

Warrnambool Running Festival



EVENT INFORMATION

Who can enter?

Whilst our festival is inclusive of all ages, the following restrictions are in place to promote a safe running environment. Please ensure age appropriate events are selected for all participants.

42 km: You must be a minimum of 18 years of age.

21 km: You must be a minimum of 16 years of age.

10km: You must be a minimum of 12 years of age.

6km / 4km / 2km: You must be a minimum of 6 years of age, however we strongly encourage that children under 10 years old are accompanied by an adult.

What is the Entry fee and can I get a discount ?

All events are open to runners and walkers alike, and we have a number of discounts available as part of event promotions in addition to the early bird discount.

Warrnambool Athletics Club members will receive a \$20 discount off entry prices.

Entry Prices: (Early Bird Entries to midnight 16/08/2024)

| Event | Early Bird <i>before 16/8/24</i> | Regular Price <i>after 16/8/24</i> | Late Entry <i>after 18/9/24</i> |
|---------------------|-------------------------------------|---------------------------------------|------------------------------------|
| Marathon | \$70 | \$75 | \$90 |
| Half-Marathon | \$65 | \$75 | \$85 |
| 10km | \$55 | \$65 | \$75 |
| 6km | \$30 | \$40 | \$50 |
| 4km Breakwater Dash | \$10 | \$10 | \$20 |
| 2km Worm Bay Wiggle | \$10 | \$10 | \$20 |

What is included in my entry fee ?

In addition to gaining access to run in our wonderful event, spectacular views and the insurmountable fun to be had, your entry fee includes:

- Event specific Race Bib and safety pins (Note: timing chip to be returned)
- Timed and scoreboard posted run
- Fruit and water at finish line
- Chance to win amazing spot prizes at presentations
- Finishers Medal
- Drink stations and toilets provided on course

When and where can I collect my race bib/pack?

Race packs, merchandise purchases and bibs can be collected from the Event Hub next to the Main Beach Kiosk on Pertobe Road:

- Saturday 21st Sept from **1pm until 5pm**
- Race Day, Sunday 22nd Sept, at the Registration Area **from 6:45am**



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Where can I park?

For all events and race bib collection, there is ample parking in the Lake Pertobe Precinct. Car parking is also available at Flagstaff Hill and Cannon Hill, within easy walking distance to the Event Hub and Start/Finish line.

Where is the start line?

All events will start and finish next to the Main Beach Kiosk on Pertobe Road, Warrnambool.

Will there be a gear storage area?

A storage area will be provided near the start/finish line, located at the Event Hub. Warrnambool Running Festival assumes no responsibility for lost or damaged items.

Will there be water/aid stations?

There will be 4 runner support stations located throughout the event area. Pavilion Cafe, Granny's Grave, Logans Beach and the Woolen Mill. The list below shows what distance mark of each event you will have access to one of these locations.

42km: 2km, 5km, 8km, 11km, 13km, 17.5km, 22.5km, 26km, 29km, 31.5km, 35km, 40km – Granny's Grave, Woolen Mill, Logans Beach, Pavilion Cafe

21km: 2km, 5km, 8km, 10.5km, 14km, 19.5km – Granny's Grave, Woolen Mill, Logans Beach, Pavilion Cafe

10km: 2.5km, 6km, 8.5km – Granny's Grave, Woolen Mill, Pavilion Cafe

6km: 2.5km, 4km – Granny's Grave

This is a cup free event so you will need to carry a cup or bottle and refill this at the aid stations. Electrolytes provided on course by 32gi

Are there toilets on the course?

There are public toilets available on the 42km, 21km, and 10km courses. There are also multiple toilet locations within the Lake Pertobe Precinct. Public toilets are on course at Stingray Bay, The Pavilion, Point Ritchie carpark, The Blue Hole carpark, and the Event Hub.

42km: 1.7km, 3km, 4.7km, 6km, 9km, 22km, 22.5km, 24km, 27km, 40km, 40.5km (Stingray Bay, Pavilion, Blue Hole and Start/Finish)

21km: 1.7km, 3km, 6km, 19km, 19.5km (Stingray Bay, Pavilion, Blue Hole and Start/Finish)

10km: 8.5km, 9km (Stingray Bay, Pavilion and Start/Finish)

Do I wear a timing chip?

