

# RUNHAVEN ATHLETE GUIDE

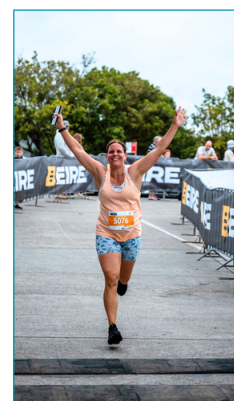
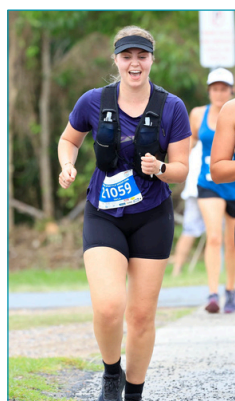
Event #2 30TH November 2024



Well, you've signed up and done the training (maybe...) now here are all the nitty-gritty details you need to know about race day!

## Event Start Times and Cut Offs

Event	Start Time	Cut Off	Finishers
Kids 1.5km	4pm	4.45pm	<ul style="list-style-type: none"> <li>(Non-competitive)</li> <li>Finishers medal for all</li> </ul>
Kids' 3km	4.15pm	4.45pm	<ul style="list-style-type: none"> <li>Finishers medals for all</li> <li>Prizes for 1st/2nd/3rd M/F</li> </ul>
Half Marathon	4.50pm	Need to have exited the Dunbogan Bridge by 7:15pm. Cut-off is 8pm (3 hours 10 minutes)	<ul style="list-style-type: none"> <li>Finishers medals for all</li> <li>Prizes for 1st/2nd/3rd M/F &amp; Age Group Winners</li> </ul>
5km	5pm	6.15pm (75mins)	<ul style="list-style-type: none"> <li>Finishers medals for all</li> <li>Prizes for 1st/2nd/3rd M/F &amp; Age Group Winners</li> </ul>
10km	6.20pm	Need to have exited the Dunbogan Bridge by 7:15pm. Cut-off is 8pm (100 minutes)	<ul style="list-style-type: none"> <li>Finishers medals for all</li> <li>Prizes for 1st/2nd/3rd M/F &amp; Age Group Winners</li> </ul>



## Race Bibs and Bag Drop

- You must be registered by November 1 2024 to have your name / nickname printed onto your race bib.
- Bib Collection from the following locations
  - Saturday 30th November 8.00am-10am from PMQ Health (Shop 2, 141 Gordon St Port Macquarie)
  - Saturday 30th November 1pm-5pm Laurieton United Services Club (Seymour St)
  - Later than 5pm for bib collection is at your own risk.
- You can leave a finish line drop bag at the afternoon registration tent.
- Drop bags should be labelled with your name and race number and should not contain glass or items of value.



## Race Start and Timing

- Marshalling for each event will begin 5 minutes before the start time. All events begin and end at the Laurieton United Services Club.
- Please seed yourself accordingly at the start line. We will have a rolling wave start for all races and will call on expected times to marshal accordingly in the start chute.
- Podium winners will be determined by gun time (first past the post wins)
- Age group winners will be determined by net timing based on your race bib chip
- Podium place runners are not eligible for age group prizes.

## Race Day Etiquette

- Please seed yourself appropriately on the start line. Your net time will not be affected by starting towards the back as your chip activates as you cross the start line.
- **Keep right** (yes, right! See course info on following page) and yield immediately to any faster athletes in all distances.
- Using headphones or ear buds is discouraged. Please limit to one earbud if necessary to ensure you are aware of other runners and can hear instructions from course marshals.

## Event Photography

- We will have photographers on course capturing the the event. Photos from the event will be available on our Facebook page post event.
- You can purchase high resolution photos from the photographer. Website link will be posted after the event.

# RUNHAVEN ATHLETE GUIDE



## Courses and Course Info

### IMPORTANT: We are a “KEEP RIGHT” course

- This is the opposite of what you are used to, we know. To keep traffic moving and ensure that your turnarounds are safe, with the least amount of crossing in front of other runners, we need to be a keep right course.
- Please keep right and yield immediately to any faster runners in any distance.



