



asics
2021 BRIDGES
Fun Run
WAMC

5KM 10KM

Incorporating Athletics West State 10km Championship

**RUNNER'S
 ESSENTIAL GUIDE**



City of Perth



BRIDGES FUN RUN 2021

WELCOME

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

RACE DIRECTOR

Raymond Lampard

ENQUIRIES

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

RACE START TIMES & LOCATION

Sunday, 11 April, 2021

10km 8:30am

Start - Cnr Riverside Drive/Victoria Avenue

Finish – Elizabeth Quay

5km 8:45am

Start - Elizabeth Quay

Finish – Elizabeth Quay

Runners should aim to arrive 30 minutes prior to the applicable race start time.

ONLINE REGISTRATIONS ONLY

For all events, online registrations will be closing Thursday, 8 April 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 a eye on social media.

PRIORITY START

Runners capable of running under 34min for males and under 38min for females are encouraged to apply for PRIORITY START. Runners in this category will be given a priority start and Elite Bib. Elite entry subject to Race Director's approval. Email wamc@wamc.org.au to apply.

BIB COLLECTION & EVENT EXPO:

Friday, 9 April: 4:00pm – 6:30pm

Saturday, 10 April: 1:00pm – 4:00pm

Public House, 263 Adelaide Terrace, Perth

All participants are required to collect their bib on one of the Bib Collection days. You may nominate someone to collect your bib on your behalf.



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

Runners lucky enough to have registered early will receive an Asics Bridges Fun Run Event T-Shirt. However, as a result of the ongoing COVID-19 pandemic affecting international logistics in Asia, there has been a delay in the arrival of the event shirts. Those eligible will receive an email regarding collection.



BRIDGES FUN RUN 2021

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office by 12:00pm, Thursday, 8 April to allow enough time for processing.

FINISHER MEDALS

All finishers in both the 5km and 10km events will receive a finisher medal as they cross the 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 (Male)
- Elite: Sub 38min (Female)
- 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 Director's approval.
Email wamc@wamc.org.au to apply.

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.

Alternatively, refer to map for parking locations.

DRINK STATIONS

There are three drink stations on the course located at approx. 2.5km intervals. Refer to the course map for drink station locations.



PRESENTATIONS

Presentations will commence at 10:00am at the Elizabeth Quay. See over page for list of Awards.





TIMING

In 2021 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, net time and Kook Kilometre 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. 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.

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

BRIDGES FUN RUN 2021

AWARDS 10km

- 1st Male/Female overall
- 2nd Male/Female overall
- 3rd Male/Female overall
- 1st U16 Male/Female
- 1st Wheelchair overall

*Prizes will only be awarded to those who finish the 10km event.

Athletics West State 10km 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 5km

- 1st Male/Female overall
- 2nd Male/Female overall
- 3rd Male/Female overall
- 1st U16 Male/Female

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

Go into the draw to WIN some great prizes! Share your event photos on Instagram or Facebook by using #asicsbridgesfunrun and tag @westaustralianmarathonclub Entries close 11 April 2021 at 6:00pm.

Must be a registered participant in the Asics Bridges Fun Run to be a winner. Winner will be announced on Instagram & Facebook on 13 April 2021.



COURSE MAP

BRIDGES FUN RUN

10km & 5km



City of Perth



5km TURN

LEGEND

- 10km
- 5km OUT & BACK
- ASSEMBLY AREA
- DRINK STATION
- TOILETS
- PARKING
- TRAIN

Wishing all competitors
in the 2021 Asics
Bridges Fun Run good
luck!

**RUN HARD,
CELEBRATE HARDER**

**public
house**

happy hour
Tuesday - Saturday
5pm - 6pm

a - 263 adelaide terrace, perth
t- 6117 0675 w - publichouseperth.com.au



Performance Eyewear



protection you'll value™

MAXI BLOCK® Essential All-round sun protection for every outdoor occasion

