



FINAL DETAILS

BUNDANOON, SOUTHERN HIGHLANDS NSW, 12 NOVEMBER 2016
ALL RUNNERS MUST READ THESE NOTES.

Introduction

WELCOME TO THE PEARL iZUMi BUNDY RUN

And thanks for Putting Your Foot In It in 2016!

We were thrilled with the turnout and feedback from our first trail running event last year that we decided to do it again. So a big thanks for getting behind it!

We know those of you doing the Pearl iZUMi Bundy Run for the first time will love it for it's spectacular views and incredibly beautiful scenery along the way.

You really do get everything you could want in a trail run. Fast, quiet fire roads, leafy lush gullies, stunning vistas, technical trails, water crossings and challenging elevations.

We know those of you who are back for the second time, will love it even more than the first because you've been working on your hill training.

We'd like to take this opportunity to shout out and welcome our Sponsors. Our Headline Sponsor Pearl iZUMi and our Major Sponsors GU, 4 Pines Brewery and Westside Petroleum.

Make sure you drop by their expo stands and say hello.

Every year we're also lucky enough to work with a host of local community groups and businesses, and we know they are looking forward to welcoming you to town. And, thanks also goes to our world famous Dark Side. When you see them around town (at registration or on course) give them a high-five.

On Saturday the town of Bundanoon will transform into our event hub for the afternoon – this is where you will find Registration, Sponsor displays and the Pearl iZUMi Bundy Run Start/Finish.

Everything you need to know about the event is in the following pages. Please make sure you put you feet up (it is taper week after all, right) and read our Final Details – remember we have a rule to never answer questions to which the answer can be found in here!

Good luck in the run.

**Huw Kingston,
Event Director
and all the Dark Side**

General event information

Your race

Your race starts between 3.50 - 4pm (depending on your distance) on Saturday the 12 November at Bundanoon Public School. You MUST register in person before the race, and this can only be done at the Old Methodist Church next door to the school between 1.00pm and 3.00pm on Saturday 12 November. All runners will be going solo at this event. There are no relay teams. The Event Director reserves the right to alter the course at any time.

Event Town

Bundanoon is a picturesque village at the southern end of the Southern Highlands (see Bundanoon Location map on page 9). The Start/Finish of the run is at Bundanoon School. This is where you'll find Registration, the event Start/Finish, sponsor displays, catering, parking, etc. See Event Town map on page 10 for more information.

Our Headline Sponsor - Pearl iZUMi

The very core of Pearl Izumi is the creation of world class apparel and footwear that is bursting with decades of R&D and input from world class athletes. From outerwear to baselayers, we've put a lifetime of experience into our products.

Performance heritage: It's what Pearl Izumi is based on; what drives us in the relentless pursuit to improve our products each and every season.

Distinctive style: Our style language supports every on-the-go pursuit with a motion-inspired, modern aesthetic

Tailored fit: Every last seam, stitch and swatch of featherweight material is chosen to provide the best fitting performance minded apparel imaginable.

Performance edge: Temperature-regulating fabrics – from barely there Transfer Dry to lush yet lightweight Thermal Fleece – engineered to augment your every move with breathable dry comfort.

For the full range of Pearl iZUMi running footwear visit Pearl iZUMi run



How to Get to Bundanoon

Bundanoon is situated approximately 2 hours' drive along the Hume Highway from either Sydney or Canberra.

From the North: Follow the Hume Highway to the turnoff for Mittagong/Bowral. Go through both these towns and then also Moss Vale. Approximately 5km out of Moss Vale you'll come to the village of Sutton Forest. Turn left, signposted Bundanoon. Continue on through the village of Exeter to Bundanoon, approximately 12 km from Sutton Forest.

From the South: Follow the Hume Highway until just past Marulan. Soon after the Heavy Vehicle Checking Station you'll see a sign to Tallong/Bundanoon on the right. This is easy to miss as you need to be in the outside lane ready to turn across the southbound carriageway. If you do miss this then another 10km or so further on there is a similar turnoff signed Wingello/Bundanoon (in fact this is marginally quicker). If you take the Tallong turnoff it is 32km to Bundanoon. Follow the road through Tallong village, Wingello village, Penrose village to come into Bundanoon (10km from Penrose). Or just plug Bundanoon into your GPS or Google Maps.

