



Blackmores Bridge Run

Runners Start at 8:00am, last runner over start line by 8:35am, start window 35min.

Official cut-off time – 1hr:40min (100min)

Participants to maintain 10min per km or better.

Start line cut-off – 35min

All participants must be over start line at 8:35am.

Cut-off / Redirection Point	Race Distance (Approx.)	Race Time	Actual 'Day' Time
1. Start Line (Cut-off Point). Runners have a 35min window to cross the start line. No one will be permitted to cross the start line after this time.	0 km	0 hr : 35 min	8:35 am
2. North Sydney - Burton St (Redirection Point). Runners to be redirected through the tunnel and up the stairs onto the Sydney Harbour Bridge eastern pedestrian pathway.	0.095 km	0 hr : 37 min	8:37 am
3. North Sydney - Lavender St (Cut-off Point). A full course closure will be implemented at Lavender St. No runners will be permitted to continue onto Middlemiss St & the Sydney Harbour Bridge from this point.	0.40 km	0 hr : 40 min	8:40 am
4. At split in the road before Fleet Steps, Mrs Macquaries Road (Redirection Point). Runners redirected to perform a U-Turn, returning back along Mrs Macquaries Road, before Fleet Steps, skipping the Mrs Macquaries Road loop.	6.28 km	1 hr : 37 min	9:37 am
5. At the exit from Art Gallery Rd back onto College St. Runners redirected onto Prince Albert Road, skipping the College St loop.	7.95 km	1 hr : 54 min	9:54 am

Note 1: Any participants who have not reached the split in the road, near Fleet Steps on Art Gallery Road by 9:37am will be directed to skip the Mrs Macquarie Point loop.

Note 2: Any participants who have not reached the exit from Art Gallery Road by 9:54am will be directed to skip the College St loop.