Runner's times will be recorded using timing chip technology located on the race bib for all events. Chips must be removed and returned at the finish line prior to receiving your medal.

Where can I view the results?

Race results for all events will be available post-race through the event timing company (Trails Plus). Links to their website will be posted on Warrnambool Running Festival social media pages (Instagram & Facebook) and our website:

<https://www.wboolrunningfestival.com.au/>



EVENT INFORMATION

Are there any race cut-off times?

All events must be completed by 11.30am.

The implementation of cutoff times in our event serves several essential purposes: Minimising Traffic Management Costs, Avoiding Overuse of Volunteers and Enhancing Safety for Participants
Cutoff locations:

- 1. Start/Finish Area - 10:00am**
Marathon Runners starting their second loop only. Approximately 24km into the event.
- 2. Woolen Mill - 10:20am**
Marathon - approx 35km point in 3:20
21km - approx 14km point in 2:20
10km - approx 6km point in 1:50
- 3. Thunder Point Carpark - 11:00am**
Marathon approx 39km point in 4:00
21km - approx 18km point in 3:00
10km - approx 7km point in 2:30

When will winners be presented:

Presentations for the Saturday events will commence at 4:30pm on the stage at the Event Hub. Presentations will commence for all events on Sunday at 10.30am on the Stage at the Event Hub situated on Pertobe Road.

What Prizes will be awarded?

First Place Female and Male in each event on Sunday will receive a cash prize. All competitors will receive a finisher medal for all events on both Saturday and Sunday.

| Event | First Female Prize | First Male Prize | 2nd and 3rd Prize |
|-------|---|---|---------------------------------|
| 42km | Custom Designed Award | Custom Designed Award | Custom Designed Award |
| 21km | \$300 cash + \$200 Tarkine Voucher + 1st Place Female Medal | \$300 cash + \$200 Tarkine Voucher + 1st Place Male Medal | Placing Medal + Tarkine Voucher |
| 10km | \$200 Tarkine Voucher + \$50 cash + 1st Place Female Medal | \$200 Tarkine Voucher + \$50 cash + 1st Place Male Medal | Placing Medal + Tarkine Voucher |
| 6km | \$200 Tarkine Voucher + 1st Place Female Medal | \$200 Tarkine Voucher + 1st Place Male Medal | Placing Medal + Tarkine Voucher |
| 4km | \$200 Tarkine Voucher | \$200 Tarkine Voucher | Tarkine Voucher |
| 2km | \$200 Tarkine Voucher | \$200 Tarkine Voucher | Tarkine Voucher |

What refreshments will be available at the event?

Main Beach Kiosk will have food and beverages available at the start/finish area. We will also provide a number of post-race recovery food and fluids.

REAL Coffee – YES!

A beer or wine after your race – YES PLEASE!

Music – Heck yeah!

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Can I use my iPod / music device?

iPods / music devices are strongly discouraged; runners need to be aware of their surroundings at all times on the course. We do however encourage runners to carry their phones and capture the beautiful images and scenery that will present itself to you along the journey!

Can I run with my Dog/pet?

Our courses run through a variety of areas where Dogs are not permitted by local laws, as such, unfortunately we don't allow any Dogs/Pets to accompany you for our events. Service dogs are exempt from these rules.

Will there be any road crossings?

There will be road crossings during the event. Volunteer marshals will be in place at all road crossings. Please obey the marshal's instructions and be vigilant at all times. Runners must give way to traffic! Failure to comply will result in disqualification.

Will I be crossing train tracks?

Not at all! This year we altered all courses to avoid crossing the train tracks which is much safer for you, and much easier for coordinating our event start times!

Can I see a course map or download a course to my running watch?

We have provided a copy of all courses at the end of this information brief. You can view detailed maps of all courses on our plotaroute.com collection:

<https://www.plotaroute.com/routecollection/10921>

Plotaroute provides instructions to download the course in GPX format to be loaded on various devices such as running watches.