Parking in Bundanoon

Parking may be challenging in Bundanoon. PLEASE do not block driveways or park illegally. Parking is available in the streets surrounding the centre of Bundanoon. Those with maps on phones etc (everybody these days?) can find good locations close to town on the other side of the railway line and other similar locations. We appreciate your efforts to car pool, reducing emissions and also the number of car spaces required.

Accommodation

Camping is available at the Bundanoon Pony Club, the Highland Fling Event Centre, for \$5/head, with all proceeds going to the Pony Club. There's no need to book, just turn up anytime from 11am to 11.00pm on Saturday 12 November and someone will be there to take your fee and show you where to camp. If you are camping with mates, please try to arrive together as reserving space can lead to problems, and we cannot guarantee space can be kept for all. Toilets and water are available here. If you do want to camp on Friday or Sunday nights, this is possible – just ensure you pay the Pony Club for the extra people/nights. Thanks!

Spectators

The best places for spectators will be at Bundanoon Public School, as runners will start and finish here as well as pass through transition if competing in the Half Marathon. This makes it a good spot to cheer on your partners or friends. With town very close by there's plenty of opportunities for food and drink to enjoy as well.

Schedule

TIME	ACTIVITY	LOCATION
1.00pm - 3.00pm	Registration	Old Methodist Church
3.30pm	Runners Assemble	Event Start Bundanoon Public School
3.40pm	Runner Briefing	Event Start Bundanoon Public School
3.50pm	Race Start Half Marathon The Pearl iZUMi Bundy Run	Event Start Bundanoon Public School
3.55pm	Race Start Quarter Marathon The Pearl iZUMi Bundy Run	Event Start Bundanoon Public School
4.00pm	Race Start The Teaser The Pearl iZUMi Bundy Run	Event Start Bundanoon Public School
5.00pm - 9.00pm	Runners Meal served	Bundanoon Hall
5.00pm - 9.00pm	Massage Service	Bundanoon Hall
6.00pm	Lap 2 cut-off Half Marathon	Event Start/ Finish – Bundanoon Public School
7.00pm	Presentation	Bundanoon Hall



Registration

- Registration is compulsory and must be done in person
 - Registration is on Saturday 12 November 1pm - 3pm.
- All runners, **MUST** register in person. You will first sign the Event Waiver. You will then be given your race number etc.

Early registration is recommended as we wish to avoid queues as close of registration approaches. So allow plenty of time to get to Bundanoon, to register, to wander, grab a coffee, visit sponsor stands etc and to get to the start line in time for the briefing.

A RUNNER MUST NOT RUN UNDER ANOTHER PERSONS NAME - SEE RUNNER REPLACEMENT OVER PAGE.

T-Shirt Pick Up - If you ordered a Pearl iZUMi Bundy Run T-shirt then it will be available for pick up at a dedicated desk after you have registered.

Cancellations, Changes to entry details and Runner Replacements

As published, entry cancellations were available up to Friday 21st October. Any cancellations after that date will not be considered for a refund. Should the event have to be canceled for any reason and is unable to be rescheduled, entry fees are non-refundable. If the event is rescheduled and you are unable to attend your entry fee is non refundable.

Changes to entries (eg Half Marathon change to Quarter Marathon) may be made up until 3pm on Monday 7 November. Please note that no changes can be made to your entry details after this date.

RUNNER REPLACEMENTS AT REGISTRATION

If you are replacing a runner who finds they cannot attend then this replacement can only be made at Registration. You will need to provide evidence (letter, printed email etc) from the runner being replaced that they are happy for you to run in their place. It is up to the original runner and the replacement to sort out the financials - no fees will be refunded.

Insurance and Waiver

Wild Horizons is covered by its own Public Liability Insurance. We recommend you take out your own personal injury insurance and ambulance cover.

All participants are required to read and sign the event Waiver. This has been read and agreed to on the online entry forms. You will be required to sign this again at Registration. Anyone who has not signed the Waiver will be unable to take part in the event.

Timing chips and Race Numbers

The Pearl iZUMi Bundy Run is timed by Precision Timing. You will receive your race number at Registration. Each runner will have a unique race number.

YOUR TIMING CHIP IS LINKED TO YOUR RACE NUMBER AND MUST NOT BE SWAPPED!

You are responsible for the correct attachment of the race number. Instructions:

- Your race number is supplied with 4 small safety pins.
- You must attach your race number to the front of your clothing.
- Ensure you use all 4 safety pins to securely fasten the race number.
- Ensure the race number is the correct way up and just above your waist line.

