

COMPETITOR BRIEFING

The 49th Annual Great NOSH Footrace

Sunday 2 June 2024



KEEPING UP WITH THE LATEST NEWS

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

PRE-RACE BIB COLLECTION

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

In 2024 we are offering **three bib collection options**:

1. **Saturday 1 June 2024: Frenchs Forest Girl Guide Hall – 9am to 12pm**

Pre-entered NOSH runners can visit the [Bold Horizons Saturday Orienteering Series](#) event between 9am and 12pm at Frenchs Forest Girl Guide Hall (12 Grattan Crescent, Frenchs Forest) on Saturday 1 June. Whilst there, you are welcome to use your free SOS entry voucher and have a warm-up run on us.

2. **Sunday 2 June 2024: Lindfield Oval - 8:30am to 9:45am**

This may be busy, please be patient and allow yourself plenty of time.

3. **Sunday 2 June 2022: 8:30am bus for pre-purchased morning bus ticket holders only**

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

Bibs also have a contact number printed on them for our Race Day event management team. If you start the race but withdraw mid-way through, please contact the race team and let us know.

RACE DAY

LINDFIELD OVAL (62 Tryon Rd, East Lindfield)

Bib Collection

Bib collection will be set up on the lower oval. It will be open between 8:30am and 9:45am on Sunday morning.

Late entries will also be available.

Bag Transfers

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

There are toilets adjacent to registration (and at the finish).

Access to the start

Please allow 10 minutes to walk down the hill to the start. Council has requested that runners please stick to either of the two marked tracks shown on the Lindfield Oval plan.



PHYTOPHTHORA

There has been an outbreak of Phytophthora within Garigal National Park.

The disease is impacting native plants. It can kill the plants and there is no cure. It exists in dirt and can be transported and spread by shoes.

If future generations are to enjoy our National Parks, it is essential that we do not bring more of the disease into Garigal and do not spread the disease to different sections within the Park.

A condition of the approval for the NOSH is that we all do our part to assist the containment of the disease.

Steps that we all need to take on Sunday are:

1. Please ensure that your running shoes are clean of dirt before arriving at the event.
2. Prior to crossing the start line, we will require you to brush any remaining dirt from your shoes and sanitise the soles.
3. Marshals will again ask you to sanitise your shoes mid-race.
4. There will be one final shoe clean at the finish.

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

There will be shoe baths and/or spray at each cleaning point. Runners will just need to step into the bath to ensure that the soles of their shoes are sanitised or spray the soles.



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



www.rbgzyd.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.

ARRIVE CLEAN – LEAVE CLEAN

HYGIENE GUIDELINES ARRIVE CLEAN, LEAVE CLEAN



UNDERSTANDING PHYTOPHTHORA DIEBACK AND HYGIENE

Bushwalking, driving or field operations in bushland areas have the potential to spread dieback.

Dieback (*Phytophthora cinnamomi*) is an introduced plant pathogen that devastates native plant communities and the animal species that rely on them. It is recognised as one of the key threatening processes to Australia's biodiversity.

The pathogen lives in the soil, water and plant material. It attacks roots, restricting the uptake of water and nutrients, and killing the plant. Phytophthora can spread in both wet and dry conditions.

Preventing the spread of dieback is critical, as management options are limited once it is introduced to an area.



← Dieback devastation

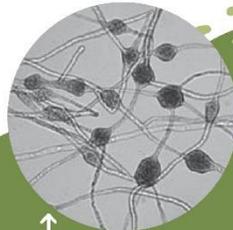
↓ Yellowing of grasstrees is an early sign of Phytophthora dieback disease



PHYTOPHTHORA MANAGEMENT



This project is supported by the Corangamite CMA through funding from the Australian Government.



↑ Chlamydo-spore in Mycelium

PEOPLE SPREAD PHYTOPHTHORA DIEBACK

Human activity causes the greatest spread of dieback. Road building and maintenance, off-road driving, bushwalking and gardening can introduce and spread the pathogen through infected material.

