Fremantle RUNNING Festival

21.1KM | 10KM | 5KM

2020 RUNNER'S ESSENTIAL GUIDE

National Breast Cancer Foundation
CORPORATE FUNDRAISER

Goodlife. HEALTH CLUBS

MIZUNO

RUNNING WAREHOUSE AUSTRALIA

City of Fremantle

ATHLETICS WEST

sunwise

MAXI BLOCK

490designs

AIMS Association of International Marathons and Distance Races

IAAF AIMS CERTIFIED COURSE

WAMC West Australian Marathon Club

Phone: 9472 4833 **Email:** wamc@wamc.org.au **Web:** www.wamc.org.au

WELCOME

Congratulations on entering the Fremantle Running Festival. This is a community event conducted by the West Australian Marathon Club with part proceeds being donated to the National Breast Cancer Foundation.

RACE DIRECTOR

Paul Genovese

ENQUIRIES

WA Marathon Club Office
Phone: 9472 833
Email: wamc@wamc.org.au

RACE START TIMES & LOCATION

Date: Sunday, 8 November, 2020

Start/Finish: South Terrace, Fremantle
21.1km Start: 7:00am
10km Start: 7:00am
5km Start: 7:05am
Freo Kids Dash: 10:00am (200m)

ONLINE REGISTRATIONS ONLY

For all events, online registrations will be closing Thursday, 5 November at 12:00 noon, unless sold out prior. Late registrations may be available at Bib Collection on Friday and Saturday if there are spots available. Keep an eye on social media for updates.

BIB COLLECTION

Goodlife Health Clubs, The Colonnade
388 Hay St Subiaco

Friday, 6 November: 3:00pm - 6:00pm
Saturday, 7 November: 9:00am - 12noon

South Terrace, Fremantle

Sunday, 8 November: 6:00am - 6:45am

BAG DROP

There will be a bag drop at the start/finish area. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

CUT OFF TIMES

For all events the cut off will be 10:00am.

Due to traffic road closures, there will be a cutoff time for the Half Marathon. Entrants must pass the start of lap 4 by 9:15am to be permitted to continue on the road course for the final lap.

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office by 12:00 noon, Thursday, 5 November to allow enough time for processing.

FINISHER MEDALS

All finishers will receive a finisher medal as they cross the line!

WAMC MEMBERS ONLY

AWARDS

WAMC Male and Female Members finishing in the top three in the 5km, 10km and 21.1km will be awarded medals.

PRIZES

Wear your WAMC Member Cap for your chance to win spot prizes.

PRESENTATIONS & DRAW PRIZES

Presentations will commence at 9:30am at the start/finish area. Plus, stay around for your chance to win some great draw prizes! You must be present to be eligible.

$1,000 RUNNING WAREHOUSE PRIZE POOL

Running Warehouse have come on board offering a total prize pool of $1,000 for the Fremantle Half Marathon.

1st Male/Female	$250ea
2nd Male/Female	$150ea
3rd Male/Female	$50ea
1st Male/Female WAMC Member	$50ea

PARKING

Register for FREE parking with the City of Fremantle. Click here for more details....FREE PARKING. Information on event parking will be advised via social media.

DRINK STATIONS

A drink station will be located on South Terrace for lap returns and finish.

WAVE STARTS

Individuals will need to self-seed according to the categories listed below. All times are calculated from the moment you cross the start line. Placarded signs will be in place with categories as listed below.

21.1km Wave Starts

Elite: Sub 1:20
A: 1.20 to 1.30
B: 1.30 to 1.45 (1.30 pacers in this corral)
C: 1.45 to 2.00 (1.45 pacers in this corral)
D: 2.00+ (2.00 pacers in this corral)

*Elite entry only for 21.1km. Subject to Race Directors conditioned approval. Email wamc@wamc.org.au to apply.

10km Wave Starts

A: Sub 43mins
B: Sub 50mins
C: Sub 57mins
D: 57mins+

5km Wave Starts

A: Sub 20mins
B: Sub 25mins
C: Sub 30mins
D: 60mins

PACERS

There will be 2 pacers per pace group (half marathon distance only) running an even pace for the entirety. Look for them at the start line with black balloons and wearing pace bibs. No registration necessary just follow throughout race.

Sub 1:30 (4.15/km) - Tony Smith and Lain Finlayson
Sub 1:45 (4.58/km) - Gareth Jones and Chantal Oliver
Sub 2:00 (5.40/km) - Brett Kasatchkow and Jeremy Savage

FREO KIDS DASH

The Freo Kids Dash is a 200m run for children up to the age of 8 or children who feel they are not up to the 5km distance. All participants receive a 1 FREE ice-cream scoop from Ben & Jerry's and 1 FREE kids ride on the Tourist Wheel Fremantle. Entry is FREE. Limited spots available, so get in quick!
To register, email wamc@wamc.orq.au with subject line FREO KIDS DASH.

