



COMPETITOR BRIEFING

The 47th Annual Great NOSH Footrace

Sunday 5 June 2022

WELCOME TO NOSH 2022.

We thought that you might appreciate a handy
information summary
ahead of the run.....



KEEPING UP WITH THE LATEST

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

COVID-19

COVID-19 and influenza remain threats that could stop us all from enjoying the trails should we get sick.

If you are feeling unwell, have symptoms of COVID-19 or a flu or are required to isolate please 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. We will miss you but ask that you consider other runners and spectators who may be vulnerable.

Whilst at the event, kindly 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. There will be timing pads at the start and finish, so there is no need to compress into a bunched crowd at either.

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 online entries close Friday (3 June, 4pm) runners can log into their RegisterNow entry and make any final adjustments themselves. Kindly note that race bibs are not transferable. The entry withdrawal and refund date has now passed.

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 2022 we are offering **three bib collection options**:

1. **Saturday 4 June 2022: Pymble – 9am to 12pm**

Pre-entered runners can visit the [Bold Horizons Saturday Orienteering Series](#) event between 9am and 12pm at Robert Pymble Park, Alma St, Pymble on Saturday 4 June. Whilst there, you are welcome to use your free SOS entry voucher and have a warmup run on us.

2. **Sunday 5 June 2022: Davidson Park - 8:30am to 9:45am**

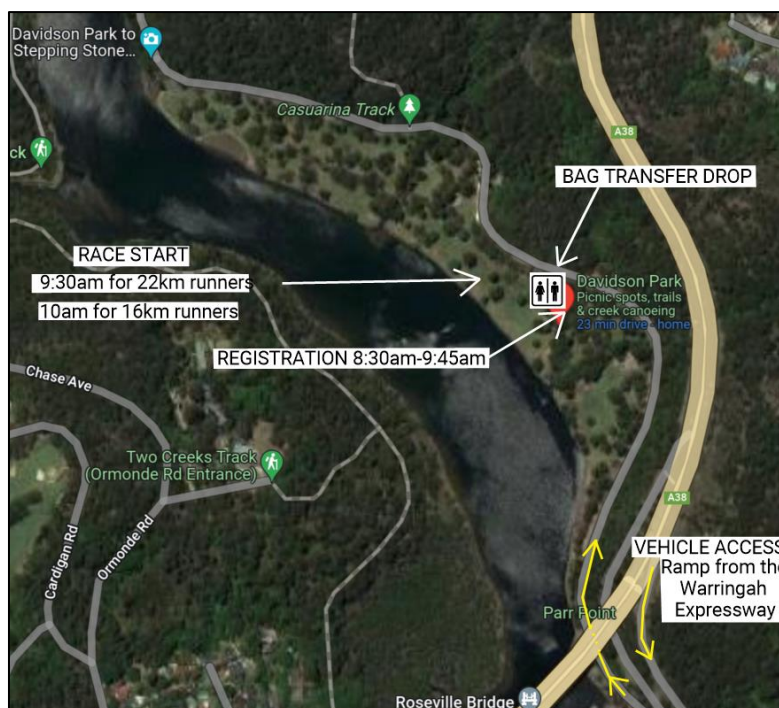
This may be busy, please be patient and allow yourself plenty of time (and physical distancing).

3. **Sunday 5 June 2022: 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.

DAVIDSON PARK



Note that Davidson Park is only accessible from Warringah Expressway when travelling in a western (towards Chatswood) direction.

Registration

Registration will be set up close to the toilet block at Davidson Park. It will be open between 8:30am and 9:45am on Sunday morning.

Pre-entered runners will be able to collect their race bibs at the registration table.

Late entries will also be available IF we have capacity.

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 by the toilet block. 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.



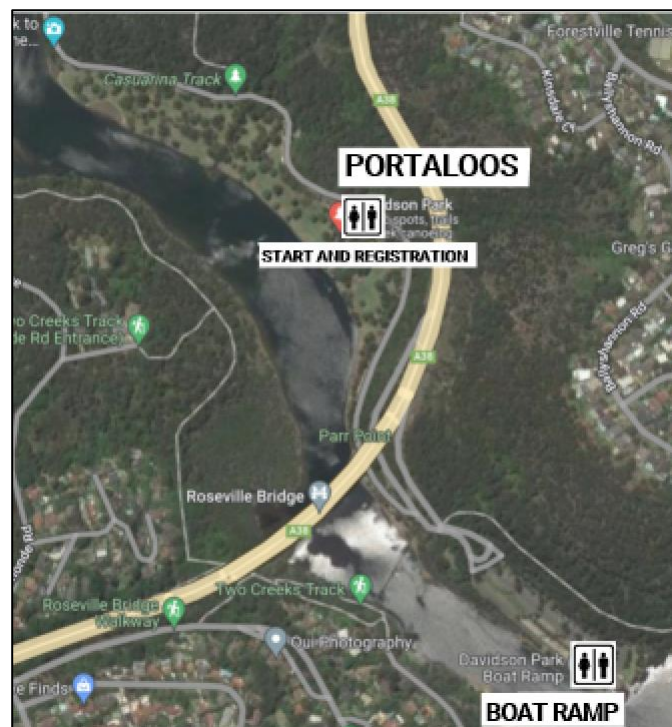
Toilets

There are toilets close to the start at Davidson Park and at the finish at Seaforth Oval.

