

COMPETITOR BRIEFING

The 46th Annual Great NOSH Footrace

Sunday 6 June 2021

WELCOME TO NOSH 2021.

We thought that you might appreciate a handy
information summary
ahead of Sunday's run.....



KEEPING UP WITH THE LATEST

Please follow [The Great NOSH Footrace on Facebook](#) for all the latest news.

COVID-19

If you are feeling unwell, have [symptoms of COVID-19](#), are [required to self-isolate](#) or subject to travel restrictions outside of the event area do not attend the activity. Rest up and ensure you are well before returning to organised activities and, in need, see your doctor and be tested for COVID-19.

Please remember to maintain 1.5m distancing at all times. We appreciate that this can be challenging on narrow trails, so please keep to the left and allow faster runs to pass through quickly.

First class hygiene should be always maintained. At the event, for the safety of yourself and others, please



- Sanitise your hands on arrival;
- Wash or sanitise your hands before and after any toilet visit;
- Sanitise your hands immediately after your run or conclusion of the activity;
- Cover your cough or sneeze;
- Do not spit; and
- If you have a runny nose, use a tissue, then bin it and wash and sanitise your hands.

LATE CHANGES TO YOUR ENTRY

Up until midday on Friday (4 June) runners can log into their RegisterNow entry and make any final adjustments themselves. Kindly note that race bibs are not transferable to other people.

PRE-RACE REGISTRATION/BIB COLLECTION

Prior to starting the race all runners and walkers will need to collect their race bibs (with timing chip attached).

In 2021 we are offering **three bib collection options**:

1. **Saturday 5 June 2021: 1st Lindfield Scout Hall – 9am to 2pm**

Pre-entered runners can visit the [Bold Horizons Saturday Orienteering Series](#) event between 9am and 2pm at Lindfield on Saturday morning (5 June). The meeting point for the event is the Lindfield Scout Hall, Slade St, Lindfield. Whilst there, you are welcome to use your one free SOS entry voucher and have a warmup run on us.

2. **Sunday 6 June 2021: the northern/lower oval at Lindfield Soldier's Memorial Park, Tryon Rd. Lindfield - 8:30am to 9:45am**

This may be busy, please be patient and allow yourself plenty of time (and physical distancing).

3. **Sunday 6 June 2021: 8:30am bus for bus ticket holders only.**

Entrants who have pre-purchased tickets on the 8:30am bus from Seaforth will be able to register and collect their bibs on the bus.

There will be space on the back of bibs to record **emergency information**. We strongly recommend that you do this.



THE LINDFIELD OVAL REGISTRATION

Registration will be set up on the northern/lower oval at Lindfield Soldier's Memorial Park, Tryon Rd. Lindfield. It will be open between 8:30am and 9:45am on Sunday morning.

Pre-entered runners will be able to collect their race bibs.

Late entries will also be available IF we have capacity.

Lindfield Junior Rugby will have a coffee van on site for pre-race caffeine hits!

Bag Transfers

There will be a courtesy bag transfer to Seaforth. We will only transport **small** bags. Please leave your bag on the ute which will be located as shown below. You will be able to collect your bag back 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

There are three different toilet blocks available for use at Lindfield oval.



THE START

9:30am to 9:40am **22km race start**

10:00am to 10:10am **16km race start**

The race start is on Two Creeks Track which is to the north of, and below, Lindfield Oval. You will need to allow 10 minutes to walk to the start.

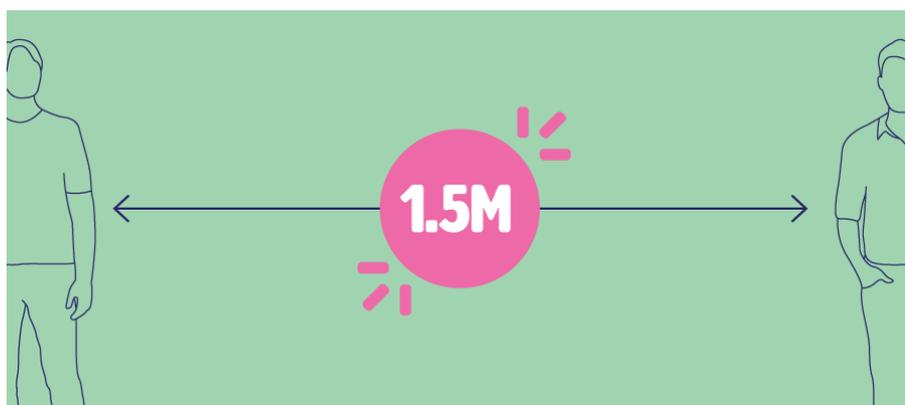
There will be a timing gate at the start - your time will only start when you cross the start line. There is no need to rush at the start.