TIMING

All registered participants in the event will have an electronic time recorded by BlueChip Timing.
A text message with your finish time will be sent to the registered mobile number upon finishing the event.
Participants will all receive a gun time and a net time.
Disposable timing chips are attached to the back of the race bib. Do not remove or peel the plastic timing devices from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled.
The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

* Please note that your WAMC Member shoe timing chip will not work at this event. ** If you turn up without your race bib (lost or left at home) there will be a $10.00 surcharge to have another race bib issued.

FIRST AID

HRMS First Aid will be located at the finish line. If you require first aid assistance on course, please notify a drink station attendant or course marshal who will be able to phone for help.

HEALTH & SAFETY

Entrants must not take pets on the run. Skateboards, rollerskates / rollerblades or similar devices are strictly forbidden due to the risk of injury to participants.
All runners will assemble in the advised start area by foot and obey Police and Officials' directions whilst awaiting the official start.
To ensure your safety and that of everyone else in the race, the use of headphones or any musical device is strongly discouraged. Use of headphones is a safety hazard as it may compromise a participant's ability to hear critical safety and/or directional instructions, especially instructions that may arise in an emergency.
The West Australian Marathon Club is committed in supporting the Australian Government 'Be Covid Free' plan. All participants, spectators and volunteers are encouraged to keep a safe physical distance.
Hand sanitiser will be readily available on course (drink stations) and at the finish area. If you're experiencing cold or flu-like symptoms stay home.

VOLUNTEERS

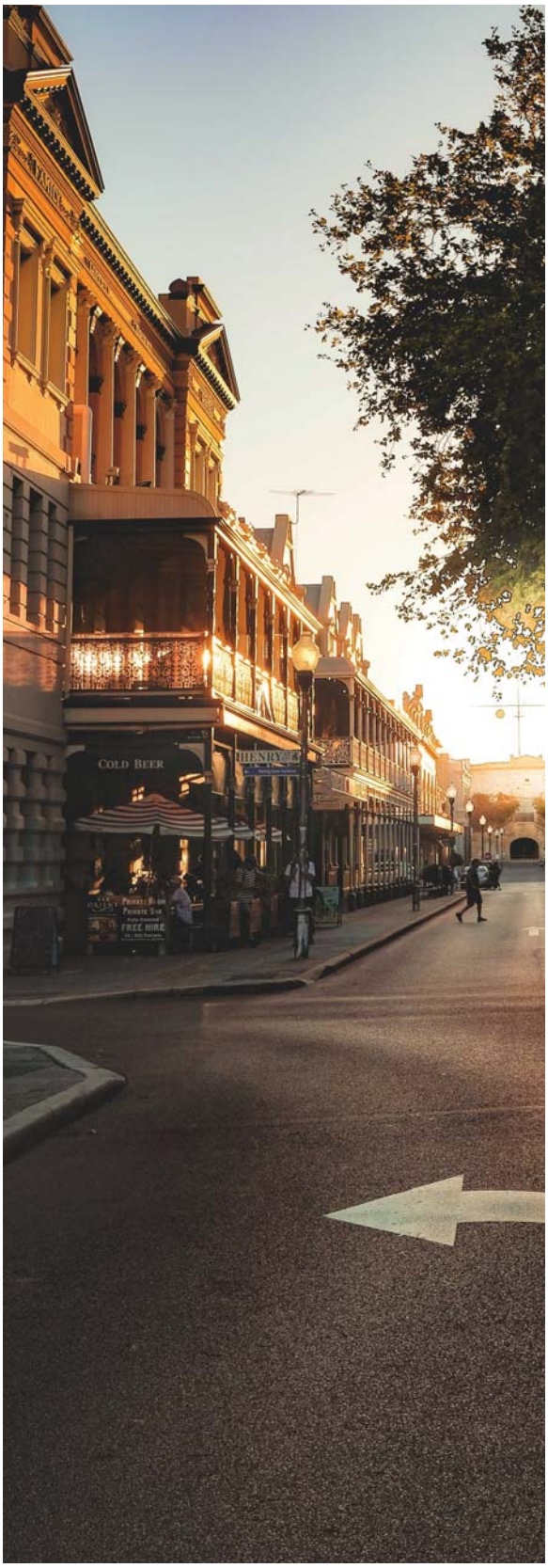
Community groups and individuals welcome.
Various roles available, contact volunteer@wamc.org.au

AWARDS

Similar to Bridges plus Half Marathon

DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the 9:30am presentation to be eligible to win.



AWARDS 21.1km

1st Male/Female
2nd Male/Female
3rd Male/Female
1st Para Athlete

Athletics West State 21.1km Championships

1st Male/Female
2nd Male/Female
3rd Male/Female

* AWA State Championship medals are only given to WA residents ie an Eastern States or overseas winner would not be eligible for an AWA State Champion medal but would receive an Event medal/trophy.