On Friday afternoon, National Parks advised us that we would not have access to the Davidson Park main amenities block on Race Day due to delayed works 😞.

As a result there will only be 3 portaloos by the registration.

There is another toilet block by the boat ramp, also within Davidson Park. It is 900m away. We recommend visiting the boat ramp toilet block on your way to the event.



THE START

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

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

The race start will be close to the amenities block, within Davidson Park.

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.

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.



THE COURSE

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

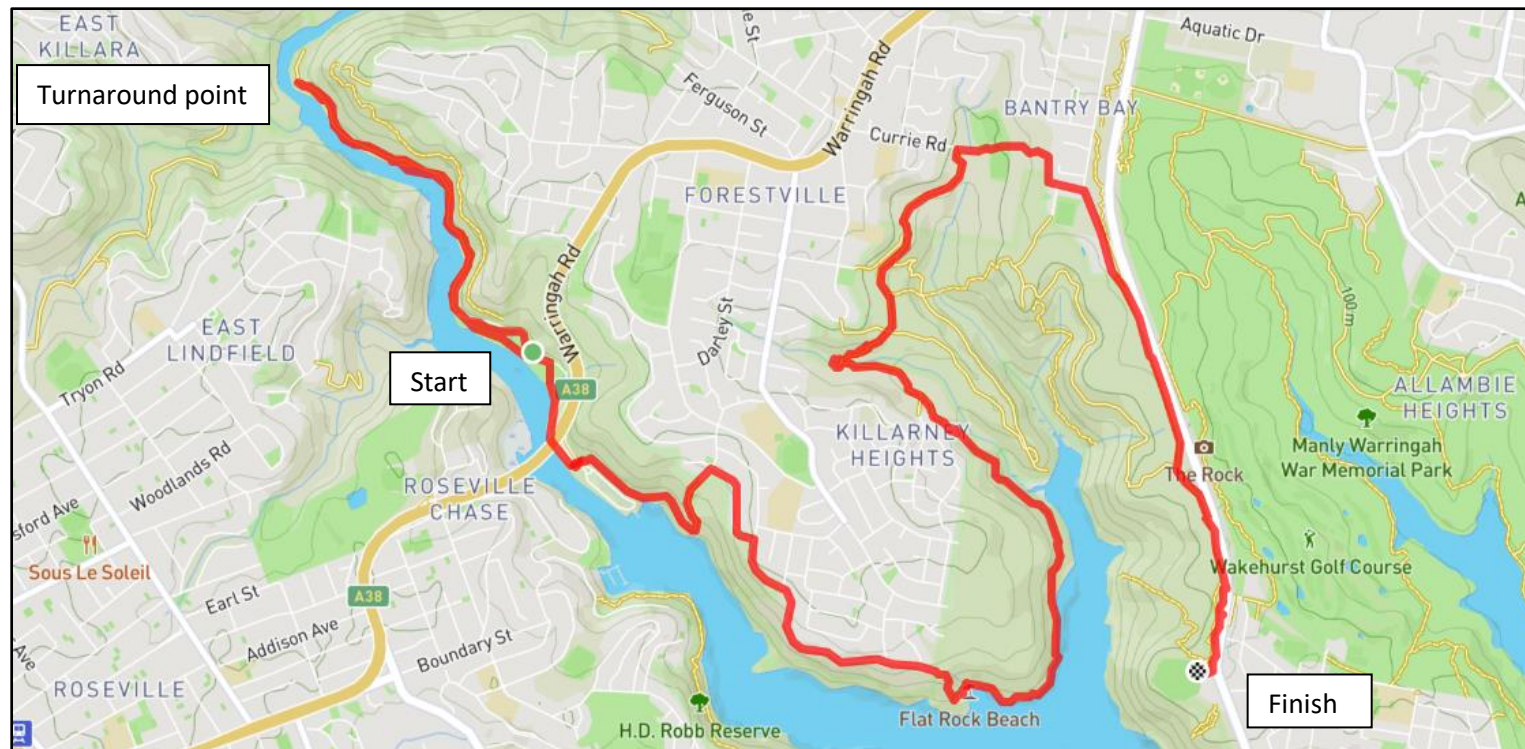


Friendly Course Marshals from the Sydney orienteering clubs, and other volunteers will be along the route to guide and assist you.