Please be courteous of others and sort yourselves with faster runners at the front and slow runners as well as walkers towards the rear of the field. Whilst the track is reasonably wide at the start, it does narrow, and faster runners will appreciate not being caught behind overly optimistic entrants...

It would also be nice for the eventual winner if they are first across the line. If you think you are in with a chance of being in the top 10, please move to the front of your start group.

COVID – 19

Please always remember to physically distance. There is a wide start window so that runners do not need to squeeze together. Be considerate of others and separate out as much as possible please.



THE COURSE

From the start the race proceeds along a fire trail through Garigal National Park following as far as Roseville Bridge. After crossing the bridge runner's link onto Flat Rock Trail before following a NPWS detour along the edge of Killarney Heights (via Drumcliffe Ave and Killarney Drv) - the views are worth the climb! A descent then takes runners back into the National Park as they follow the Magazine Trail, Curry St Trail and then the Engravings Track to Seaforth Oval.

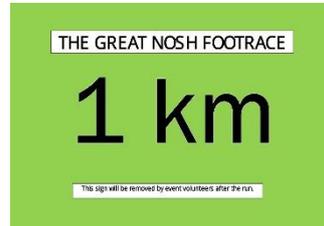
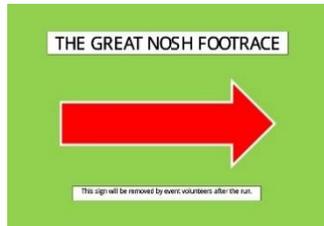
The run to Seaforth Oval is a touch over 16km long.



If you are completing the extended 22km run, just before emerging from the forest at Seaforth, you will make a right-hand turn onto the Timbergetter's Track. This track will take you back down the hill to Bantry Bay before climbing up to Frenchs Forest. This track is rough in places, please do take care on tired legs.

At Frenchs Forest Girl Guide Hall, 22km runners will re-join the 16km route and race to finish at Seaforth Oval.

The course will be marked with direction arrows plus red and white streamering tape. There will also be regular distance markers.



Friendly Course Marshals from the Sydney orienteering clubs, and other volunteers will be spaced along the route to guide and assist you.

These fabulous people have given up their morning to help make your run possible.

Please remember to give them a smile and thank you as you pass by.

East Side of Roseville Bridge – be careful and follow marshal instructions

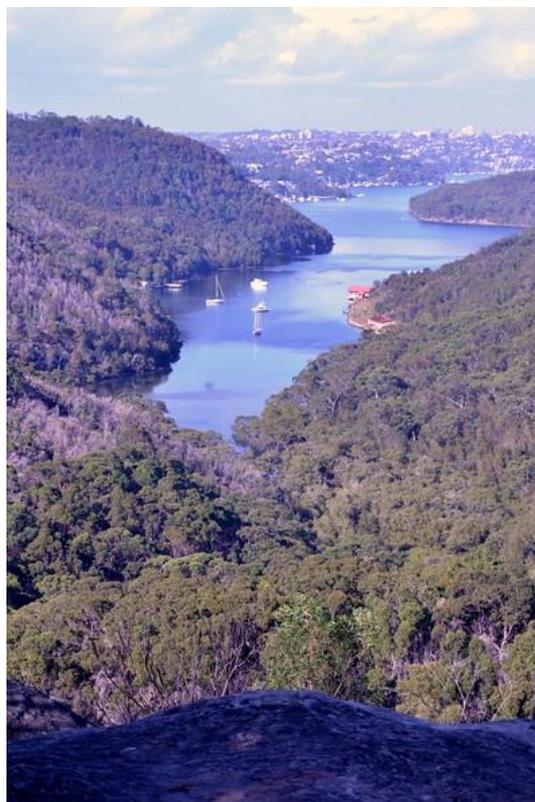
After crossing Roseville Bridge, all runners will make a u-turn to the left and follow the slip road down and underneath the bridge. There is no footpath for this section of the course. Runners and vehicles will be separated by bollards and cones. Kindly follow Course Marshal directions, stick to the left of the road and dividing bollards and give way to vehicles.