Strict hygiene and effective management are essential to minimise the risk of dieback spread. In most cases, removing all mud and soil from footwear, vehicles, machinery and equipment minimises the risk of spreading dieback.

Community, industry and government are working together to control the spread of dieback. These guidelines provide information on the most effective ways to 'arrive clean and leave clean'.

EVERY STEP COUNTS - KEEP YOURS CLEAN



CONSIDER YOUR RISK OF SPREADING DIEBACK

Will your activity involve any movement of soil or plant material?

- Avoid wet or muddy conditions.
- Be aware of dieback-free and infested areas prior to activities.
- Inspect and clean vehicles, equipment and footwear before entering bushland.
- Prepare a dieback hygiene kit.
- Stay on established roads and tracks.
- Follow all signs and guidance in relation to Phytophthora dieback.
- Ensure all soil or plant material sourced is dieback-free.



FOOTWEAR AND EQUIPMENT

- **CHECK** your footwear and other equipment for mud and soil before entering bushland. Try to remove dry mud and soil with a brush.
- **CLEAN** boots and equipment using cleaning stations provided or a dieback hygiene kit.
- **DISINFECT** boots and equipment by spraying with 70% methylated spirits, after brushing. Ensure your footwear and equipment is DRY before moving on.



FIELD HYGIENE KIT



- Prepare and carry a hygiene kit in packs and/or vehicles to help keep footwear, vehicles and equipment clean.

What to have in your kit:

- **Brush** (e.g. scrubbing brush or small screwdriver to act as soil/mud pick for boots).
- **Sprayers** (e.g. hand sprayer, garden pressure sprayer).
- **Methylated spirits** or approved **sterilising agent**.



VEHICLES AND MACHINERY

Dry Clean:

- If possible, clean vehicles and machinery when dry with compressed air, spade or brush before leaving home or depot. Dried mud and soil will be easier to remove without the use of water. Consider where infested soil will end up.
- Pay particular attention to wheels, mud flaps, undercarriage and floor mats.

Wash Down:

- Use a wash-down station or pressurised spray unit to remove any remaining soil, mud and plant material.
- Wash down on a hard, well drained surface in low lying areas (e.g. road, ramp or gate) and designated clean down points when entering dieback protection areas. Consider where run-off will drain.



THE START

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

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

The race start will be on Two Creeks Track.

There will be a timing pad 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 streamering.

The course is primarily off-road and the terrain is rough in places so you need to watch where you place your feet. This is a natural bush track, not pavement, so there will be tree branches, roots and rocky ground. Please take care as falls and sprained ankles do happen. Times are considerably slower than on flat or smooth terrain.



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

Each marshal will have a mobile phone. Should you have a medical issue or require assistance please let the next course marshal know. They will be able to help you.