All courses have been measured using GPS technology.

The course will be marked, and all efforts will be made to make it easy to follow. Track surfaces will vary significantly throughout the course to include bitumen road, concrete path, grass, loose rocky trail, sand, tree roots, trail and everything in between. The variation in terrain as well as the wonderful scenery is what makes this event so special.

Safety / Race Etiquette

Please respect all fellow runners, course marshals and volunteers. Slower runners please allow fellow competitors to pass where safe.

Will ambulance / first aid be available?

The Warrnambool Running Festival will have Westvic ProMedic first aid services available at the event hub should it be required. Competitors are advised to have up to date ambulance cover as Warrnambool Running Festival will not be responsible for any costs incurred if a participant requires further ambulance or medical care.

What happens if I injure myself during the race and need to withdraw?

Any injured runner should be assisted to the nearest aid station by fellow competitors. Competitors unable to continue need to alert marshals at their nearest checkpoint and the race director is to be notified as soon as possible. In the case of an emergency, Marshals are able to coordinate assistance.

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Is the event insured?

Participants should note that public liability insurance exists for this event (Sportscover PMEL99/0125730), however it does not cover individual medical, ambulance cover or rescue costs. This cost is the responsibility of individual competitors. Again, it is recommended to ensure your ambulance cover is up to date.

TIMETABLE OF EVENTS

SATURDAY

1300 - Registrations and Bib collection opens at the Event Hub

1445 - **General Race Briefing - Saturday Events**

1500 - **START** Breakwater Dash 4km

1600 - **START** Worm Bay Wiggle 2km

1630 - Presentations and Spot Prizes

1700 - Registration and Bib collection closes at the Event Hub

SUNDAY

0630 - Race Day entries and Bib collection opens at the Event Hub

0655 - Race Briefing - Marathon

0700 - **START** 42km event

0745 - **General Race Briefing - Sunday Events**

0800 - **START** 21km event

0830 - **START** 10km event

0900 - **START** 6km event

1030 - Presentations

1100 - Spot Prizes

1300 - Event close

How can I stay up to date with event information?

Please check our Website <https://www.wboolrunningfestival.com.au/> and follow our Instagram and Facebook pages to keep up to date on all event details. Subscribe to our newsletter for updates in your inbox, we won't abuse this facility!

Can I get a refund or transfer my entry?

Unfortunately we cannot offer refunds to runners who withdraw prior to the event. Entries may be transferred from one event to another, if an entrant wishes to transfer down in distance the difference in price will not be reimbursed. Should an entrant wish to transfer up to a higher distance then the participant will be required to pay the difference. Should a participant wish to transfer their entry to another entrant, a transfer fee of \$10 will be charged.

CANCELLATION

In the case of forced cancellation of the Warrnambool Running Festival, due to extreme weather or unforeseen circumstances there will be a 50% refund. A decision like this would generally occur close to race date, at which point a considerable amount of funds would have gone towards the many areas involved in hosting such an event. No responsibility is taken by Warrnambool Running Festival for lost travel/accommodation costs in this instance.

Waiver:

A legal requirement for all participants is the signing of the Warrnambool Running Festival

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insurance waiver. It is essential that this be read in full prior to the event. Your understanding of the waiver will be acknowledged when registering online.

Happy Running & Enjoy!

