

## 2019 Blackmores Sydney Running Festival Course Cut-Offs & Redirection Points

This year the organisers of BSRF will be continuing the same system of [Cut-Off and Redirection Points](#) along the course in order to control the event 'Cut-off' times.

The Blackmores Sydney Running Festival has been awarded 'Hallmark' Status by NSW Government and in doing so, the organisers must comply with a number of Terms and Conditions set by the Government. One such condition is that the organisers control the timing of the event in order to reopen state and local road networks and the Sydney Harbour Bridge by the advertised time. A failure to reopen roads on time may put the event in jeopardy for future years.

**Start Window:** Each event will be allocated a 'Start Window', which is a specific period of time whereby the runners must cross the start line within this allocated 'window'. In the case of the Marathon, the Start Window is 10min. No one will be permitted to cross the start line after 7:15am. Any athletes whose timing chip are activated after the start window closing time and / or doesn't activate their timing chip at the start line will be disqualified.

**Cut-Off & Redirection Points:** If a participant fails to reach the designated point by the time indicated they will be given the option of pulling out or continuing by being redirected and 'skipping' a section of the course. Participants must also note that the Tail Control 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. For the Marathon, an average speed of **8 min: 32 sec per KM** or better must be maintained throughout the entire course for the Marathon.

Anyone who takes the 'skip' option will have their [number recorded](#) and will not be regarded as an official finisher.

**Tail Control & Tail-Pick-up:** The Marathon Course will have a 'Tail' vehicle controlling the event Cut-off time and Event Officials will also be located at each of the designated Cut-off and Redirection Points noted below. Participants must follow the directions of Event Staff at all times and failure to do so may prevent participants being allowed entry into the event in future years.

The Tail-Pick-up vehicle will be a small minibus, and we recommend that any runner who fails to make a hard cut-off point that has no 'redirection' should take the bus back to the finish area. First Aid personnel will be available in the Tail-pick-up vehicle and access to an interpreter via radio will also be available.

Please note that the terminology used in the below tables is defined in the following way; **'Race Time'** is defined as the time in hrs & min from when the race starts, sometimes known as 'Gun Time'. **Actual 'Day' Time** is the actual time of day based on the actual time of day that the race starts, and may be different to the times noted in the tables below if there has been a delay in starting the event.

## Blackmores Sydney Marathon (Runners start at 7:05am, last runner over start line at 7:15am)

**Official cut-off time – 6hrs:0mins** – participants must maintain **8min 32sec per km or better** throughout the course.

This year we will be continuing the system of **cut-off** and **re-direction points** along the course.

**Note:** 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.

Marathon Cut-off & Redirection Points	Race Distance (Approx.)	Distance of Course Skipped	Race Time (From Gun Time)	Actual 'Day' Time (if event starts on time)
<b>1. Start Line (Cut-off Point).</b> Runners have a 10min window to cross the start line. No one will be permitted to cross the start line after this time.	0 km	-	00 hr : 10 min	7:15 AM
<b>2. North Sydney - Lavender St (Cut-off Point).</b> 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	-	00 hr : 15 min	7:20 AM
<b>3. Moore Park Road / Driver Ave (Redirection Point).</b> Runners to be redirected to turn right onto Driver Ave, missing the Moore Park Rd loop.	8.30 km	Approx. 1.15 km	01 hr : 20 min	8:25 AM
<b>4. Centennial Park – Parkes Dr (Redirection Point).</b> Runners to be redirected to turn right onto Dickens Dr & continue towards Grand Dr, instead of continuing south and u-turning north on Parkes Dr.	15.0 km	Approx. 1.30 km	02 hr : 17 min	9:22 AM
<b>5. Moore Park - Driver Ave / Lang Rd (Cut-off Point).</b> Runners to be directed to exit the course & be taken to the finish in the tail collection vehicle.	22.0 km	-	03 hr : 17 min	10:22 AM
<b>6. Phillip St / Hunter St (Cut-off Point).</b> Runners to be directed to exit the course & be taken to the finish in the tail collection vehicle.	25.0 km	-	03 hr : 43 min	10:48 AM
<b>7. Hickson Rd / Watermans Quay Rd (Redirection Point).</b> Runners to be redirected to skip the Pyrmont / Darling Harbour section of the course, by u-turning on Hickson Rd at the corner of Hickson Rd & Watermans Quay Rd, to then proceed north along Hickson Rd towards finish line.	28.1 km	Approx. 10.0 km	04 hr : 09 min	11:14 AM
<b>8. Union St / Murray St / Pyrmont Bridge – Pyrmont (Redirection Point).</b> Runners to be redirected to turn left from Union St, down Murray St to re-join the Marathon course, skipping the Pyrmont Bridge u-turn.	30.3 km	Approx. 1.0 km	04 hr : 28 min	11:33 AM