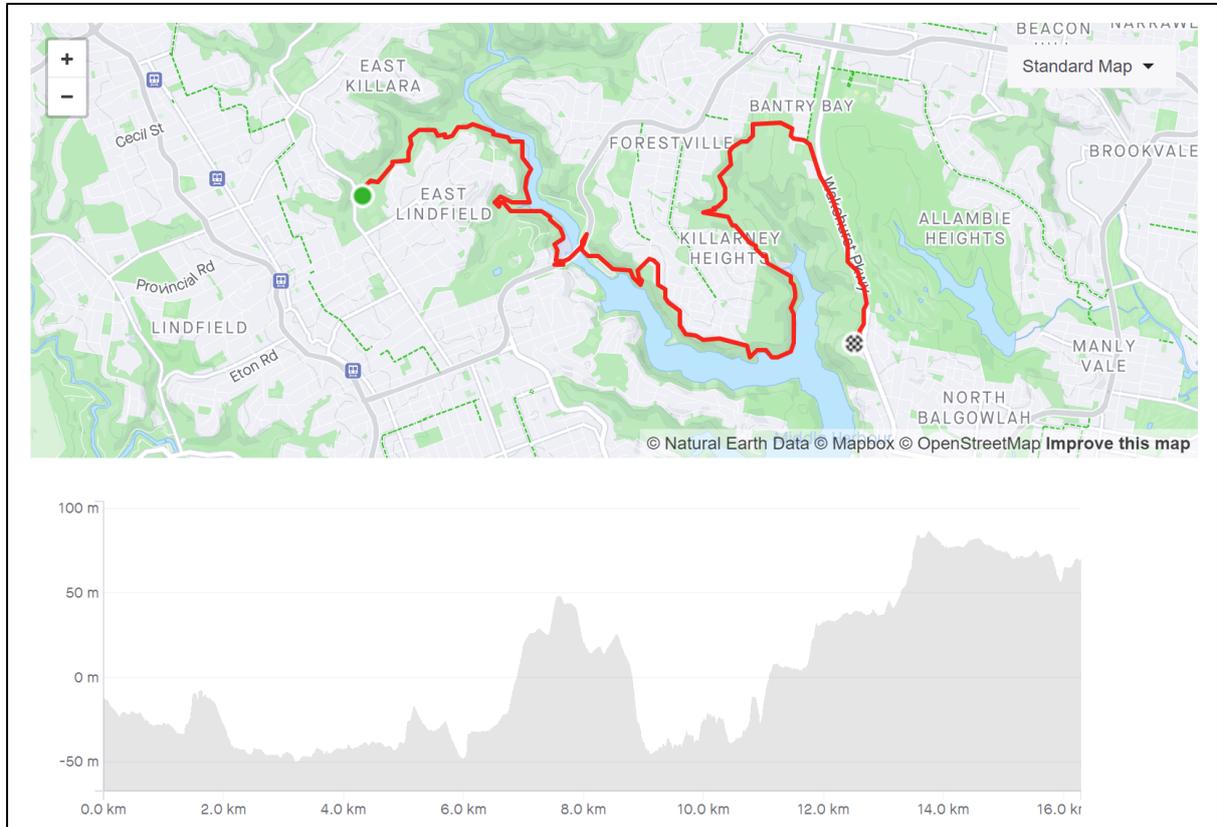
These fabulous people have given up their morning to help make your run possible.

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



NOSH 16 ROUTE

The race starts on the Two Creeks Track at Lindfield and winds its way along picturesque water edge trails to Roseville Bridge. After crossing the bridge, the course then takes runners through Killarney Heights and includes trails through Garigal National Park that climb to Forestville before finishing at Seaforth Oval.



[Check out the NOSH 16 segment on Strava](#)

Total climb is over 400m.

On the eastern side of Roseville Bridge please follow Marshal directions as you traverse to the start of the Flat Rock Beach Track. 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.



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.

After passing Flat Rock Beach, runners take the Magazine Track onwards to Currie Rd. There are views of Bantry Bay as you pass through this section.

The route then passes by the Frenchs Forest Girl Guide Hall before runners enter the Engravings Trail and make a beeline for the finish.



For the couple of linking sections that are on-road, 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.