Karen Anderson

Race Director

PH: 0438 387 923

<https://raceroster.com/events/2024/80917/warrnambool-running-festival-2024>

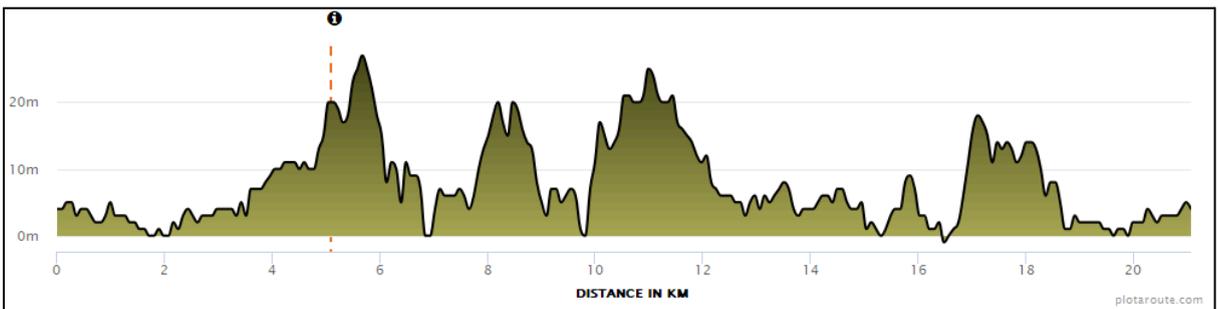
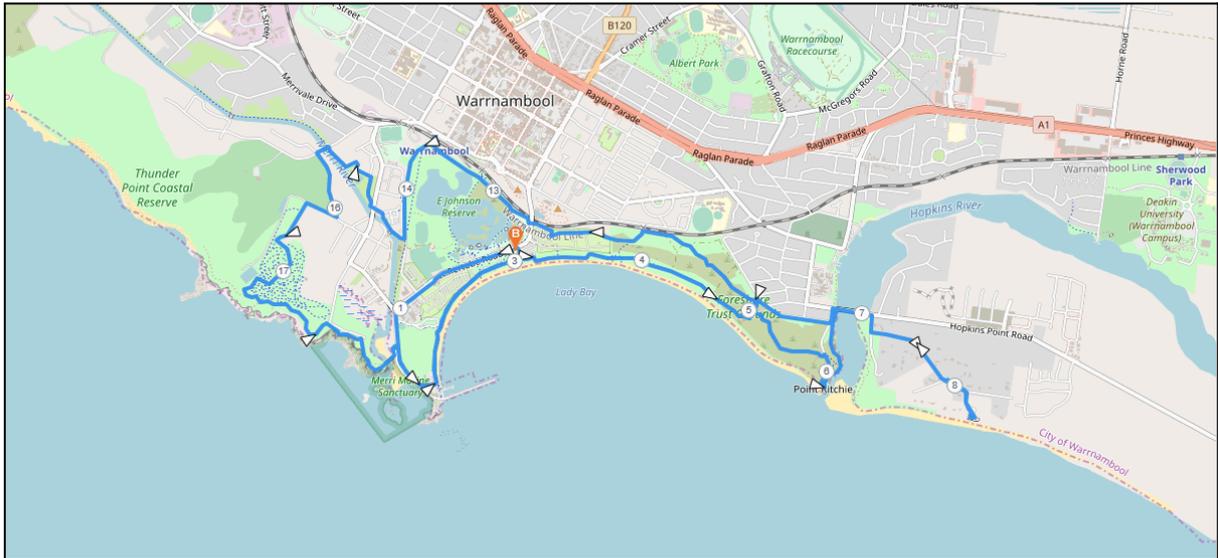
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EVENT INFORMATION



Course Maps and Elevations

Half Marathon (21.1km)