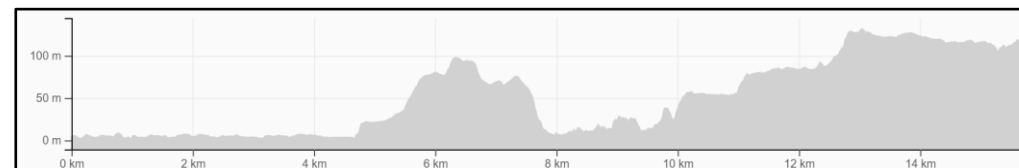
These fabulous people have given up their morning to help make your run possible.

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

NOSH 16 - 2022 ROUTE



NOSH 16 - 2022 ELEVATION PROFILE



Total distance is approximately 15.7km. Total climb is 268m

After the start and traversing Davidson Park, runners will head north on a service trail for approximately 2 kilometres. It is essential that all runners **keep to the left** on this trail. Note that both the Park and the trail have been quite muddy, so be prepared to get dirty on your run.

At a marked point on the trail, runners will complete a u-turn and return to Davidson Park along the same trail. Please keep to the left and avoid oncoming runners. There will be a marshal and runner recording at the turnaround point.

After crossing through Davidson Park, the course will take runners under Roseville Bridge. Please follow Marshal directions and stick to the pedestrian way on the righthand side of the road. To get to Flat Rock Trail, 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.

Davidson Park Route



The course then continues the same route to Seaforth as recent years.

Unfortunately, a private landholding on the Flat Rock Trail means that NPWS continue to require a detour along quiet suburban roads on the edge of Killarney Heights (via Drumcliffe Ave and Killarney Drive) - the views are worth the climb! (We are continuing in our efforts to gain access to this section of track in the future.)

Roads and Maritime advises that pedestrians should:

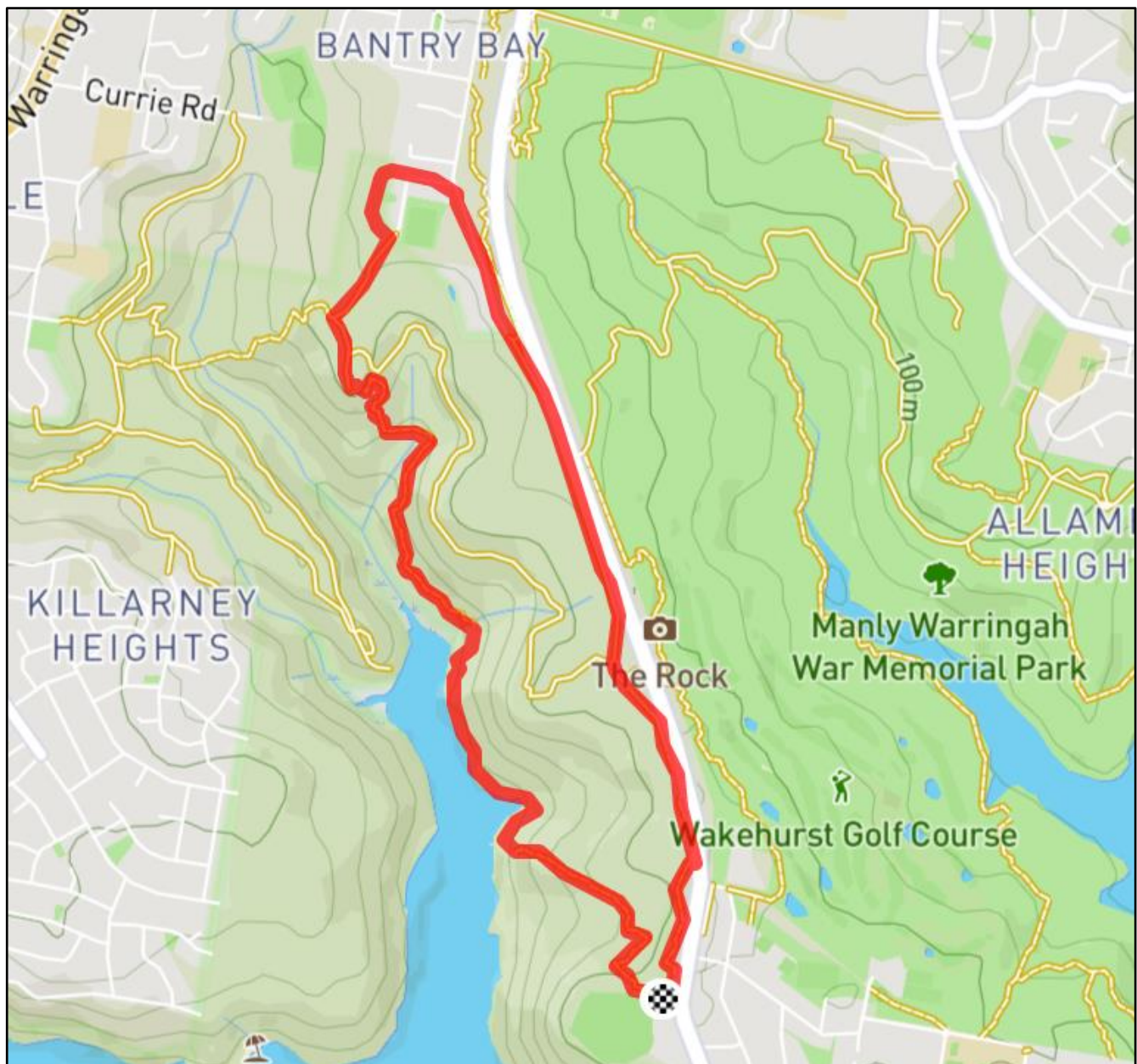
- Cross directly across the road and do not stay on the road any longer than necessary.
- Avoid walking on the road; choose the footpath or nature strip. If the road is the only alternative, face the oncoming traffic and stay as far to the side of the road as possible.