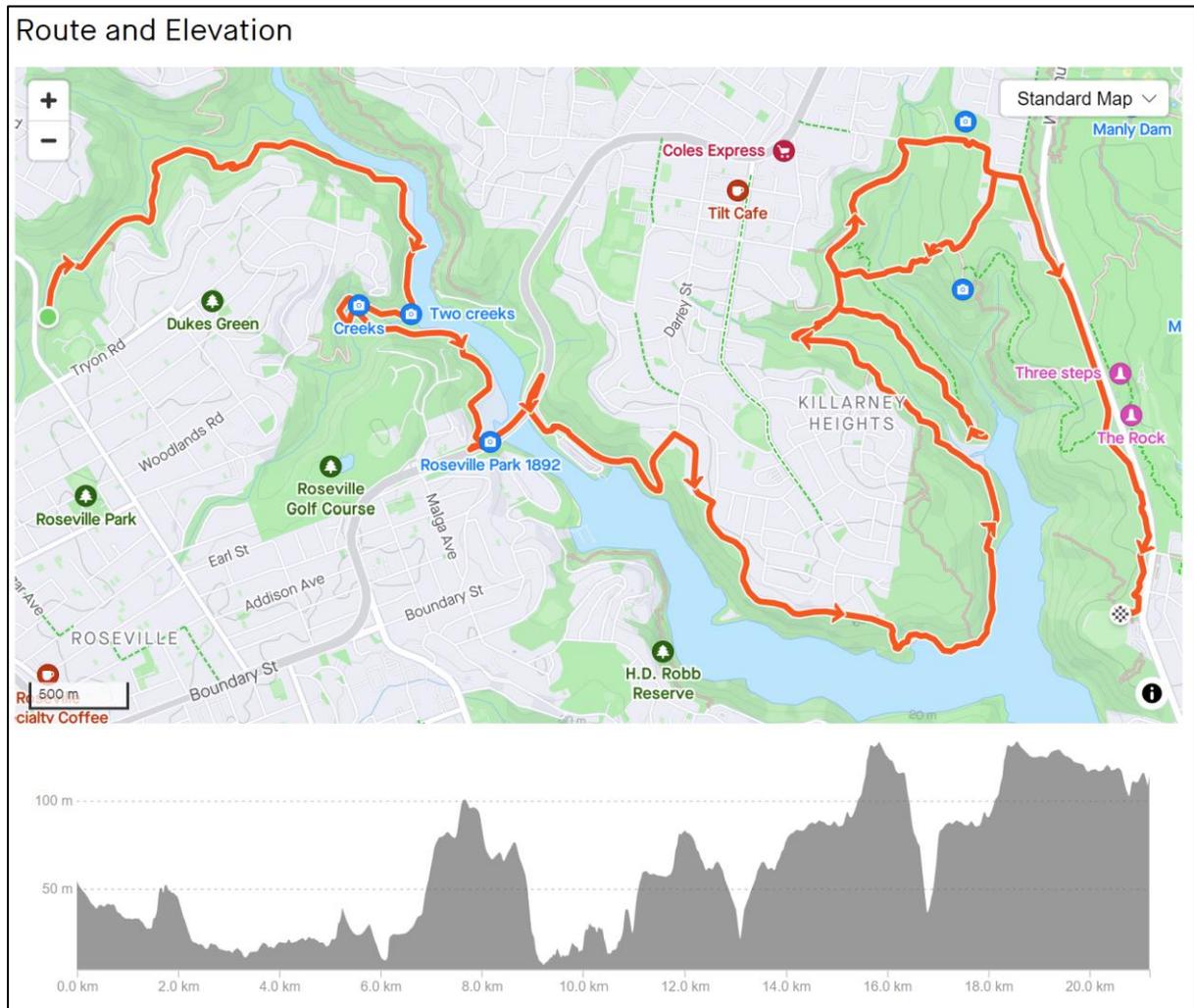


Although they are all quiet suburban roads, please take care to avoid traffic.



NOSH 22

Due to the closure of Timber Getters Trail for maintenance, there is an alternate route for the 22km race this year.



There are two variations from the 16km course and more climb (almost 600m in total).

Extension One

After 12km, runners will take a right turn to run to the southern end of the Cook St trail and then return along the same trail. Please keep to the left! There will be a cone to run around and a course marshal at the turn-a-round point.

Extension Two

The second variation to the 16km route is an additional loop after the first pass of the Frenchs Forest Girl Guide Hall.

After the Guide Hall, turn right on Grattan Crescent and link to Bluff Trail. After approximately 300m on Bluff Trail, take the right turn onto Natural Arch Track to return to Curry St Trail. Turn right and run to the Guide Hall for a second time.

The second time past the Guide Hall, proceed straight on to Bantry Bay Rd, Engravings Trail and the finish.



The Seaforth Oval Finish

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



Finisher medals will be available for collection after crossing the finish line.

There will also be football (soccer) underway at Seaforth Oval.

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

Food and drink at the finish!

The football club canteen will be in operation with coffee available as well as a BBQ for lunch. Their post run burgers are legendary and worth dreaming about as the legs tire!

TIMING AND RESULTS

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

www.onlinetiming.au

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

PARKING

On street parking is available at both Lindfield and Seaforth.

