

## 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.

## 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.