runner for any reason. Ever!

[Clare Valley Trail Run 2024 | Start lists | Webscorer](#)

Race Results

The link below will show your race results at the conclusion of the event

[Results | AdelaideTrailRunners](#)