After running under the bridge and passing the first drink station, runners will need to cross the slip road entry to Davidson Park. **Cars can exit Warringah Rd at speed and have right of way. Please follow Course Marshal directions and give way to vehicles as you cross the road.** Note that Course Marshals may ask you to **STOP and WAIT** for vehicles to pass. This is for your own safety. Course Marshals do not have authority to stop traffic for you.

Soon after the Roseville Bridge drink stop, the course heads up the hill to edge of Killarney Heights where you will run along some quiet suburban roads. Roads and Maritime advises that pedestrians should:

- Cross directly across the road and do not stay on road any longer than necessary.
- Avoid walking on the road; choose the footpath or nature strip. If the road is the only alternative, face the oncoming traffic and stay as far to the side of the road possible.

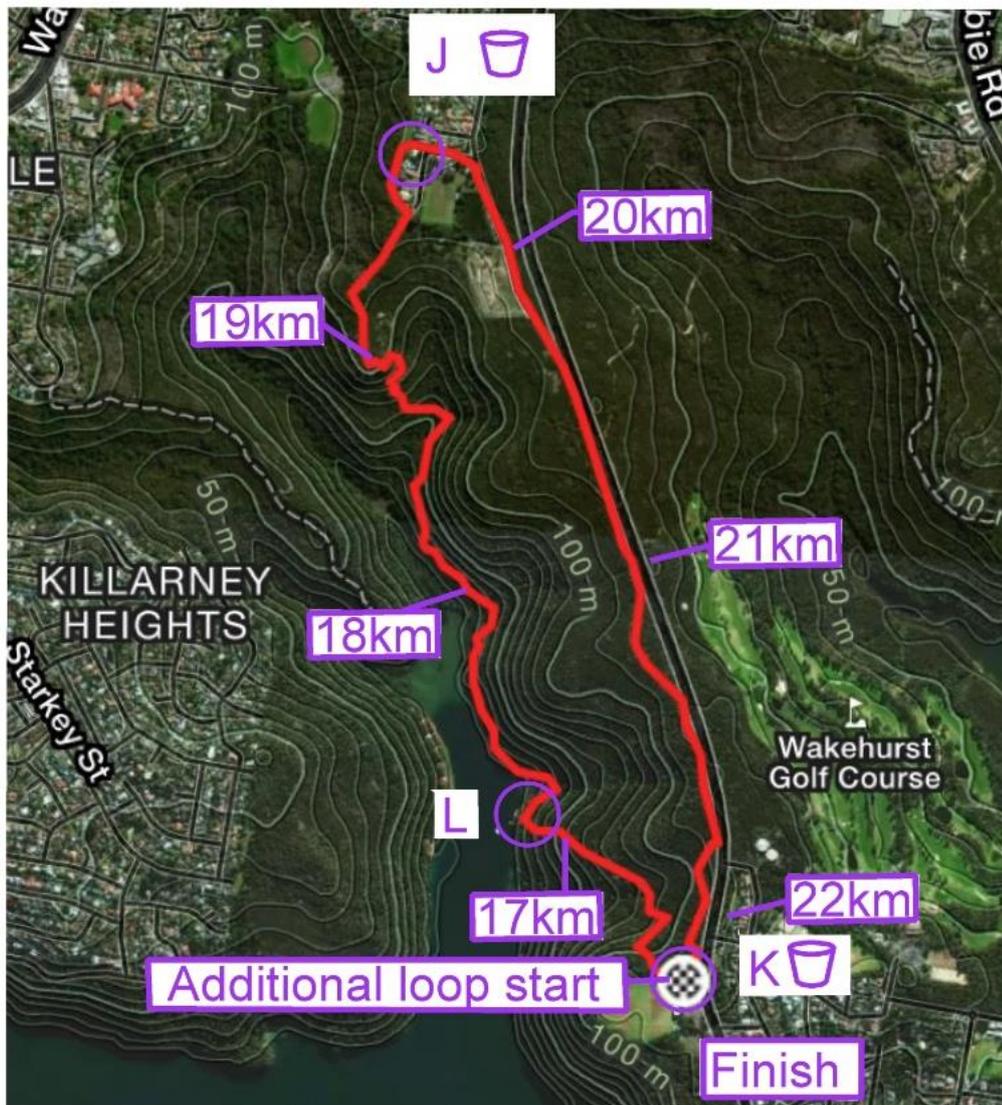
Unfortunately, National Parks are unable to give us permission to access our preferred route of running along the length of Flat Rock Beach Track. This means that the Killarney Heights detour remains essential.