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.

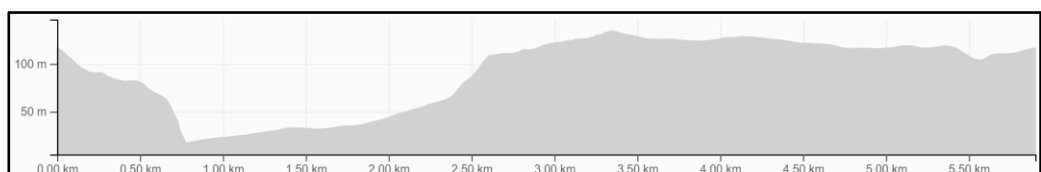
The run to Seaforth Oval will a little under 16km.



NOSH 22 – EXTENSION LOOP



NOSH 22 – EXTENSION LOOP ELEVATION PROFILE



Additional distance in the loop is approximately 6km with a further 125m of climb.

If you are completing the extended 22km course option, upon reaching Seaforth Oval for the first time, rather than running through the finish, runners will take a right turn and join the Timber Getter's Track. This track will take runners back down the hill to Bantry Bay before climbing up to Frenchs Forest.

Seaforth Oval – Start of the 22km extension loop



The descent down Timber Getters Track and climb back up to Frenchs Forest is steep, muddy, slippery and rough in places, please take care on tired legs.

On exiting the National Park from Bluff Trail, the 22km course turns immediately left and runners skirt around the back of The Austrian Club to the Frenchs Forest Girl Guide Hall. At this point, 22km runners re-join the 16km route for the race to the finish at Seaforth Oval.

French's Forest section of the 22km run



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 for lunch.

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

TIMING AND RESULTS

The team from Online Timing will be providing live 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 Davidson Park. There will be one bus at 8:30am and another at 1pm. There is limited availability on these buses.

Bus pick up at Seaforth is on Wakehurst Park, adjacent to the Oval.

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

The afternoon bus transfer will also offer a drop off at Lindfield Train Station (after the Davidson Park drop-off).

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

Davidson Park – due to NPWS regulations we have been unable to arrange a coffee cart at the start this year 😞.

During the race:

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

At Davidson Park, runners will have the opportunity to leave their own drink bottles at the Park for collection as they pass through the area. We recommend leaving them at the tables by the toilet block.

Similarly, at Seaforth, 22km runners will be able to leave a personal drink bottle and race nutrition on a table that they will run by before descending Timber Getter's Track. See the Seaforth Oval route illustration above in the 22km course information.

PRESENTATIONS

Presentations will be conducted at Seaforth at 12:15pm (or close to that, subject to finalisation of results).

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

Runners must be at Seaforth 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.

FIRST AID

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. All Course Marshals will have a mobile phone.

If you are unwell or injured and unable to 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 (0425 847 306) asap.

St John Ambulance volunteers will be available at 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 or National Parks (including Davidson Reserve).

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



The Saturday Orienteering Series offers 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.





ORIENTEERING NSW



GARINGAL
ORIENTEERS



Uringa Orienteers



Big Foot Orienteers



Occasional Orienteers



northern
beaches
council



BOLD HORIZONS