

Coastline Credit Union Macleay River Marathon

Competitor Notes, For Full, Half, 10km & 5km races

PLEASE NOTE NEW COURSE CHANGES AND TURNAROUND POINTS

- This is a total out and back course, RUN THE SAME WAY BACK TO THE FINISH.
- Run RHS road from Goal to footpath at Cardwell St on way out and on return same side, now LHS
- Stay on footpath/bike track, and on **paths through town run (new course area)**.
- From 5km mark (playground in front of surf club) run on RHS footpath (beach side), past pub to Cenotaph, then left turn and past School of Arts Hall and Catholic Church, 50m past the church, cross Gregory St at SES MANNED CROSSING, to LHS of road footpath; continue on footpath to 8km mark, then LHS of roadway (Caution thru roundabouts and up/down gutters)
- DO NOT RUN ON THE ROAD UNTILL PAST 8KM (FOOTPATH STOPS). Police and/or Officials can take numbers and a 5 minute time penalty will be incurred if you run on the road thru town, repeated offences may result in disqualification.
- Runners must run to LHS of path as congestion with out and back runners with faster competitors returning, Call" coming thru!"
- Drinks @ approx. 5km, Note 2nd drinks @ 9km mark over 1st bridge; Port-a-Loos at this 9km mark; 1/2M competitors turn further on over the new bridge.
- EXTREME CAUTION 9KM TO 10KM, (BETWEEN BRIDGES): Traffic controlled section before bridge: split road divided by witches' hats, run LHS side of this area both out and back and be aware of traffic in other lane.
- Marathon runners turn near the Hat Head turn-off. Must run on LHS on way out and same side now RHS on way back. Road is only part closed from 10km to 21km turn. No support vehicles permitted on course.
- Special drinks to be placed in Km marked boxes to go on course by 6.30am
- Gatorade and Water on course @ 5/9/15/20/22/27/33/37/39
- Return timing chip after crossing finish line
- Due to capacity field, limited massage will be available by gold coin charity donation: (Fred Hollows Foundation)
- Presentation @12noon. Refreshments available.
- Co-operation to traffic rules and adherence to designated course especially through town on footpaths and to the LHS of roads out and RHS on way back is a condition of Police/Traffic Approval, numbers are limited due to competitor safety on the roads which are not completely closed, the behaviour of the field will be considered if further competitor numbers are to be varied in any future approved event.