



RUNNERS

ESSENTIAL GUIDE



Congratulations on entering the 2022 Perth Marathon & Relay. This is a community event conducted by the West Australian Marathon Club.

RACE DIRECTOR

Gerry Fallara

ENQUIRIES

WA Marathon Club Office

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RACE START TIMES & LOCATION

Date: Sunday, 9th October

Race start: 6:30am

Relay start time: 7:00am

Kids Marathon: 10:45am

ONLINE REGISTRATIONS ONLY

Online registrations will be closing

Thursday, 6 October at 12:00 noon, unless sold out prior.

BIB COLLECTION

Bib collection will be held at the WAMC Clubrooms, 1 Camfield Drive, Burswood on **Saturday, 8 October from 9:00am – 1:00pm.**

If you are attending the Pasta Night, you are also able to collect your bib on the Friday evening.

All WAMC Members and Non-Members must attend bib collection. If you cannot collect your bib, you may have someone collect on your behalf.

Bib Collection for this event will be allocated by surname or team name. If you do not live in the CBD you will be able to collect your bib on the morning of the event.

Only one team member is required to collect all team bibs if participating in the relay.

Relay teams will get one bib per team member plus an ankle timing chip (can be worn on wrist) that will start with the first runner then be passed on to each runner once each leg is completed. **Please ensure the ankle timing chip is handed back to the volunteers as the last runner completes the relay.**

PRESENTATIONS

Presentations will be held at 11.00am at the WAMC clubrooms.

Marathon

Trophies will be awarded to the below:

1st Male & Female

2nd Male & Female

3rd Male & Female

There will also be prize money for the top 3 male and female winners at the 2022 Perth Marathon!

1st Male/Female Prize \$2,000

2nd Male/Female - \$1,000

3rd Male/Female - \$500

We will also acknowledge the Male and Female State Champion.

Current Marathon Event Record Times:

Nic Harman (2021) 2:14:54

Jess Stenson (2021) 2:25:13

Relay Presentations

Trophies will be awarded to the below:

1st Male Team

1st Female Team

1st Mixed Team

PACERS

Event Pacers will be running this year's event. You will have an opportunity to meet the Pacers pre-event start via the commentary team on the morning. Feel free to chat to them before the event start and discuss tactics. Pacers will wear a special "Pacer" bib and have a balloon to identify them at event start. Whilst every effort is made by our Pacers to be accurate remember to run within your limits and factor weather conditions into your tactics.

Pace Times:

3:30 – Raymond Lampard & Chantal Ivory

4: 00 – Brett Kasatchakow & Simon Johnson

4:15 – Renton Hanson



ELITE AREA

As this is a state championship event the Race Director will provide a sanctioned area for elite athletes. Every effort will be made by the Race Director and WAMC office staff to ensure elites are identified and acknowledged. If you consider yourself to be finishing in the top 10 please identify yourself to the office.

Please support them while on course and cheer their name. The 2022 event could see a few records tumble.

FINISHER MEDALS & SHIRTS

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

If participating in the relay, the last runner will collect their medal as they cross the line, all other team members will need to collect their medal from the relay medal collection point at the event.

Due to limited stock for finisher shirts, the first 700 finishers will receive a finisher shirt. Shirts are not guaranteed to all finishers.

PASTA NIGHT

Join us for the 2022 Perth Marathon Pasta Night!

When: Friday, 7 October Time:
6:30pm - 8:30pm
Where: WAMC Clubrooms.
WAMC Members cost: \$30.00
Non-Member cost: \$35.00

There will be guest speakers, spot prizes, Q&As, quizzes and more!

Registrations close, Thursday 6 October, unless sold out prior.

BAG DROP

Bag Drop will be inside the WAMC Clubrooms. Our premises are under security surveillance. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

TOILETS

Several toilet locations are available over the course. Refer to the attached map for locations.

CATERING

Complimentary food and drinks will be available to all athletes in the WAMC Clubrooms. In addition, a range of food vans will be on hand for spectators.

TIMING

In 2022 all registered participants in the event will have an electronic time recorded by BlueChip Timing.

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.

VOLUNTEERS

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

We are extremely grateful to all our volunteers who have donated their time to help make the Perth Marathon the event that it is, please be friendly and courteous to all our volunteers, as they will be to you.

