

The 50th Great NOSH Footrace

Competitor Information Bulletin

We made it. Sunday will be the 50th NOSH!

We are delighted that you will be joining the celebration. Welcome.

This Bulletin contains essential information about Sunday's event. Please review all details to ensure a smooth, safe, and thoroughly enjoyable experience for both you and our event day volunteers.

Most importantly, remember that:

- 30km, 5km and 3km runners all start at Forestville.
- 14km runners start at Lindfield.



RACE DAY SCHEDULE

Forestville	
6:30am	30km, 5km, 3km bib collection opens
7:30am	30km race start
8:30am	5km, then 3km race start
9:00am	Scouts BBQ opens
10:15am (or as soon as results are finalised)	5km and 3km race presentations
12:15pm (or as soon as results are finalised)	14km and 30km race presentations
1:00pm	Bus transfer to Lindfield
1:30pm	Timing ceases and course closure

Lindfield	
8:30am	14km bib collection opens
10:00am	14km race start

Parking and Transport

Forestville Park

There is a car park at Forestville Park but it has limited capacity and there is just one road in and out of the car park.

Parking is also available along Currie Rd and neighbouring streets. Please ensure that you do not park across or restrict driveways.

Lindfield

On street parking is available at Lindfield and is likely to be easier than Forestville. There is limited parking available at the Oval.

Lindfield Oval is a 1.4km walk from the Lindfield Train Station. The 1pm bus from Forestville to Lindfield will also be able to drop runners off at the train station.



There are still a few seats on the bus available. Tickets (\$25+gst) can be added to your entry by logging back into Race Roster until Thursday evening.

Race Bibs

Race bibs should be collected on race morning. Please allow plenty of time.

30km, 5km and 3km runners – collect your bib at Forestville Park.

14km runners – collect your bib at Lindfield Oval.

All entrants must attach their race bib to the front of their running shirt.

The bib includes a microchip for timing.

Race bibs are personal and colour coded by course. If you have made a late change to your race distance, then you will also need a new bib.

Late Entry Changes

We have passed the refund date for all entries.

Late changes to race distances may be able to be accommodated. There will be no refunds, a \$5 transfer fee and possibly additional entry fees to pay though. The Late Entry rates will apply to any changes.

Please email info@boldhorizons.com.au if a change is needed.

Race Start

30km – Forestville Park, on the oval (see below).

5km and 3km – The northern end of Currie St trail (see below). The start is 250m from Forestville Park (where you will collect your race bib prior on Sunday morning). Please allow 5 minutes to walk to the start.



14km – Twin Creeks Track, Lindfield (see below). It is 500m from the lower oval at Lindfield where you will collect your race bib prior to starting. Please allow 10 minutes to walk to the start.



Please self-seed at the start line with faster runners at the front and slower runners at the back.

Route maps

Course routes are as per [the event website](#).

Course marking

The various courses will be marked using arrows and signs plus streamers.

Direction signs will say either “Lindfield” or “Finish” and have an arrow pointing in towards the appropriate trail.

Each route will also be marked by streamers (which will match you bib colour).

3km course streamers - bright green
5km course streamers - bright pink
14km course streamers - bright yellow
30km course streamers - bright orange



Red and white tape will streamer off wrong turns. Whilst we cannot close the trails we will endeavour to run a streamer across at ground level.

There will also be marshals at major track turns.

Hydration and race day fuel

Please plan to be self-sufficient for your hydration and fuel needs.

There will be limited water available on course.

30km runners – a kind volunteer has offered to take labelled drink bottles from the start at Forestville Park to the Lindfield turn-a-round point and will also bring them back to Forestville Park. If you would like to take-up this offer, we will have crates at the start in which you can leave a drink bottle.

Lindfield Bag Drop for 14km runners

There will be a courtesy bag transfer to Seaforth. **We will only transport small bags.** Please leave your bag on the ute (it will be parked by the Oval). You will be able to collect your bag from the ute at Seaforth.