## Kids' Courses

- Parents are welcome to run with children for free. There are no medals for adults who run with kids - only for registered runners with bibs.
- There are participation medals for all registered children in both the 1.5km and 3km Kids' events. There are podium prizes for the 3km event.



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*Like this!*



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## Event Presentation

Event	Time	Location
Coastline Kid's 3km	5.10pm	Finish Line
PMQ HEALTH 5km	5.45pm	LUSC Auditorium
Men and Women at Work 10km Elders Lifestyle Group Half Marathon	8pm	LUSC Auditorium



## Age Grade Groupings

- Age Grade is determined by your age on race day. Male and Female Age Grade Winners will be awarded Age Winner medals at the presentation at Laurieton United Services Club.
- Half Marathon Age Grades: 16-29, 30-39, 40-49, 50-59, 60-69, 70+
- 10km Age Grades: 12-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
- 5km Age Grades: U12, 12-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+



# RUNHAVEN ATHLETE GUIDE



## First Aid

- Charles Sturt University Paramedics will be providing First Aid support during the event.
- If you see anyone who needs first aid, please stop and render assistance. Ask someone to notify the nearest marshal.

## Drink and Aid Stations

- There will be THREE aid stations on course; Laurieton, North Haven and Dunbogan. Each will have **Fixx** electrolyte nutrition and water available.
- Any other nutrition requirements will be carried by the athlete.



## Toilets

- There are toilets available for use on course at Bruce Porter Reserve, Stingray Creek and Ostler Park
- Athletes are also able to use the toilets located downstairs at the Laurieton United Services Club as well as the Portaloos available for all at the finish line.

## Road Closures and Marshals



- Half road closures will be in place on: Dunbogan Bridge; Dunbogan from Scarborough Way to Dunbogan Reserve; McLennen St. Laurieton.
- Marshals will be in place at all boat ramps. Failure to obey Traffic Controllers and/or Marshals will result in an instant disqualification from the event.

## Refund and Transfer Policy

- **Prior to Sept 1:** 75% refund of the race registration fees (not including service charges you may have paid)
- **After September 1,** no refunds will be issued. There are no refunds for non starters and/or non finishers. This includes participants who have illness, injury, or have failed to meet checkpoints at course cut-off times.
- **Prior to Nov 1:** There is a free transfer policy - get in touch with us to organise a transfer to another participant on your behalf. After Nov 1, no transfer options are available.
- **Prior to Nov 1:** Should entries still be available, we will happily downgrade you to a shorter distance at no cost.
- **Prior to Nov 1:** Should entries still be available, we will happily transfer you to a longer distance. Cost is price difference on original ticket.
- **After Nov 1:** we will do our best to accommodate any downgrade/upgrade or transfers. Fees may apply.
- Please contact us at [info@runhaven.com.au](mailto:info@runhaven.com.au) to make any changes to your registration

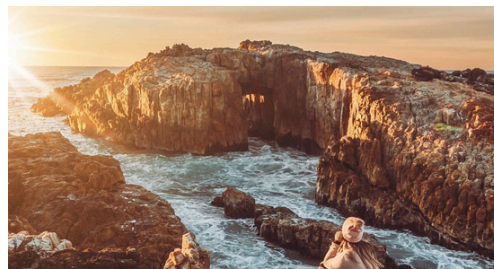
## Post Run Celebrations and Recovery

- Nothing better than those finish line feels! Oh yes there is - finish line beers! The LUSC will have a can bar open downstairs so you can rehydrate with a beverage (we recommend a water to accompany any alcoholic beverages!) and an icy treat for the kids!
- Growers Market PMQ will be there with some post-run fruit fuel to raise those energy levels again!
- There will be a quick and easy fast food options to purchase on the finish line catered by LUSC.
- Once the legs are up to walking the stairs, presentation will take place in the LUSC auditorium where you can order food and sit by the window and watch the finish line from above.



## Local eats and sights...

While you're here 'Racing the Sunset', why not stay a few extra days and experience the beauty of the Port Macquarie Hastings region. Click [Destination PM](#) to find out what our region has to offer.