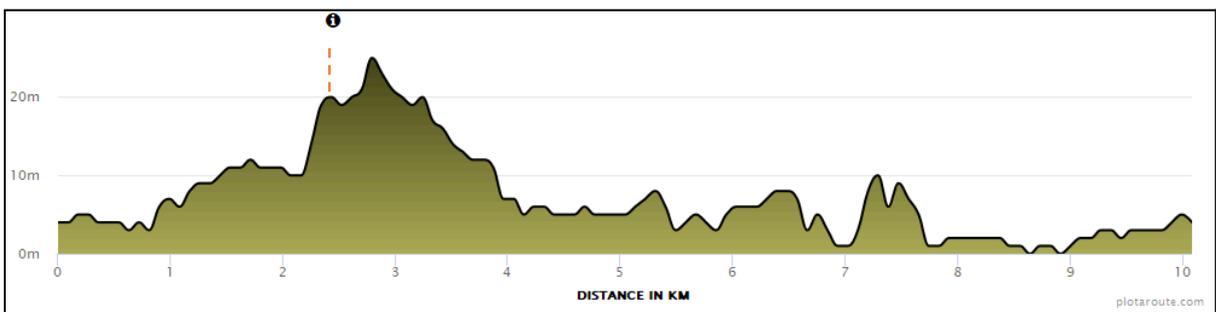
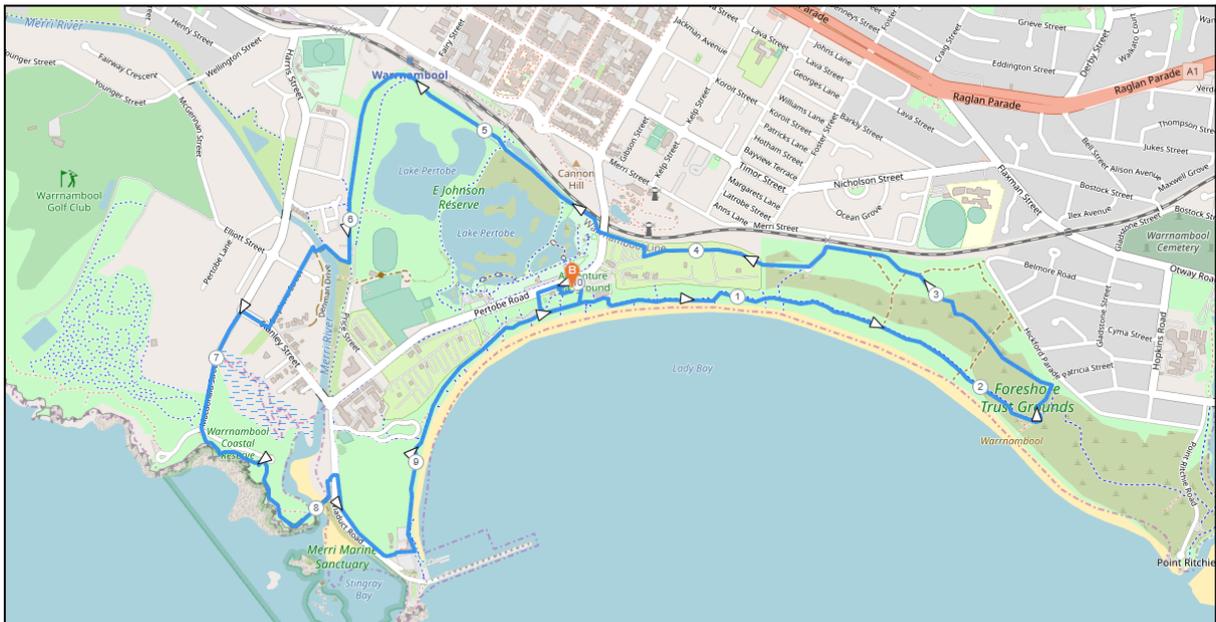


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10km (10.3km)