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9. <b>Jones Bay Wharf / Pirrama Rd (Redirection Point).</b> Runners to be redirected to continue straight along Pirrama Rd, skipping the Jones Bay Wharf loop.	34.30 km	Approx. 0.65 km	05 hr : 02 min	12:07 PM
10. <b>Wharf Crescent / Metcalfe Park - Pyrmont (Redirection Point).</b> Runners to be redirected to continue along Wharf Crescent up onto the curb next to Metcalfe Park and u-turn to continue to re-join Marathon course around Metcalfe Park, skipping the rest of the Darling Island Wharf loop.	35.15 km	Approx. 0.48 km	05 hr : 09 min	12:14 PM

## 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.

**Note 1:** Start Window for Half Marathon is 20min. All runners in the Half Marathon must have crossed the start line within 20min of the Start Gun. Runners who have not crossed the Start Line by 6:20am will be disqualified from the Half Marathon and may be allowed to start in the Bridge Run Event.

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

**Note 3:** 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.

Half Marathon Cut-off & Redirection Points	Race Distance (Approx.)	Distance of Course Skipped	Race Time (From Gun Time)	Actual 'Day' Time (if event starts on time)
1. <b>Start Line (Cut-off Point).</b> Runners have a 20min window to cross the start line. No one will be permitted to cross the start line after this time.	0 km	-	0 hr : 20 min	6:20 AM
2. <b>North Sydney - Lavender St (Cut-off Point).</b> 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 : 25 min	6:25 AM
3. <b>North Hyde Park / St James Place (Redirection Point).</b> Runners to be redirected to turn right to continue on the course via St James Place, skipping the Hyde Park loop.	5.80 km	Approx. 0.30 km	1 hr : 05 min	7:05 AM
4. <b>Jones Bay Wharf / Pirrama Rd (Redirection Point).</b> Runners to be redirected to continue straight along Pirrama Rd, skipping the Jones Bay Wharf loop.	13.80 km	Approx. 0.65 km	2 hr : 07 min	8:07 AM
5. <b>From Park Hyatt Onwards</b> Under direction of course officials, to keep left and out of the running path of marathon wheelchairs & runners.	19.50 km	-	2 hrs : 52 min	8:52 AM

## **Blackmores Sydney Marathon Wheelchair (Wheelchairs start at 7:00am), Start 5min prior to Runners**

**Note 1:** Any wheelchair athletes in the Marathon competing with an expected Finish time of 2hrs:15min or slower will be overtaken by the lead Marathon Runner and must move to the left and give way to all other runners from the point when any runners overtake the wheelchair athlete.

**Note 2:** Any wheelchair athletes in the Marathon who are competing with an expected finish time of 2hr:05min or better need to be very aware of the course, and the various 2-way flows that exist with-in the 2019 Marathon Course.

**Note 3:** The lead wheelchairs will also need to be aware that they will come into contact with the Tail of the Half Marathon runners at;

Approx. the 37.5km mark, lead wheelchairs may overlap with tail-end HM runners, at the Sydney Aquarium continuing along King St Wharf – Darling Harbour.

**Note 4:** Lead Marathon WC athletes will encounter oncoming Marathon Runners on their return back to the CBD along Flinders St and Oxford St. At the point of Oxford/ College/ Liverpool/ Wentworth, there will still be a 14min M Tail exiting Hyde Park South. MWC will be directed to slow down as they approach the bottom of Oxford St and either be directed to enter Hyde Park, keeping to the left of the outbound runners, or we may implement Option B, whereby MWC will cross the line of outbound runners at Flinders/ Oxford, then proceed on the RHS of the runners to College St and use course; College St, across Park St, keeping left up to Prince Albert Rd, staying left and meeting back up with the 'normal' Marathon Course at the north end of Hyde Park. The difference in distance is; Normal=875m, College Option=867m being a difference of only -8m. Option B needs to be well coordinated with Police at Oxford, College & Park Streets as Police would need to coordinate the holding of Traffic at Park St to provide the WC with an uninterrupted path across Park St. Any WC approaching Oxford St after 8:10am are to be directed to return back through Hyde Park regardless, as the M Tail will have finished exiting Hyde Park South.

**Note 5:** All competition wheelchairs need to be accompanied by an event cyclist. The event organiser will be working to find appropriate cyclists for this role or each wheelchair athlete may bring their own cyclist if they have worked with them previously.

**Note 5:** All Wheelchair cyclist must attend a briefing session, usually held one evening during the week leading up to the event.

## The Bridge Run (Runners Start at 8:00am, last runner over start line by 8:35am)

Official cut-off time – **1hr:40min** – participants to maintain **10min per km or better** (last runner/ walker over start line at 8:35am)

**Note 1:** Any participants who have not reached the split in the road, near first fleet steps on Art Gallery Rd by **9:37am** will be directed to skip Mrs Macquaries 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.