For those competing in The Teaser, you will also be issued with a brightly coloured wrist band. This wrist band must be worn on the right wrist for the duration of the event.

Giveaways

The race number that you receive at registration has a number of tear off vouchers along the bottom. These can be used to redeem your competitor gifts from our generous sponsors. Before the race visit the Pearl iZUMi crew to pick up a pair of quality running socks and grab a GU gel from the GU stall. Then post race head to the hall for your included dinner and well deserved 4 Pines cold beer.



Event Centre

Food & drink at the Bundy Run

Bundanoon School P&C will be raising funds for the school by providing food and drink for those in the event. Each entrant receives an included meal available post race in the Bundanoon Hall. In addition there are a number of cafes and food outlets in town serving a variety of cakes, pies, sandwiches drinks and all the other normal fare.

Pearl iZUMi

As our Headline Sponsor in this inaugural event the crew from Pearl iZUMi are looking forward to seeing everyone! Pearl iZUMi will be at the event and welcome everyone to come and say hello (and pick up some great event bargains!). If you needed more incentive, as part of your entry in the Pearl iZUMi Bundy Run you get a free pair of quality running socks from Pearl iZUMi. These can be collected from the Pearl iZUMi tent following registration.



GU

Lloydie and the GU nutrition crew will be on hand selling their secret success for all good runners. GU Energy has a great range of products that suit all needs and Lloydie can 'prescribe' a range of products to suit your needs. Stop by to have a chat with him, and don't forget to sample the new Stroopwafel. Yum!



4 Pines Brewing Company

4 Pines Brewing Company offers great flavour sensations through variety, quality craftsmanship, natural ingredients and traditional, time honoured techniques-no short cuts. 'Every runner (over 18) will receive a nice cold 4 Pines ale from the Highlands Trails bar. We know you'll enjoy this post-race reward



Westside Petroleum

Westside recently opened a 7 days a week service station and convenience store in Bundanoon. Don't forget to experience this service by filling up and shopping before you head out of town. Priding itself on quality and not quantity; Westside Petroleum maintains the highest standards, ensuring the customer's needs are always met.



This is why customers time and again continue to choose Westside Petroleum for premium quality petroleum, competitive prices and a superior service that is second to none.

Marathon Photos

Your performance will be captured by the crew from Marathon Photos. You will be able to purchase copies of yourself (and others) as proof of your performance on the day.



Nelson Santos Massage

Runner and rider Nelson will be on hand offering massage after your race on Saturday from 5.00pm-9.00pm in the Bundanoon Hall.

First Aid

Hopefully the least popular stall at the Event! State Medical Assistance will be stationed at the start/ finish, and out on course.

Rubbish & Recycling

There will be a number of bins available in town for the event. Please take the time to seek out these bins to dispose of any rubbish you might have.

As always, we are extremely concerned about the impact we have on the environment and will not hesitate to disqualify any runner found littering the course or the Event Centre. If you see anyone leaving litter on the course please don't hesitate to Dob in a Dumper - please report the circumstances and runner's race number to an event official. There is no excuse for littering!

Course Litterers are not welcome at the Pearl iZUMi Bundy Run.

Merchandise

T Shirts - \$35



For those who pre-ordered these sweatshop free, Australian printed, organic cotton T Shirts, they will be available for pickup at registration. There will be a limited number available for sale on the weekend.

The Dark Side

A large team of people is required to run The Pearl iZUMi Bundy Run. They are the world famous Dark Side. If you see a marshal or volunteer be nice to them and thank them for helping out. They are there for a fun weekend too, and not to be abused by over-zealous competitors! Thanks!



Mobile Phone Coverage

There is reasonable mobile reception in the Bundanoon area and along the route of The Pearl iZUMi Bundy Run, however this is unreliable for some networks. Telstra coverage is pretty good in most areas.

The Weather

Bundanoon sits at around 700m altitude and is a cool to cold place at times. Daytime temperatures are expected to range from 15-25 degrees with night times potentially dropping to single digits. Make sure you come prepared for cool weather.



Race details

Safety on the Roads and Trails

Those public roads that form part of the course will remain open throughout the event and runners are required to obey all road rules at all times. This includes not running in the middle of the road.

Once into the National Park you may encounter bush walkers and other park users. Please take care, be polite and allow walkers to pass.

Bag Drop






This year we have a Runner Bag Drop area where you can leave a bag before your race. This will be located in the Bundanoon School COLA just behind the Start/Finish area. Please note that bags are left at your own risk.