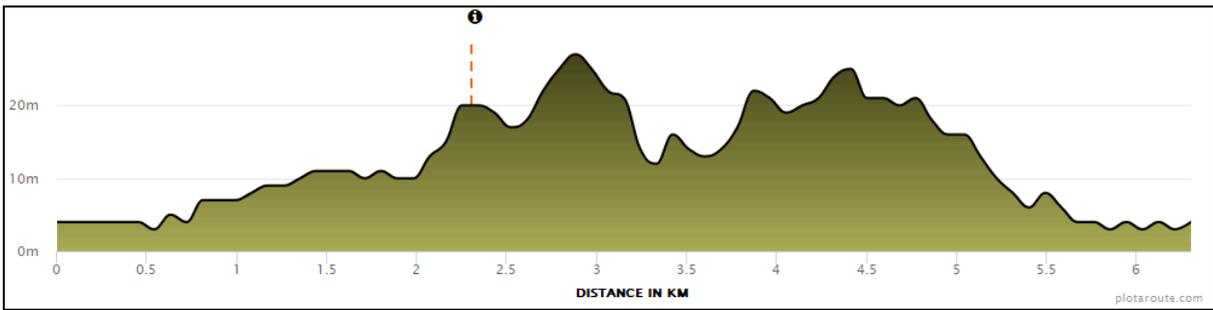
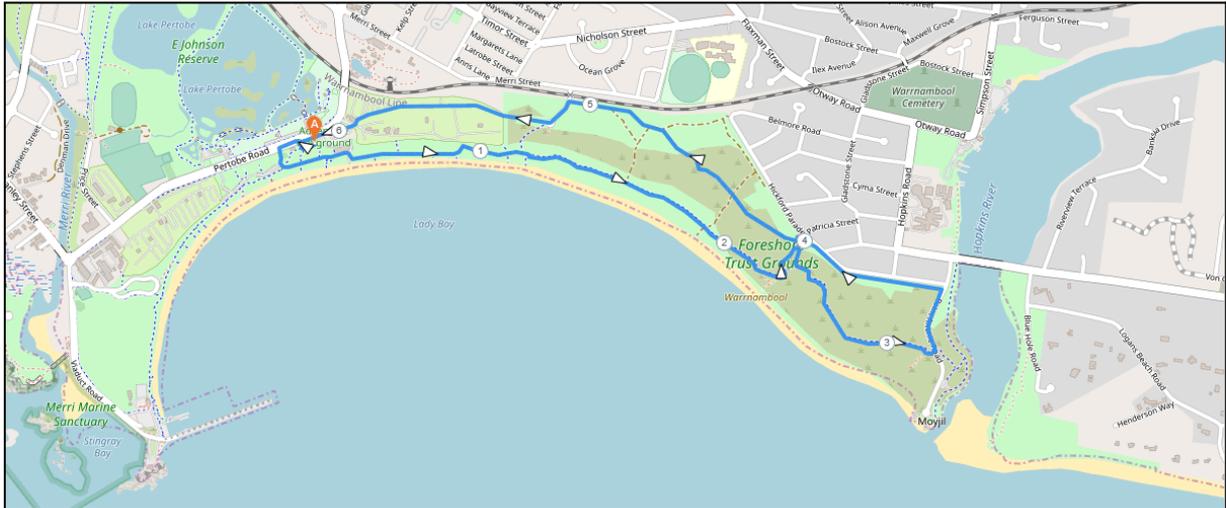


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6km (6.2km)



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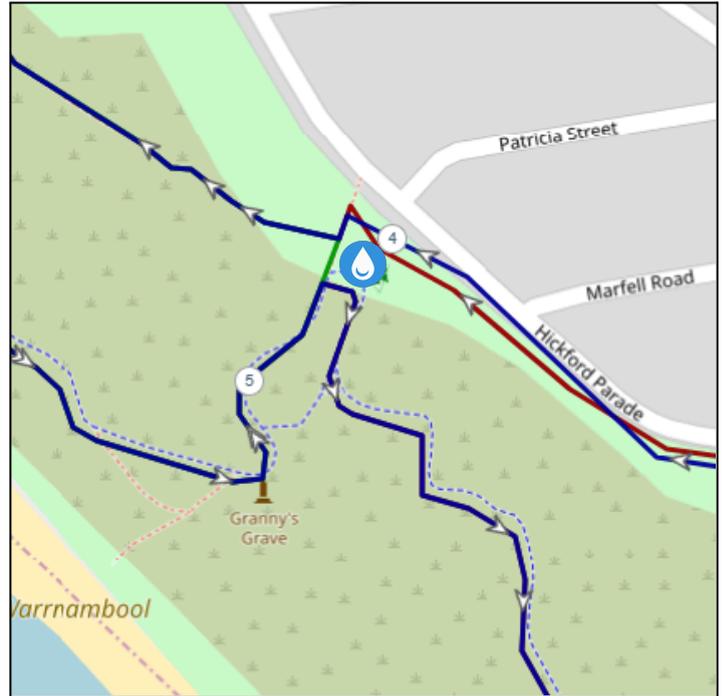
EVENT INFORMATION