Bridge Run Cut-off & Redirection Points	Race Distance (Approx.)	Race Time (Includes Start Lag )	Actual 'Day' Time (if event starts on time)
<b>1. Start Line (Cut-off Point).</b> 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
<b>2. North Sydney - Lavender St (Cut-off Point).</b> 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
<b>3. At Split Point Mrs Macquaries Rd, near first fleet steps (Redirection Point).</b> Runners redirected to perform U-Turn back onto Mrs Macquaries Rd, near first fleet steps. Skipping the Mrs Macquaries Point Loop.	6.28 km	1 hr : 37 min	9:37 am
<b>4. At the exit from Art Gallery Rd back onto College St.</b> Runners redirected onto Prince Albert Rd, skipping College St loop.	7.95 km	1 hr : 54 min	9:54 am

## The Family Fun Run (Starts at 9:00am, last runner over start line by 9:25am)

Official cut-off time – **1 hr 00 min** – participants to maintain **18min per km or better** (last runner/ walker over start line at 9:25am).

**Note 1:** A Hard Closure will be implemented at Lavender St at 9:30am, whereby NO further FFR participants will be permitted to enter onto the bridge at this point, any FFR participants arriving at Lavender St after 9:30am, will be directed to Burton St and take the Pedestrian Steps and Walkway over the SHB to Macquarie St and then onto the Finish Line.

**Note 2:** **We ask that people keep moving at all times and do not stop on the Sydney Harbour Bridge as this may delay the reopening of the Sydney Harbour Bridge. If a participant is falling behind the official cut-off time (pace per km noted above on this page), the participant will be directed to exit the course & be taken to the finish in the tail collection vehicle.**

Family Fun Run Cut-off & Redirection Points	Distance (Approx.)	Race Time (Includes Start Lag )	Actual 'Day' Time (if event starts on time)
<b>1. Start Line (Cut-off Point).</b> Runners have a 25min window to cross the start line. No one will be permitted to cross the start line after this time.	0 km	0 hr : 25 min	9:25 AM
<b>2. North Sydney - Lavender St (Cut-off Point).</b> A full course closure will be implemented at Lavender St. No runners will be permitted to continue onto the Sydney Harbour Bridge from this point.	0.40 km	0 hr : 30 min	9:30 AM
<b>3. From Cnr Lavender St/Sydney Harbour Bridge Onwards (Cut-off Point).</b> At ALL times runners are to stay ahead of the official cut off time ( <b>18min</b> per km). A tail collection vehicle will be travelling behind the participants at the cut-off time pace. If a participant is falling behind the official cut-off time, the participant will be directed to exit the course & be taken to the finish in the tail collection vehicle.	From 0.40 km onwards	-	9:30 AM – 10:24 AM

## Course Closure and Official Cut-offs

The event organisers are under strict instructions from the NSW Police and RMS to ensure the total time that has been set for each race is adhered to in order to reopen roads for public use as quickly as possible. The courses must maintain a 'section-by-section' re-opening of roadways, participants must maintain the following cut-off criteria;

**Marathon cut-off time:** 6hrs : 0min participants to maintain **8min : 32sec/km** or better

**42.195km**

**Half Marathon cut-off time:** 2hrs:45min participants to maintain **7min : 49sec/km** or better

**21.0975km**

**Bridge Run cut-off time:** 1hr : 40min participants to maintain **10min/km** or better

**10.00km**

**Family Fun Run cut-off time:** 1hr:00min participants to maintain **18min/km** or better

**3.32km**

## Cut Off Points

In addition to the 'rolling' course closure specific Cut-off points have been identified where athletes who have not reached these points will be given instructions by an identified Race Official.

## Redirection Points/ 'Skip' Points

Redirection Points are points along the course that are used to control the Tail timing of each event by directing any late running participants to 'skip' a section of the course in order to stay within the permissible time frame that the course has been approved to stay open. Participants who 'skip' a section of the course will be DSQ and their race numbers will be recorded.

## Instructions by Race Officials

Race officials may issue instructions to participants to assist with the safe and operational running of the event. These instructions may include, but not limited to, asking the participant to retire due to medical reasons, or lagging the course cut-off time, directed to maintain on a particular line or route, directed to stop if unsafe passageway is identified ahead, identify and record participants who do not finish and disqualify participants if the participant does not adhere to the rules of the event.

## Additional Notes

Participants who 'lag' behind the official course closure time at any point on the course will be given instructions by Race Officials. Participants who do not adhere to the rules of the event including the course closure conditions will be disqualified immediately from the event. Please refer to Disqualification procedure. Participants must obey all reasonable instructions as directed by identified Race Officials.