We will do our best to look after bags but, if it rains, we may not be able to keep everything dry. The event organisers take no responsibility for your gear, so please do not leave valuables or anything that is precious or breakable.

Toilets

Toilets are located at Forestville Park and Lindfield Oval.

There are no public toilets along the race route. The closest are at Davidson Park (300m north of Roseville Bridge).

Shoe Cleaning

Due to an outbreak of Phytophthora in the National Park, management strategies are required to contain the spread and keep our Sydney bush for future generations.

ARRIVE CLEAN – LEAVE CLEAN

- Arrive with clean shoes i.e. no dirt, no mud, no embedded burrs.
- Prior to starting, all participants must ensure their shoes are clean and then sterilise them. Brushes will be available plus runners will need to dip the soles of their shoes in a methylated spirits solution.
- At the finish, clean and sterilise again.
- 14km and 30km runners will also visit a mid-race shoe cleaning and sterilising station.

Shoe sanitisation is not difficult and should not slow runners too much.



www.walkingsa.org.au/news/stop-s



www.rbgsyd.nsw.gov.au

We appreciate that runners may be eager to get to the finish as fast as possible and are sorry that this will slow runners down a little. However, it is important that we ensure that others have the same opportunity to enjoy the trails in the future too.

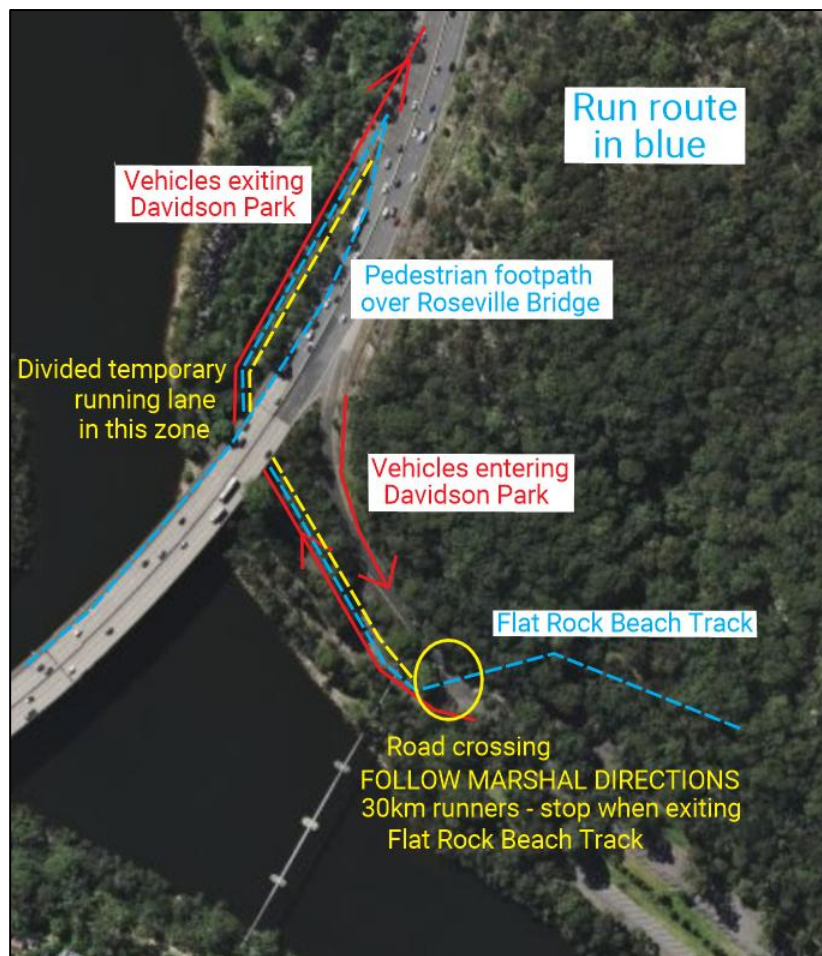
Roseville Bridge (East Side)

Warning: There is no formal footpath from the pedestrian path over the bridge, through Davidson Park and into Garigal National Park. Take extreme care in this zone and follow course marshal instructions.