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The 22km course extension loop



○ L course marshals ☕ drink station

The Seaforth Oval Finish

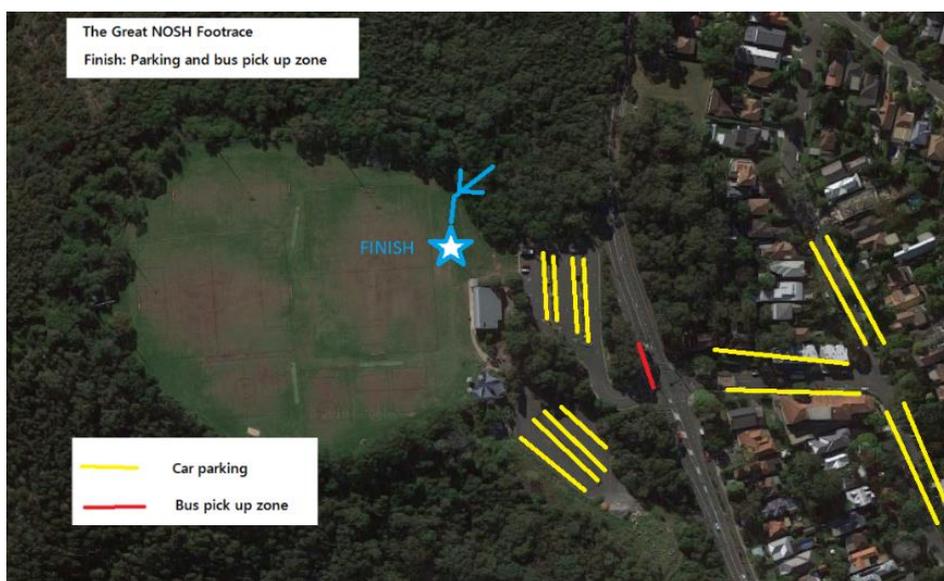
The finish to the race and presentations will be at Seaforth Oval.



Finisher medals will be available for collection at Seaforth.

There will also be football (soccer) underway at Seaforth Oval. The football club canteen will be in operation with barista coffee available as well as a BBQ from 7:30am until around 1:30pm.

There are public amenities available at the oval but no change rooms or showers available.



SPECTATORS

Any spectators at Lindfield or Seaforth will be asked to register their attendance using the QR code that will be displayed at both venues. This is for COVID tracing purposes only.

TIMING AND RESULTS

The team from Online Timing will be providing live online timing for the race. Results will be available at

www.onlinetiming.com.au

Electronic pads will be used for both the start and finish. Your time will start and finish automatically when you cross the pads.

BUS TRANSFERS

Ticket holders may catch the bus from Seaforth to Lindfield. There will be one bus at 8:30am and another at 12:45pm. There is extremely limited availability on these buses.

Bus pick up and drop off locations are Wakehurst Park (Seaforth Oval) and Tryon Rd (Lindfield Oval) respectively.

Please be early for the bus as we are unable to delay departure for latecomers.

COVID -19: We strongly recommend bringing your own facemask and wearing it on the bus.