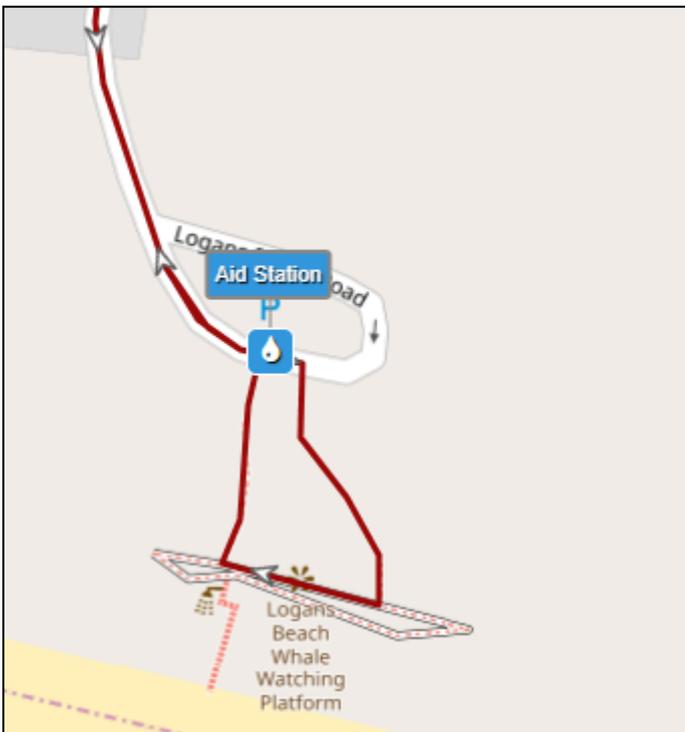
Aid Stations



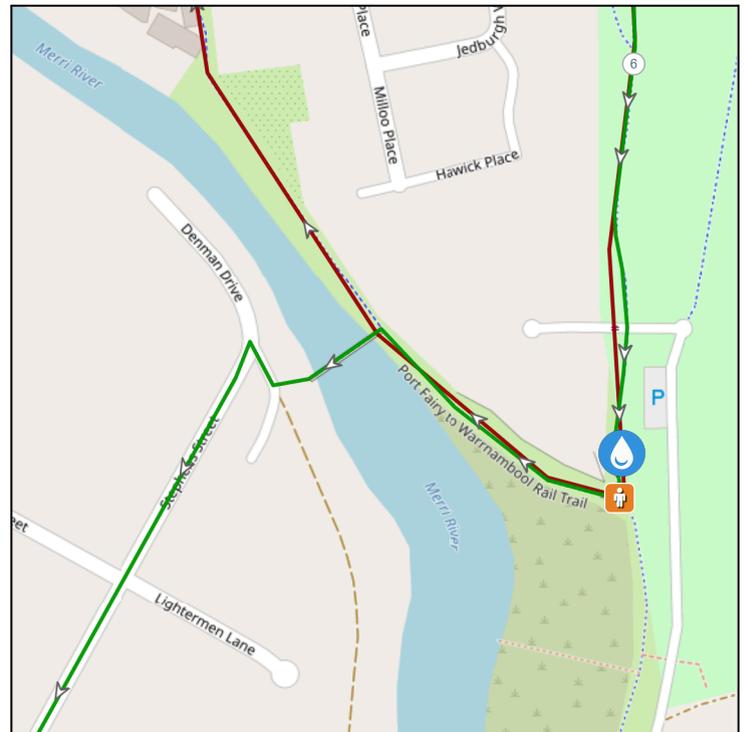
Pavilion Cafe - Aid Station #1
 21.1k event: 1.75km & 20km
 10k event: 8.8km



Granny's Grave - Aid Station #2
 21.1k event: 5km & 10.5km
 10k event: 2.4km
 6k event: 2.4km & 4km



Logan's Beach - Aid Station #3
 21.1k event: 8km



Woolen Mill - Aid Station #4
 21.1k event: 14.4km
 10k event: 6.1km