The road is wide enough that a temporary divided footpath will be created. All runners need to stay inside the cones and watch for vehicles.

Runners must give-way to cars. Marshals cannot stop cars. They will ask runners to stop to allow vehicles to pass.

30km runners travelling towards Lindfield should stop before crossing the Davidson Park slip road and wait for marshal instructions to cross the road.



Scouts BBQ

Scouts will be hosting a fundraising BBQ at Forestville Park. Please support them.

Sausage sandwiches (\$4) and cool drinks (\$2.50) will be available.

The stall will be open between 9am and 1pm (unless sold out earlier) with cash or card accepted.

Race photographs

We will have volunteer photographers on course.

Photos may be used for post-event promotion on the website and social media.

If you do not wish for your photograph to be taken, please cross your arms for the photographer.

Commemorative Race Shirts

Commemorative race tee-shirts will be available for sale at Forestville on race day.



Sizing information

Available in both men's and women's cuts, you can look good and feel great in these Australian made products. Made from 97% recycled COOLMAX® EcoMade fabric, with Sanitised® Actifresh Antibacterial treatment, it sits comfortably on the body and will keep you cool dry, and fresh. Fabric waste during construction is reprocessed by Blocktexx into saleable products and the majority of power in the SCODY Australian factory is from solar.

Shirts are \$65+gst.

Course Safety and Other Race Tips

This is a trail run – the track can be rough due to erosion, tree roots, or rocks and slippery due to loose gravel, leaf litter, and water. Due to high winter rainfall in Sydney, some sections are even rougher than past runs. Courses also include steep uphill and downhill sections. Please take care and assist fellow runners if needed.

There are also track sections where there will be a contra-flow of runners. There may also be walkers and other trail users along the course route. Please give-way and allow others to enjoy their day too.

- Keep to the left.
- Move further left to allow faster runners through.
- Pre-warn slower runners if you are planning to pass, so that they can move aside.
- Stick to footpaths for the short road sections.
- Give way to vehicles.

Children aged under 11 years of age must be accompanied by a responsible adult at all times.

All venues are non-smoking.

No dogs are allowed in the race or National Parks.

Leave no trace – kindly retain any rubbish from gels etc. and dispose of them appropriately after the event.

Should you withdraw from the race before finishing, please call the Race Communications Officer on 0425 847 306 asap to let them know.

First Aid



Professional first aid will be on-site at Forestville Park throughout the event.

We also have mobile marshals available to assist on course if required.

In case of a life-threatening situation, if possible, call 000 and then the Race Communications Officer on 0425 847 306. This contact number will also be printed on your race bib.

If the problem is not life-threatening, either yourself or another runner should let the next course marshal know of the problem and they will arrange assistance. All Course Marshals will have a mobile phone.

There will also be a race sweep that will tail the slowest runners on course and will also be able to render assistance if required.

We recommend that all runners complete the emergency contact information on the reverse side of their bib.

Please note that there is NO accident or injury insurance for runners or walkers in this event. We recommend that you take out personal insurance.

Presentations

Presentations will be conducted at Forestville Park:

10:15am (or soon after, subject to finalisation of results) – 5km and 3km races

12:15pm (or soon after, subject to finalisation of results) – 14km and 30km races

There will be prizes for 1st, 2nd and 3rd place runners in each of the running categories.

Runners must be at the presentations to claim prizes. Awards will not be mailed out after the event.

There will also be some lucky draw prizes. Again, you must be there to claim the prize.



Thank you to [Steigen](#) for donating prizes for class winners.

Have you tried their socks yet?

They are favourites for many trail runners: comfy, great for blister management and durable. High performance running socks with some cool designs to keep your feet happy on long runs!

The race is brought to you by Bennelong Northside Orienteers and Orienteering NSW Inc.



Other Sydney orienteering clubs and Bold Horizons also support the race.



Land access and support from National Parks and Wildlife Service, Northern Beaches Council and Ku-ring-gai Council is also appreciated.