COURSE CUT OFF

Due to government regulations, there is a course cut off time of 6 hours for marathon runners and 5 hours 30 minutes for relay teams. All participants must be off course by 12:30pm. You are welcome to still finish the event however volunteers and the Race Director are unable to ensure your safety.

THE COURSE

Start on the north side (Back) of WAMC clubrooms.

Head north and pass under Matagarup Bridge then cross the south side of Windan Bridge. Head to the Maylands turn just before the road crossing at the Police Academy.

Return from Maylands pass under the Windan Bridge, along the river and under the Trafalgar Bridge around East Perth cove follow the PSP to the Causeway.

Cross the Causeway, run through South Perth then cross the Narrows on the west side. Complete a loop around the lakes in John Oldham Park, then pass under the Narrows Bridge and continue through the tunnels to the riverside PSP.

Turn left at Hackett Drive then turn just after first driveway crossing on Hackett Drive. Return along exactly the same course to Trafalgar Bridge. Cross the bridge. Turn first right towards river. Cross the south side of Windan Bridge, then continue to the finish line at the back of the WAMC clubrooms.

Grab your medal, hug your loved one, grab a drink and a bite to eat. Smile, you just completed a marathon!

RELAY CHANGE POINTS

Leg 1 = 12.364km

Leg 2 = 8.734km

Leg 3 = 9.238km

Leg 4 = 11.859km

The changeover points will be as follows:

1st changeover will be under the west end of Matagarup Bridge.

2nd changeover will be near the north-west corner of the Narrows Bridge (after the runners complete their lap around the park/lake after crossing the Narrows).

3rd changeover will be the same location as the 2nd and they run to the club to finish the relay.

All team members will receive a finisher medal. Only the first leg runner will be required to be at the start of the race.

Note: Transport is not provided by the WAMC. All relay participants are required to make their own way to and from their change over point.

FIRST AID

Perth Medic Volunteers First Aid will be located at the finish line and on course. 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.

MASSAGE

There will be post event massage at the event for all participants to enjoy!

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. Please keep left and be courteous to all members of the public sharing the path.

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.

All Runners must be a minimum age of 18 years.

DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the 11:00am presentation to be eligible to win.

Drink Station #	Location	Information	Distance in Event	Nutrition Available	Legend
1	WAMC	Start / finish line	0.0 & 42.2km	W SD P F SS	W Water
2	Banks Reserve	East Perth, Banks Reserve Park	2.5km / 10km	W S	SD Soft Drink
3	Bardon Park	Maylands, Bardon Park toilet block	3.8km / 8.8km	W	P Punch
4	Matagarup Bridge	East Perth side	12.5km / 39.2km	W E S	F Fruit
5	Coode Street	South Perth - Coode Street	16.8km / 34.6km	W E S	SS Sausage Sizzle
6	Narrow Bridge	Under Narrows Bridge - South Perth Side	19.1km / 32.4km	W E G	E Electrolytes
7	Old Brewery	Grass area next to Old Brewery	23.2km / 28.2km	W E S	G Gels
8	Hackett Drive	Turn-around point	25.7km	W	S Special Drinks

Special Drinks are for solo marathon runners only. Drinks are to be handed in by the end of Bib Collection on Saturday, 8th October at the WAMC Clubrooms. All drinks must be clearly labelled as your own and placed in the correct drink station tub. Alternatively, participants may have a supporter hand special drinks at the drink station locations so long as there is no interference with the operation of the drink station or with other participants trying to get their own special drinks. No containers will be returned if not collected. Please ensure all waste is correctly disposed.

PARKING

Parking not available inside the WAMC Clubrooms.
Please see the below parking map of available parking locations.



COURSE MAP

PERTH MARATHON 42.2km



LEGEND

42.2km

RELAY CHANGEOVER

CLUBROOMS

DRINK STATION

TOILETS

FIRST AID

FOOD STATION



Perth **WAMC** West Australian Marathon Club
MARATHON
2022 *and relay*



Start and finish lines to be the same as the Marathon

OPTUS STADIUM ACCESS MAP ROAD CLOSURE INFORMATION

T20 International Australia VS England Sunday 9th October 2022



PERTH MARATHON

PERTH, AUSTRALIA

9th October 2022

Notes:

1. Out and back course on shared paths (full width available)
2. Maylands out and back section only on outward leg
3. Claisebrook Cove loop only on outward leg. Return leg crosses Trafalgar Bridge then over south side of Windan Bridge