Transition (Half Marathon Only)

At the completion of the first lap of the Half Marathon, runners will pass through the Start/Finish. While you will cross a timing mat coming across the finish line (for the first time) your time is not paused, so don't dally! Grab some hydration at the water station and head out onto your second lap.

Course Marking & Marshals

Signage will indicate the route to be followed. They will be placed at all intersections to show you which way to go. There will also be marshals at various points along the way. Signs will also be placed at locations where extra caution is required – **all Arrows, Caution and Wrong Way signs are red.**

	TURN RIGHT		
	TURN LEFT		EXTREME CAUTION NEEDED
	STRAIGHT ON		INCORRECT ROUTE GO BACK

Feed Station

Fruit buns, bananas, sweets, water and GU Brew sports drink will be available at two Feed Stations on the route. The feed stations will fuel you up at the 7km mark for the Quarter Marathon and 7km and 18km into the Half Marathon. There is no feed station on The Teaser. As part of our waste minimisation efforts there are no cups at the Feed Station. We encourage all runners to carry a refillable bottle.

Warning- Technical Trail

At a couple of locations, particularly near the Amphitheatre, there are some technical sections of trail including stairs, slippery rock and uneven surfaces. All runners are asked to use caution on these sections by both limiting their pace and also maximising their distance to adjacent runners. This race will not be won and lost on the technical sections....that's what the climbs are for. Please take care.

Briefing

All runners must assemble at the start line at 3.30pm for the 3.40pm Briefing. You must be ready to run. Here you will receive any last minute information about the start, rules & conditions, track, and Transition Area.

Prior to this race briefing you **MUST** be registered in order to race. Refer to registration details on page 3.

It is critical that ALL runners attend the briefing.

Start

Please note we have made some changes to the start this year, instead of a mass start for all our courses. Please note the following start times.

3.50pm Half Marathon

3.55pm Quarter Marathon

4.00pm Teaser

Your start time is set. If you miss your start and are late your time will still be recorded from your start group time.

There will inevitably be some crowding in the early part of The Pearl iZUMi Bundy Run, please take care during this time. Maintain your line, and leave adequate space to runners in front of you. There is a long way to go so set your pace, take it easy in the early kilometres and only pass in places that will not cause undue annoyance or danger to your fellow runners.

Self Seeding for Runners

Make sure you get your best start by lining up on the start line with a mind to your ability. If you think you're a gun runner in your race distance, back yourself and get on the front line. If you think you're Mr or Mrs Average, find your way to the middle of the pack. If you're planning to enjoy the view and take in the scenery, the back of the group might be for you.



The Route

Route outline maps can be found on the website under Route and Maps. The Event Director reserves the right to alter the course at any time. Each stage of the Pearl iZUMi Bundy Run starts and finishes at the Bundanoon Public School Event Centre.

The Teaser

6KM AND 185M CUMULATIVE CLIMBING

From the start it's straight down the aptly named 'Constitution Hill'. Before getting to the bottom runners take a left turn onto Governors Street and head for the Governors boardwalk trail. Narrow trail and bunched runners might need some careful footwork in this early stage. Note also that the timber boardwalk can be slippery at times, so heed the signs and take care.

After heading through some quiet residential streets runners will encounter their first challenge: The Glow Worm Glen steps. Going down the steps takes runners away from town and into Morton National Park. Dropping some 50m in 500m, some knees may protest the early compression.

Taking a right turn, runners will duck under an ancient tree, skip across a small creek and begin to wind along the Glow Worm Glen trail.

After emerging onto Riverview Road it's time to find the rhythm that will chew through the last couple of kilometres.

Those watching their GPS will catch a sniff of home and be spurred on. For those that remember the descent at the start of the race, trepidation will set in as Constitution Hill looms. At a 10-12% gradient, The Hill will take its toll, but the crowds should spur you on to the finish line at the top. Congratulations, you made it!

The Quarter Marathon

10.5KM AND 400M CUMULATIVE CLIMBING

From the start it's straight down the aptly named 'Constitution Hill'. Before getting to the bottom runners take a left turn onto Governors Street and head for the Governors boardwalk trail. Narrow trail and bunched runners might need some careful footwork in this early stage. Note also that the timber boardwalk can be slippery at times, so heed the signs and take care.

After heading through some quiet residential streets runners will encounter their first challenge: The Glow Worm Glen steps. Going down the steps takes runners away from town and into Morton National Park. Dropping some 50m in 500m, some knees may protest the early compression.