FOOD AND DRINK

Seaforth Oval – the Seaforth Football Club will have a BBQ and coffee available

Lindfield Oval – Lindfield Rugby have arranged for a coffee van to be on site.

During the race:

All runners should plan to be self-sufficient for drinks and nutrition for the event.

There will be three drink stations where emergency water supplies will be available. This will be bottled water which you will need to open yourself. Please ensure that you return used bottles to the recycling collection at each station.

One water stop will be at 6km on the eastern side of Roseville Bridge, the second at 13.5km at Frenchs Forest Girl Guide Hall and a third drink station at the start of the 6km extension loop by Seaforth Oval. Thanks to Frenchs Forest Girl Guides for their help with the Guide Hall drink station. Note that 22km runners will pass back by the Frenchs Forest Girl Guide Hall drink stop a second time.

PRESENTATIONS

Presentations will be conducted at Seaforth at 12:15pm.

Please do not forget your distancing at the finish as well.

There will be prizes for 1st (t-shirt and mug), 2nd (mug) and 3rd (mug) in each of the following running categories, as well as a NOSH mug for the top three placegetters in walking categories. Classes are:

NOSH 16 – Runners

Male	< 18	18-29	30-39	40-49	50-59	60-69	70+
Female	< 18	18-29	30-39	40-49	50-59	60-69	70+

NOSH 16 – Walkers

Male	< 50	50 +
Female	< 50	50 +

NOSH 22 – Runners

Male	< 40	40 +
Female	< 40	40 +

You must be at Seaforth to claim your prize. Prizes will not be mailed out after the event.

There will also be some lucky draw prizes of both mugs and tee-shirts after placegetters claim their award. Again, you must be there to claim the prize.

At the conclusion of the lucky draws, there will also be event tee-shirts for sale for \$25 each.

Tees are available in both men's and women's cuts. These are a soft cotton shirt.



INJURIES

Course Marshals will be located at regular points along the track. They can assist you and will be able to arrange first aid.

In the case of a life-threatening emergency, call (or have someone else call on your behalf) 000 immediately.

If you are unable to continue and progress to a marshalling point please:

- a) have another runner let the next Marshal know;
- b) contact the Event Day Communications Officer on 0425 847 306; or
- c) wait on the track for the sweeping marshal who will be at the back of the field and will be able to assist you.



If you withdraw from the race, please advise the Event Day Communications Officer asap.

St John Ambulance volunteers will attend Seaforth Oval.

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.

EXTRA TIPS FOR THE DAY

All venues are non-smoking.

No dogs are allowed in the race!

Leave no trace – kindly retain any rubbish from gels etc. and dispose of them appropriately after the event. If you use a water bottle, please leave it with the recycling collection.

WHAT IS NEXT?



ORIENTEERING NSW

Go wild and blaze your own trail at an orienteering event. Events offer courses of varying distance and navigational difficulty. Beginners are always welcome. A complete listing of events in NSW is available at under the Events tab of the Orienteering NSW website:
www.onsw.asn.au



Like events close to home? The Saturday Orienteering Series runs 6 events every school term in Northern Sydney and through the winter months in the Hills District. These events offer challenging courses for regulars and introductory options for kids and inexperienced adventurers wishing to develop fitness, navigation skills and familiarity with the outdoors.

Your NOSH entry includes **one free SOS run**.

Present your race bib at an event to redeem your entry.

Save the date for next year:

**The 47th Great NOSH Footrace will be on
Sunday 5 June 2022.**

We wish you well for the event.

**Enjoy the trails,
enjoy the views,
enjoy the challenge,
enjoy the people and
have a
most amazing experience.**





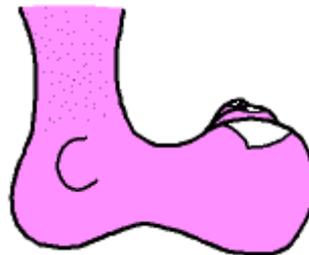
ORIENTEERING NSW



GARINGAL
ORIENTEERS



Uringa Orienteers



Big Foot Orienteers



Occasional Orienteers



NORTHERN BEACHES COUNCIL



BOLD HORIZONS