

Coastline Credit Union
South West Rocks Running Festival
Competitor Notes, For Full, Half, 10km and 5km races

PLEASE NOTE YOUR COURSE AND TURNAROUND POINTS!

- This is a total out and back course, RUN THE SAME WAY BACK TO THE FINISH. 3 laps for marathon runners, 2 laps for half-marathon runners.
- On way out, run RHS of road from Gaol to foot/cycle path at Cardwell St and continue. When returning, run via 'Mosquito Alley' – this is a bush track inside the National Park.
- Stay on foot/cycle track, and on paths through town run.

Marathon & half-marathon runners - from 5km mark (*playground near Surf Club*), run to Horseshoe Bay headland: **half-marathon runners* - turnaround at stone obelisk on headland; **marathon runners* - continue around headland, then along path between caravan park & beach onto elevated walkway on Flagstaff Point (*seaward side of c'van park*) then, beside Back Creek into Buchanan Drive, turning right into Figtree Lane and through to the turnaround at Back Creek boat ramp (*behind C'van Park*).

- Runners must run to LHS of path *out & back*, with faster runners calling, "coming thru!"
- Drinks and Gatorade @ approx 2, 4 & 7km marks.
- Toilets in NPWS camping ground, Horseshoe Bay headland, and marathon turnaround.

TURNAROUNDS

- 5k RUN turnaround is 250m down the 'Fishermans Track', on the right just before German Bridge.
- 10k RUN turns near the playground, just before the Surf Club.
- Half Marathon runners turn at stone obelisk at Horseshoe Bay headland.
- Marathon runners turn at Back Creek boat ramp.

DUE TO OUR ROAD CLOSURE PERMIT CONDITIONS, ALL ROADS WILL RE-OPEN AT 10.30am. ALL COMPETITORS MUST EXERCISE CAUTION FROM THIS TIME.

- Special drinks going out on course to be put in KM marked boxes at Registration area. Leaves at 6.30am.
- PLEASE return timing chip after crossing finish line.
- Limited massage available for a \$5 donation, proceeds to Fred Hollows Foundation.
- Presentation @ approx. 11:30am. Refreshments available.
- First-aid is at finish line.

NOTE: Police/Traffic Approval conditions require co-operation with traffic rules and adherence to designated course, especially through town on footpaths and to the LHS of roads out and RHS on way back in. Numbers are limited due to competitor safety on the roads, which are not completely closed. Behaviour of participants will be considered if competitor numbers are to be varied for future approved events. ***Enjoy your day and stay safe!***