Taking a right turn, runners will duck under an ancient tree, skip across a small creek and begin to wind along the Glow Worm Glen trail.

After joining Riverview Road runners head toward the cliffs for their first glimpses of the Bundanoon Gullies.

At the top of the Amphitheatre the downhill grade turns technical with uneven footing, waterfalls, slippery surfaces and a walkway cut into the cliff itself. The optimists will be rejoicing in the kilometres clicking over; the pessimists wondering when things will start to go up.

The answer is 'not yet' as runners head towards Nicholas Pass. The undulating trail will compete with the views for the eyes attention as runners cross streams, rocks and narrow ledge tracks.

Now, finally, what goes down must come up. While only 40m high, the uneven and sometimes large stairs of Fairy Bower at about the half way mark will test the endurance of all.

Following the steady climb out, the feed station will be a welcome sight at the 7km mark and it's onto the fire roads to put the hammer down and gun for home. The road winds around a couple more lookouts and then turns its back on the gorges and heads for town.

Those watching their GPS will catch a sniff of home and be spurred on. For those that remember the descent at the start of the race, trepidation will set in as Constitution Hill looms. At a 10-12% gradient, The Hill will take its toll, but the crowds should spur you on to the finish line at the top. Congratulations, you made it!

The Half Marathon

21KM AND 800M CUMULATIVE CLIMBING

From the start it's straight down the aptly named 'Constitution Hill'. Before getting to the bottom runners take a left turn onto Governors Street and head for the Governors boardwalk trail. Narrow trail and bunched runners might need some careful footwork in this early stage. Note also that the timber boardwalk can be slippery at times, so heed the signs and take care.

After heading through some quiet residential streets runners will encounter their first challenge: The Glow Worm Glen steps. Going down the steps takes runners away from town and into Morton National Park. Dropping some 50m in 500m, some knees may protest the early compression.

Taking a right turn, runners will duck under an ancient tree, skip across a small creek and begin to wind along the Glow Worm Glen trail.

After joining Riverview Road runners head toward the cliffs for their first glimpses of the Bundanoon Gullies.

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Now, finally, what goes down must come up. While only 40m high, the uneven and sometimes large stairs of Fairy Bower at about the half way mark will test the endurance of all.

Following the steady climb out, the feed station at the 7km mark will be a welcome sight and it's onto the fire roads to put the hammer down chew through some kilometres. The road winds around a couple more lookouts and then turns its back on the gorges and heads for town.

For those that remember the descent at the start of the race, trepidation will set in as Constitution Hill looms. At a 10-12% gradient, The Hill will take its toll in the first of two ascents. Hopefully the crowds should spur you on to the completion of your first lap. Halfway!

Time to do it all again as you continue through the school to start the second lap.

Following a couple of quiet streets it's over the stile and into the pines at the highest point in town. With magical views to the south, you can see the gullies you are heading for.

After emerging onto the course of the first lap it's 'deja vu all over again' (RIP Yogi Berra) with the same stunning views, technical trail and leg burning climbs. Does it feel the same on this lap?

But don't despair, your legs will remember Constitution Hill and the crowds will cheer you home.

Congratulations, you have completed the Pearl iZUMi Bundy Run.



Other Information

HALF MARATHON RUNNERS - CUT OFF

The cutoff time to begin the second lap is **6pm**. Runners will not be allowed to commence the second lap after this time

PARENT/ CHILD TEAM RUNNERS

As with all runners you will start and finish at the Bundanoon Public School Event Centre. As a team you must run together to support the younger competitor. You are entered in The Teaser and must not attempt the longer courses. Team members must finish the race together



Thanks To...

The Pearl iZUMi Bundy Run would not be possible without the enthusiasm of our sponsors and supporters. Huge thanks go to:

- Pearl iZUMi
- GU Energy Sports Nutrition
- 4 Pines Brewery
- Westside Petroleum
- Bundanoon School
- Bundanoon School P&C for the dinner
- Rural Fire Service for the marshalling
- State Medical Assistance for First Aid
- Marathon Photos for photography
- Precision Timing for timing results
- Solar Springs Resort
- National Parks and Wildlife Service
- All the wonderful people on the Dark Side

Final Updates

Should there be a need to communicate with entrants in the final days leading up to the event we will do so by email and by posting any important information on our facebook site and website.

www.wildhorizons.com.au

www.facebook.com/wildhorizons.

