



asics[®]

2020 BRIDGES

Fun Run

— WAMC —

5KM | 10KM

public house

— KITCHEN & BAR —

Incorporating WA 10km Championships

ESSENTIAL GUIDE

WELCOME

Congratulations on entering the Asics Bridges Fun Run. This is a community event conducted by the West Australian Marathon Club Inc. with proceeds being donated to Beyond Blue.

RACE DIRECTOR

Raymond Lampard

ENQUIRIES

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

RACE START TIMES & LOCATION

Sunday, 5 April, 2020
Start/Finish – Elizabeth Quay
8:30am – 10km
8:40am - 5km

ONLINE REGISTRATIONS ONLY

For all events, online registrations will be closing Thursday, 2 April at 12:00 noon sharp. Late registrations will be taken at Bib Collection on Friday and Saturday only.

BIB COLLECTION & EVENT EXPO

Bib collection and Event Expo times are as follows:

BIB COLLECTION:

Public House, 263 Adelaide Terrace, Perth WA

Friday, 3 April: 4:00pm – 6:30pm

All participants who collect their race pack with drinks token at the Public House will be entitled to a free schooner. (Friday, 3 April only)

Elizabeth Quay

Saturday 4 April: 11:00am – 3:00pm

EXPO:

Elizabeth Quay

Saturday 4 April: 11:00am – 3:00pm

Sunday April 5: 7:00am – 10:30am

VOLUNTEERS

Every WAMC event requires volunteers to make sure everyone has a safe, enjoyable run. Please join us in thanking all the volunteers on course. If you wish to volunteer, please email volunteer@wamc.org.au

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 both events the cut off will be 10:30am.

FREE Asics Bridges Fun Run T-Shirt

For runners lucky enough to be in the early bird registrations – you will receive an Asics Bridges Fun Run Event T-Shirt. These are only available at the Event Bib Collections and will be given out on a first in, first served basis for size purposes. Shirts are not for sale. An orange token will be in your race pack. This token must be presented to receive your shirt at the collection. Please collect your race pack prior to shirt collection to receive your token.



DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office by 12:00pm, Thursday, 2 April to allow enough time for processing.

FINISHER MEDALS

All finishers in the 5km and 10km event will receive a finisher medal as they cross the line!



FREE
T-SHIRT



ALLOCATION EXHAUSTED
FIRST 100

asics®

2020 BRIDGES

Fun Run

WAMC

5KM | 10KM

SUN, 5 APRIL 2020

wamc.org.au

DRINK STATIONS

There are three drink stations on the course located at approx. 2.5km intervals, they will be manned by volunteers from WAMC.

Refer to the course maps for drink station locations.

PRESENTATIONS

Presentations will commence at 10:00am at the start/finish line.

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 listed from A to E

10km Wave Starts

Elite: Sub 34min
A: Sub 40min
B: 40min > 45min
C: 45min > 50min
D: 50min > 60min
E: +60min

5km Wave Starts

A: Sub 18min
B: 18min > 22min
C: 22min > 26min
D: 26min – 30min
E: +30min

Elite entry subject to Race Directors conditioned approval. Email wamc@wamc.org.au to apply.

TIMING

In 2020 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 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.

All participants are required to collect bibs on bib collection prior to event day. You may nominate someone to collect your bib if you are unable to attend during bib collection times.

** 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. Be aware we may not have exclusive use of some of the shared paths.

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

TRAVEL & PARKING

Take a break from driving and catch the train into Elizabeth Quay Station. Make sure you reference the Journey Planner on the Transperth website to ensure you allow enough time to get to the start line. To travel on any Transperth service, you need to purchase a ticket or use your Smart Rider.

Visit transperth.wa.gov.au for more information.

Please see map for parking locations.

AWARDS

10km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
4th Male/Female overall
5th Male/Female overall
1st Wheelchair overall

1st Male/Female U16
1st Male/Female 16-19
1st Male/Female 20-29
1st Male/Female 30-39
1st Male/Female 40-49
1st Male/Female 50-59
1st Male/Female 60-69
1st Male/Female 70+

*State Championships:

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

5km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
1st U12 Male/Female
1st U16 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.

ASICS BRIDGES FUN RUN DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the 10:00am presentation to be eligible to win.

Some of the awesome draw prizes include a 20-minute river tour with Wild West Charters at Elizabeth Quay for 12 people! Valued at \$360.00!



COMPETITIONS

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

Entries close 6pm, 6 April 2020. Must be a registered participant in the Asics Bridges Fun Run to be a winner. Winner will be announced on Instagram & Facebook on Tuesday 7 April.

Presented By



In Support Of



Sponsors



City of Perth



490designs

public house

— KITCHEN & BAR —



COURSE MAP

BRIDGES FUN RUN

10km & 5km



public house
KITCHEN & BAR



City of Perth

LEGEND



ASSEMBLY AREA



DRINK STATION



TOILETS



PARKING



TRAIN

