



## Blackmores Half Marathon

(Runners start at 6:00am, last runner over start line by 6:20am)

### Official cut-off time – 2hrs:45min

Participants must maintain 7min 49sec per km or better throughout the course.

### Start line cut-off – 20min

All participants must be over the start line by 6:20am.

Cut-off / Redirection Point	Race Distance (Approx.)	Distance of Course Skipped	Race Time (From Gun Time)	Actual 'Day' Time
<p>1. Start Line (Cut-off Point).</p> <p>Runners have a 20min window to cross the start line. No one will be permitted to cross the start line after 6:20am.</p>	0 km	-	0 hr : 20 min	6:20 AM
<p>2. North Sydney - Burton St (Redirection Point).</p> <p>Runners to be redirected through the tunnel and up the stairs onto the Sydney Harbour Bridge eastern pedestrian pathway.</p>	0.095 km	Approx. 1.07 km	0 hr : 22 min	6:22 AM
<p>3. North Sydney - Lavender St (Cut-off Point).</p> <p>A full course closure will be implemented at Lavender St. No runners will be permitted to continue onto Middlemiss St &amp; the Sydney Harbour Bridge from this point.</p>	0.40 km	-	0 hr : 25 min	6:25 AM
<p>4. North Hyde Park / St James Place (Redirection Point).</p> <p>Runners to be redirected to turn right to continue on the course via St James Place, skipping the Hyde Park loop.</p>	5.80 km	Approx. 0.30 km	1 hr : 05 min	7:05 AM
<p>5. Jones Bay Wharf / Pirrama Rd (Redirection Point).</p> <p>Runners to be redirected to continue straight along Pirrama Rd, skipping the Jones Bay Wharf loop.</p>	13.80 km	Approx. 0.65 km	2 hr : 07 min	8:07 AM
<p>6. From Park Hyatt Onwards</p> <p>Under direction of course officials, to keep left and out of the running path of marathon wheelchairs &amp; runners.</p>	19.50 km	-	2 hrs : 52 min	8:52 AM

**Note 1:** Participants must note that the Tail control vehicle will be issuing late timing warnings to runners throughout the course and should a runner lag behind the cut-off time at any point along the course, the runner will be warned twice, and then asked to remove themselves from the event on the third occasion even if the runner is not at a Cut-off or Redirection Point.

**Note 2:** From Park Hyatt, slow runners must obey the directions of Course Marshals. The Half Marathon tail may be asked to stay to the far left, walkers may be asked to leave the course and walk next to the course along the section from Park Hyatt to the Finish line if slower than 2hrs:45min pace. At the Overseas Passenger Terminal, very slow walkers will be asked to walk around the northern end of the Overseas Passenger Terminal and continue to the finish line outside the barriers. This is for safety reasons with Marathon wheelchair athletes approaching from behind with lead cyclists.