AWARDS 10km

1st Male/Female
2nd Male/Female
3rd Male/Female

AWARDS 5km

1st Male/Female
2nd Male/Female
3rd Male/Female

Awarded to WAMC Members 21.1km, 10km and 5km

1st Male/Female
2nd Male/Female
3rd Male/Female

FUN RUN DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the draw to be eligible to win.

COMPETITIONS

Share your event photos on Instagram or Facebook by using #freorunningfestival and tag @westaustralianmarathonclub to go into the draw to WIN!

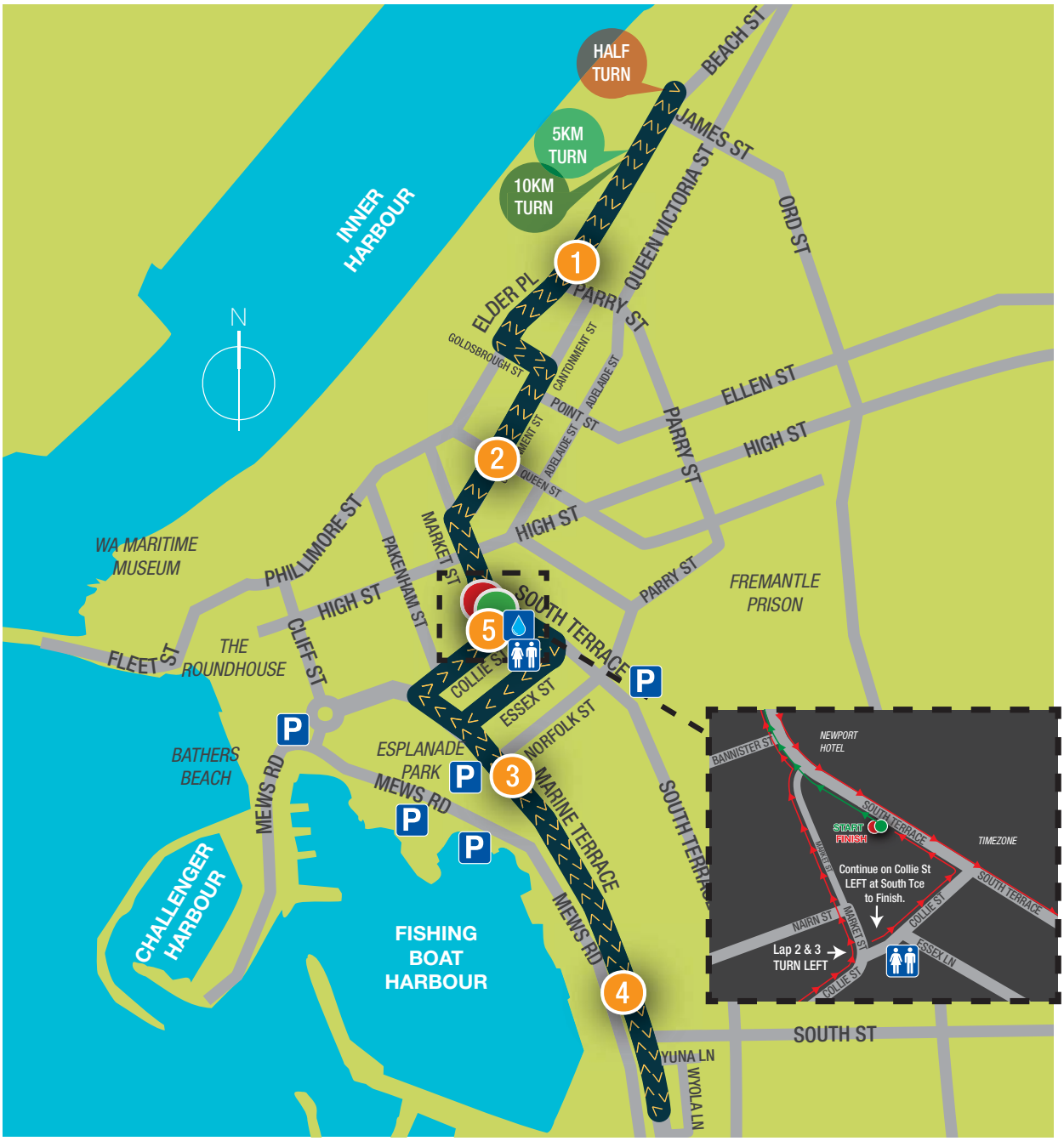
Entries close Tuesday, 10 November 2020 at 6:00pm. Must be a registered participant in the Fremantle Running Festival to be a winner. Winner will be announced on Instagram & Facebook on Thursday, 10 November 2020.

COURSE MAP

FREMANTLE RUNNING FESTIVAL

HALF MARATHON, 10KM & 5KM

Incorporating State Half Marathon Championships



LEGEND

5KM(1 LAP) - 10KM(2 LAPS) - HALF(4 LAPS) | KM MARKERS | TOILETS

START/FINISH | DRINK STATION | PARKING

Fremantle RUNNING Festival

FREO KIDS DASH