

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.
- Run RHS road from Gaol to footpath at Cardwell St on way out and on return same side, the LHS
- Stay on footpath/bike track, and on **paths through town run**
- 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. At 50m past the church, cross Gregory St at MANNED CROSSING, to LHS on 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 UNTIL 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 both out and back, with faster competitors calling “coming thru!”
- Drinks @ approx 2 to 5km apart.
- Gatorade and Water on course @2.5/ 5/ 7/9/15/20/22/27/33/35/37/39.5
- Council toilet, Paragon Ave car park, approx. 6km mark. Port-a-Loos at 9km mark and 15km mark.
- EXTREME CAUTION 9KM TO 10KM, (BETWEEN BRIDGES) Traffic controlled section before bridge, run LHS side of this area out and RHS back in, and be aware of traffic in other lane

TURNAROUNDS

- 5k RUN turns 250m down the ‘Fishermans’ Track’, which is on the right just before German Bridge.
- 10k RUN turns near the playground, just before the Surf Club.
- Half Marathon runners turn 300m past the bridge at Jerseyville on SWR Road.
- Marathon runners turn near the Hat Head turnoff and 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.

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

- **ALL MARATHON COMPETITORS ARE EXPECTED TO REACH THE 32 KM MARK (ROTARY PARK) BY 11:00 AM AND TO FINISH BY 12:00 MIDDAY, DUE TO ROAD CLOSURE/ REOPENING AND VOLUNTEER ROSTERS.**
- **Any runners who will not reach Rotary Park by 11.00 am will be picked up; Those who continue to run do so at their own risk, and will be deemed as DNF if they continue AND do not finish by 12Noon**
- **THESE LATE RUNNERS ALSO WILL BE EXEMPT FROM CATEGORY/FINISH RECOGNITION.**
- Special drinks going out on course to be put in KM marked boxes at registration area. Leaves at 6.30am.
- Return timing chip after crossing finish line.
- Limited massage will be available for a charitable \$5 donation, proceeds to Fred Hollows Foundation.
- Presentation @ approx. 12noon. Refreshments available.
- First-aid is at finish line.
- NOTE: 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 in 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.