Diamond Head Rock Bridge Camden Haven  
by Melissa Findley Photography



Bago Maze Winery

# RUNHAVEN ATHLETE GUIDE



## Thank you to our sponsors!

- **The Laurieton United Services Club (LUSC)** are there to support you in your post race hydration and nutrition or your one stop spectator location!
- Grab a burger or schnitty and watch the finish line from the auditorium.



- **Coastline** are the proud sponsors of our Kids' event.
- Coastline provides convenient financial solutions for their customers. Coastline's mission is to provide the highest level of financial services and products at the absolute lowest possible cost.

- **Elders Lifestyle Group** are our 21.1km sponsors.
- Buying or selling? Looking at your options? Elders are the most experienced real estate agents. They know local because they are locals.



- **Men and Women At Work** are providing our traffic management for the day and proud sponsors of our 10km event.
- Smile at your traffic management officials and give them a thumbs up for their contribution!

- Got some post-race niggles? See Carly and the team at **PMQ Health** for all your physiotherapy needs.
- PMQ Health; our 5km sponsor, specialises in both musculoskeletal and pelvic health care with a special interest in women's health.
- Carly and her team are also runners, play various sports themselves and have the required expert skills to help get you back into your chosen sport as quickly as possible.



- **Dunbogan Caravan Park** have provided the on course entertainment for the day, doing their best to take your mind off the leg cramps and focus on the fun!
- Dunbogan Caravan Park is in the heart of Dunbogan, right on the Camden Haven River (our course!) -it's a great choice for your RunHaven weekend.



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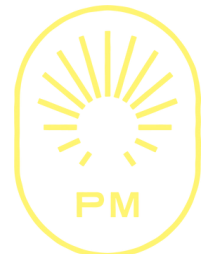
- Thanks to **Eire** for their contribution of crowd management structures. They are helping to provide a safe and spectator friendly environment for us all.
- Eire takes pride in supporting local events that enhance our community and we are grateful for their support of RunHaven.

- **Fixx Nutrition** have provided us with on course nutrition for our athletes.
- A proud Australian business Fixx Nutrition believe there is always a natural solution to increasing athletic performance through smart nutrition and want to harness nature to improve athletic performance in the best way possible.



- Thanks to **Growers Market Port Macquarie** for returning this year with their donation of fruit to replenish the athlete post race.
- Bryan and Hayley are Port Macquarie locals who are generous with their support of so many community events.

- We appreciate the support from **Port Macquarie Hastings Council** and their commitment to promoting physical and mental fitness and well being within the community.
- As recipients of the Major Events Grant, RunHaven appreciate the support from Destination Port Macquarie and PMHC.
- Check out things to do while you're here 'Racing the Sunset': <https://www.portmacquarieinfo.com.au/>



- Shout out to Mainey for shouting the post-run celebratory beverages!
- Mainey caters to all development needs by providing professional BCA Consultancy, Town Planning and Building Certification. The team at Mainey are dedicated to providing you with the most comprehensive and reliable guidance in development.
- As a multi-disciplinary firm, they can assist you from concept to construction to completion

- RunHaven is proudly presented by **Port Pacers Running Club**.
- The Port Pacers are in their 6th year of operation and have seen a huge increase in member numbers in the past 12 months. Coached by NSW accredited coaches with 5 weekly runs and options for all paces, Port Pacers are the running club to be a part of!



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## Saved the best for last: Thank you to our amazing volunteers!

Events like this are impossible to run without the generosity of volunteers. Our 2023 event has over 100 volunteers giving us their time over the course of the day by:

- staffing registration
- marking the course
- setting up crowd barriers
- staffing aid stations
- marshalling the course
- sweeping the course
- cheering our runners home
- being all round legends!



BE SURE TO GIVE THEM A SHOUT OUT WHEN YOU SEE THEM AT REGISTRATION OR ON COURSE!

*“Thanks for volunteering!”*

If you would like to be a legend and volunteer with us during the event, email [info@runhaven.com.au](mailto:info@runhaven.com.au)

*Thanks for being a part of RunHaven 2024.  
We hope you have a great day out on course achieving  
your goals and that our event is one you return to!  
Your Run Directors: Mads, Binnie & Christie*

