

PROUDLY SUPPORTING:



Real Insurance Sydney Harbour 10k

Runners start at 8:40am, last runner over start line by 8:50am, start window 10min.

Official cut-off time – 1hr:40min (100min)

Official cut-off time is from when the race starts (8:40am).

Start line cut-off – 10min

All participants must be over start line at 8:50am.

Cut-off / Redirection Point	Race Distance (Approx.)	Race Time	Actual 'Day' Time
1. Start Line (Cut-off Point). Runners have a 10min window to cross the start line. No one will be permitted to cross the start line after this time.	0km	0hr:10min	8:50am
2. Cockle Bay South (Redirection Point). Runners will be redirected to skip the Tumbalong Park section of the course and U-turn and continue to follow the course past Harbourside Shopping Centre.	3.54km	0hr:42min	9:22am
3. Pymont Bay Park (Redirection Point). Runners will be redirected to skip the Darling Island Wharf/Metcalf Park section of the course and turn left from the western end of Pymont Bay Park (after Drink Station 2) to run towards Pirrama Rd, to re-join the runners going inbound towards Pymont Bridge.	4.92km	0hr:55min	9:35am
4. King St / Sussex St (Instruction Point). Runners redirected to continue on the footpath to the finish line.	6:63km	1hr:09min	9:49am

Cut-Off & Redirection Points: If a participant fails to reach the designated point by the time indicated they will be given the option of pulling out, continuing by being redirected and 'skipping' a section of the course or being redirected up onto the footpath. Participants must also note that course officials will be issuing late timing warnings to participants throughout the course. If this is your first event or you are worried about your fitness, don't be alarmed. It is highly unlikely you will not be able to finish and collect your medal. In the instance that someone is particularly far behind, event organisers, in those instances, will direct participants to the footpath to continue their journey towards the finish line.