There is a car park at Seaforth Oval but it will be very busy with football patrons throughout the day. In addition, there is now a 4-hour time limit on parking and the area is patrolled by Rangers!

Parking at Lindfield is likely to be easier than Seaforth.

BUS TRANSFERS

Ticket holders may catch the bus from Seaforth to Lindfield Oval. 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 Lindfield Oval drop-off).

FOOD AND DRINK

During the race

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

Seaforth Oval

The Seaforth Football Club will have a BBQ and coffee available.

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 running 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.



STEIGEN

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!



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.

First aid 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.

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?



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



Sydney City Race weekend, 12th and 13th October 2024

Entries will open for the Sydney City Race weekend at midnight on Saturday 1 June 2024. Entries are strictly limited in the 15km Sunday Sydney City Race and will close as soon as the limit is reached. So, enter early if you want a chance at the **\$1,000 first place prize!**

For up-to-date information on the weekend, please check the website www.sydneycityrace.com.au, and subscribe through the website for updates.



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.

Or for more trail running, why not try out the LAKES Trail Festival in Hawks Nest in July?

Enter using the code GreatNosh24 and you will get a cool 15% off entry.
With 5 distances to choose you can go for a run in the morning or run all day.
Head to lakes100.com.au to lock in a spot.

Do you know some kids that would benefit from some adventure in their life?

They can get test their limits at a Regional School Orienteering Championship or the NSW Schools Orienteering Championships in August.



Sydney North Orienteering 2024
Bicentennial Park, West Pymble
 Monday 12 August 2024

This event offers students the opportunity to sample competitive orienteering. It's an adventurous, outdoor event that is both physically and mentally challenging.

Highlights

- Year 5 to year 12 students
- Individual and relay races
- Adventure running
- Cross curricular links

Cost
\$12 per head

Location
Bicentennial Park West Pymble

DET Coordinator/Entry Enquiries
 Peter Annetts 0432 733 763
 peter.annetts@det.nsw.edu.au

Orienteering NSW/Event Organisation
 Barbara Hill 0418 270 476
 Barbara@boldhorizons.com.au

NSW School Orienteering Champs: 17-18 August 2024 - Northern Sydney



Sydney West Orienteering 2024
Nurraging Reserve, Doonside
 Primary 1 August
 Secondary 2 August

This event offers students the opportunity to sample competitive orienteering. It's an adventurous, outdoor event that is both physically and mentally challenging.

Highlights

- Year 4 to year 12 students
- Individual and relay races
- Adventure running
- Cross curricular links

Cost
\$12 per head

Location
Nurraging Reserve Knox Rd, Doonside

DET Coordinator/Entry Enquiries
 Primary: Daniel Brown daniel.brown35@det.nsw.edu.au
 Secondary: Thomas Zeller thomas.zeller1@det.nsw.edu.au

Orienteering NSW/Event Organisation
 Barbara Hill 0418 270 476
 Barbara@boldhorizons.com.au

NSW School Orienteering Champs: 17-18 August 2024 - Northern Sydney



2024 NSW SCHOOL ORIENTEERING CHAMPIONSHIPS

FOREST
 MIDDLE DISTANCE
 Turramurra

URBAN
 SPRINT
 Macquarie Uni

RELAY
 SPRINT RELAY
 Macquarie Uni

17 & 18 AUGUST 2024

Forest - Saturday pm
 Sprint - Sunday am
 Relay - Sunday pm

Enter 1, 2 or all 3 events

Open to all school students.
 No qualification required.

ENTRIES OPEN SOON

BOLD HORIZONS

ENQUIRIES: BARBARA@BOLDHORIZONS.COM.AU

And next year is the 50th for the NOSH!
Save June 1, 2025 now
for what will be a truly memorable event.

Be a part of Australian trail running history.





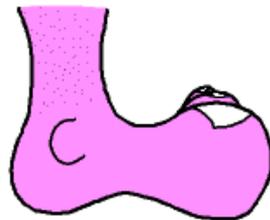
ORIENTEERING NSW



GARINGAL
ORIENTEERS



Uringa Orienteers



Big Foot Orienteers