Event Contact Details'

Up until 5pm Friday 11 November

Tel: 02 4883 6509

Email: barbara@wildhorizons.com.au

After 5pm Friday 11 November:

For enquiries relating to cancellations and other administrative matters

email: Barbara Ertz

barbara@wildhorizons.com.au

0408 509 346

Erica Galea (Communications):

erica@wildhorizons.com.au

0409 021 973 (for issues relating to the event generally)

Mark Raddatz (Course Director)

0433 845 407 (for issues relating to the course)

Emergency Contact Number

0458 734 529 (for race emergencies only)

this number is also printed on each race plate.



Pearl iZUMi Bundy Run Rules & Conditions

These rules may be altered prior to the event.

For safety and to keep the event fair it is necessary to have a number of rules and conditions. They are as follows:

1. All runners must register in person from 1.00pm-3.00pm on race day. If you do not register in person, within the allotted time, you cannot race.
2. All runners must attend the mandatory Runner Briefing before the race.
3. Each runner is responsible for their bib. One bib will be provided per runner, and these must not be swapped between competitors!
4. The bib must be fixed to your top across your belly area. The bib must be horizontal and over the top of your clothing.
5. Australian road rules apply at all times on public, Park or classified roads.
6. Runners must keep to the shoulders of the roads and not impede vehicles.
7. Runners must give way to all vehicle traffic they may encounter.
8. Only runners registered in the race or course marshals may run on the race course?.
9. Runners are only eligible for a place in the category in which they start the race.
10. Half Marathon runners will complete 2 laps of the course. Quarter Marathon runners will complete one lap of the course. 6km runners will complete a shortened version of the course.
11. All runners completing the race must pass across the timing mat in order to have their time recorded.
12. Runners who fail to complete the course must advise a marshal/race official at the earliest opportunity.
13. Runners can accept assistance on the course by any registered racer, but outside assistance is permitted only for medical injuries.
14. Runners can only accept food and drink from other runners currently in the race or race officials except for food and drinks at the designated stations.
15. Each racer must have or be carrying the following whilst racing:
 - suitable footwear & clothing
 - hydration receptacle (hydration pack/ bottle) for use at feed station (no cups available)
 - race bib
16. Runners must clearly display their bib at all times whilst racing.
17. Profane or abusive language, or unsportsmanlike behaviour is grounds for disqualification of any runner
18. Failing to complete the whole course, taking shortcuts or using any unfair means of obtaining an advantage over other competitors shall result in the runner being pulled out of the race and recorded as a DQ. It is the runner's responsibility to ensure that the correct course is followed.
19. Runners wishing to pass other runners while on narrow sections of trail are to announce their intention by saying 'coming through' or similar. Where the trail drops away runners should pass on the down hill side. Runners being overtaken should yield, if necessary, at the earliest safe opportunity.
20. Competitors who are walking any section should give way at all times to those running. They should attempt to walk on the less desirable portion of the trail.
21. All protests must be made to a race official in a polite, non-abusive manner. Abusive protests will not be heard. Protests may be made up to 15 minutes after the final results are posted. The Event Director has the final decision on all protests.
22. In the event of injury or accident, runners must stop to assist an injured runner, prevent others from entering the accident zone, and inform a race official of the incident at the earliest opportunity.
23. If you stop to give assistance for a health or safety reason, you may report this to a race official and let them know the reason and the duration of your stop. A time adjustment may be made.
24. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified.
25. The Event Director has the right to call off the race either before or during for any reason he sees fit. This can include reasons related to the safety of runners or members of the public.
26. If the race is called off after it has begun, as soon as you have been notified by a race official you are no longer under race conditions and are responsible for getting yourself back to the Start/ Finish safely.
27. Any action deemed against the spirit of the event may result in disqualification. The Event Director has the final say in any decision at the Event.
28. Runners racing as someone else (eg swapping entries or bibs) are subject to disqualification.
29. The minimum ages for runners (taken as the age on 30th June) are: 12 – The Teaser, 16 – Quarter Marathon and 18 – Half Marathon
30. Runners must not use headphones or other music devices during the race.
31. Ignorance of these rules is not an acceptable defense.



MAP OF THE SOUTHERN HIGHLAND WAY

Home of Bill O'Reilly our Greatest Bowler

Feel free to print our map to guide you along the Highland Way!

About This Map

It's not to scale
Not all roads included

