



2023



BRIDGES
FUN RUN

ESSENTIAL GUIDE



WELCOME

Congratulations on entering the Asics Bridges Fun Run. This is a community event conducted by the West Australian Marathon Club Inc. with proceeds being donated to Hannah's House.

RACE DIRECTOR

Susen Selbig

ENQUIRIES

WA Marathon Club
Office Phone: 9472 833
Email: wamc@wamc.org.au

RACE START TIMES & LOCATION

10km

Start: Barrack Square
Finish Riverside Drive
Time: 8:30am

5km

Start/Finish: Riverside Drive
Time: 8:20am

Kids Dash

Approx. 10:15am

Click [HERE](#) to view the course map.

ONLINE REGISTRATIONS ONLY

For all events, online registrations will be closing Thursday, 30 March at 12:00 noon sharp. Late registrations will be taken at Bib Collection on Friday and Saturday only if not sold out prior.

BIB COLLECTION & EVENT EXPO

Bib collection and Event Expo times are as follows:

WAMC Clubrooms, 1 Camfield Drive Burswood

Friday, 31 March: 4:30pm – 6:30pm

Barrack Square, Perth

Saturday, 01 April: 09:00am – 1:00pm

Note: No bib collection will be available on the morning of the event. If you are unable to collect your bib at the above times, please contact the WAMC office. Friends and family members can collect on your behalf if you are unable to attend. For those who live out of the CBD your bib can be collected on the morning of the event.

VOLUNTEERS

Every WAMC event requires volunteers to make sure everyone has a safe, enjoyable run. Please join us in thanking all the volunteers on course. If you wish to volunteer, please email volunteer@wamc.org.au

BAG DROP

There will be a bag drop at the start/finish area. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

CUT OFF TIMES

For both events the cut off will be 10:30am.

FREE Asics Bridges Fun Run T-Shirt

For runners lucky enough to be in the early bird registrations – you will receive an Asics Bridges Fun Run Event T-Shirt. These are only available at the Event Bib Collections and will be given out on a first in, first served basis for size purposes. Shirts are not for sale. An email will be sent to all who are eligible for a free event shirt.



DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office by 12:00pm, Thursday 30 March to allow enough time for processing.

FINISHER MEDALS

All finishers in the 5km and 10km event will receive a finisher medal as they cross the line! Kids dash also will receive a kids finisher medal!



GEL- NIMBUS™ 25

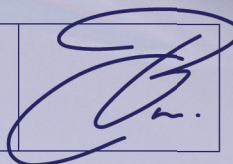


The most comfortable running shoe*

- **More cushioning** - New lightweight and energetic FF BLAST™ PLUS ECO cushioning, with 20% more foam underfoot (vs GEL-NIMBUS 24) for an even more cushioned ride.
- **Softer-than-ever landings** - New PureGEL™ technology for enhanced shock absorption, softer landings and smoother transitions.
- **A customised running experience** - A new soft, stretchy knit tongue and collar construction deliver an easier step-in and a more adaptive fit.



*TESTED BY 100 RUNNERS AGAINST 3 COMPARABLE COMPETITOR SHOES.
INDEPENDENTLY DESIGNED COMFORT TEST BY THE BIOMECHANICS LAB,
SOUTH AUSTRALIA, COMMISSIONED BY ASICS.



SCAN TO LEARN MORE

ASICS.COM

DRINK STATIONS

There will be three drink stations on the 10km course at approx. 2.5km, 5.0km & 7.5km. *There will be no drink stations on the 5km course.*

Refer to the course maps for drink station locations.

WAVE STARTS

Individuals will need to self-seed according to the categories listed below. All times are calculated from the moment you cross the start line.

Placarded signs will be in place with categories listed from A to E

10km Wave Starts

- A: Sub 40min
- B: 40min > 45min
- C: 45min > 50min
- D: 50min > 60min
- E: +60min

5km Wave Starts

- A: Sub 18min
- B: 18min > 22min
- C: 22min > 26min
- D: 26min – 30min
- E: +30min

FIRST AID

First Aid will be located at the finish line.

If you require first aid assistance on course, please notify a drink station attendant or course marshal who will be able to phone for help.

HEALTH & SAFETY

Entrants must not take pets on the run. Skateboards, rollerskates / rollerblades or similar devices are strictly forbidden due to the risk of injury to participants. Be aware we may not have exclusive use of some of the shared paths.

All runners will assemble in the advised start area by foot and obey Police and Officials' directions whilst awaiting the official start.

To ensure your safety and that of everyone else in the race, the use of headphones or any musical device is strongly discouraged. Use of headphones is a safety hazard as it may compromise a participant's ability to hear critical safety and/or directional instructions, especially instructions that may arise in an emergency.

TIMING

All registered participants in the event will have an electronic time recorded by Bluechip Timing. Your results will be available on the [Bluechip website](#). Immediately after you cross the finish line."

Participants will all receive a gun time and net time.

Disposable timing chips are attached to the back of the race bib. Do not remove or peel the plastic timing devices from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled. The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

**** Please note that your WAMC Member shoe timing chip will not work at this event.***

All participants are required to collect bibs on bib collection prior to event day. You may nominate someone to collect your bib if you are unable to attend during bib collection times.

***** If you turn up without your race bib (lost or left at home) there will be a \$10.00 surcharge to have another race bib issued. *****

PRESENTATIONS

Presentations will commence at 10:00am at the start/finish line.

TRAVEL & PARKING

Take a break from driving and catch the train into Elizabeth Quay Station. Make sure you reference the Journey Planner on the Transperth website to ensure you allow enough time to get to the start line. To travel on any Transperth service, you need to purchase a ticket or use your Smart Rider.

Visit transperth.wa.gov.au for more information.

Please see map for parking locations.



AWARDS

10km

1st Male/Female overall – Including state Champs.
2nd Male/Female overall
3rd Male/Female overall
1st U16 Male/Female

5km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
1st U16 Male/Female

ASICS BRIDGES FUN RUN DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the 10:00am presentation to be eligible to win.

Draw prizes include:

- Rocktape Pack
- Maxiblock pack
- Sunwise Sunglasses
- \$50 Public House Voucher
- Family SeaLink Ferry Pass to Rottnest!

**Prizes subject to change.*



ASICS BRIDGES KIDS DASH



Introducing the Asics Bridges Kids Dash - a fun and free event for kids under 12 years old!

Get ready for the ultimate kids' running experience at the Asics Bridges Kids Dash! Taking place on April 2nd as part of the Asics Bridges Fun Run, this exciting event is perfect for kids under 12 years old who want to be a part of the event. With a 0.3km dash around Barrack Square, this is the perfect distance for kids to challenge themselves and have fun. And the best part? It's completely free!

But that's not all - every participant in the Asics Bridges Kids Dash will receive a finisher medal and be eligible for spot prizes. So come on down with your family and friends and make memories that will last a lifetime. Don't miss out on this amazing opportunity to inspire your little ones to stay active and healthy.

LOCAL BUSINESS OFFERS

[Lucky Shag](#) - Barrack St Jetty, Barrack Square, WA 6000

All runners can redeem a complimentary middy of coopers draught or a small postmix soft drink, limited to 1 per person with staff marking off race bibs for redemption. This offer is valid until 1600 on race day.



[Public House](#) - Shop 2, 263 Adelaide Tce, Perth WA 6000

Celebrate your achievement at the Asics Bridges Fun Run with a delicious meal at Public House in Perth City! Enjoy 20% off (up to \$40 value) all month long with your registration confirmation.



Presented By



In Support Of



Sponsors



City of Perth

COURSE MAP

BRIDGES FUN RUN

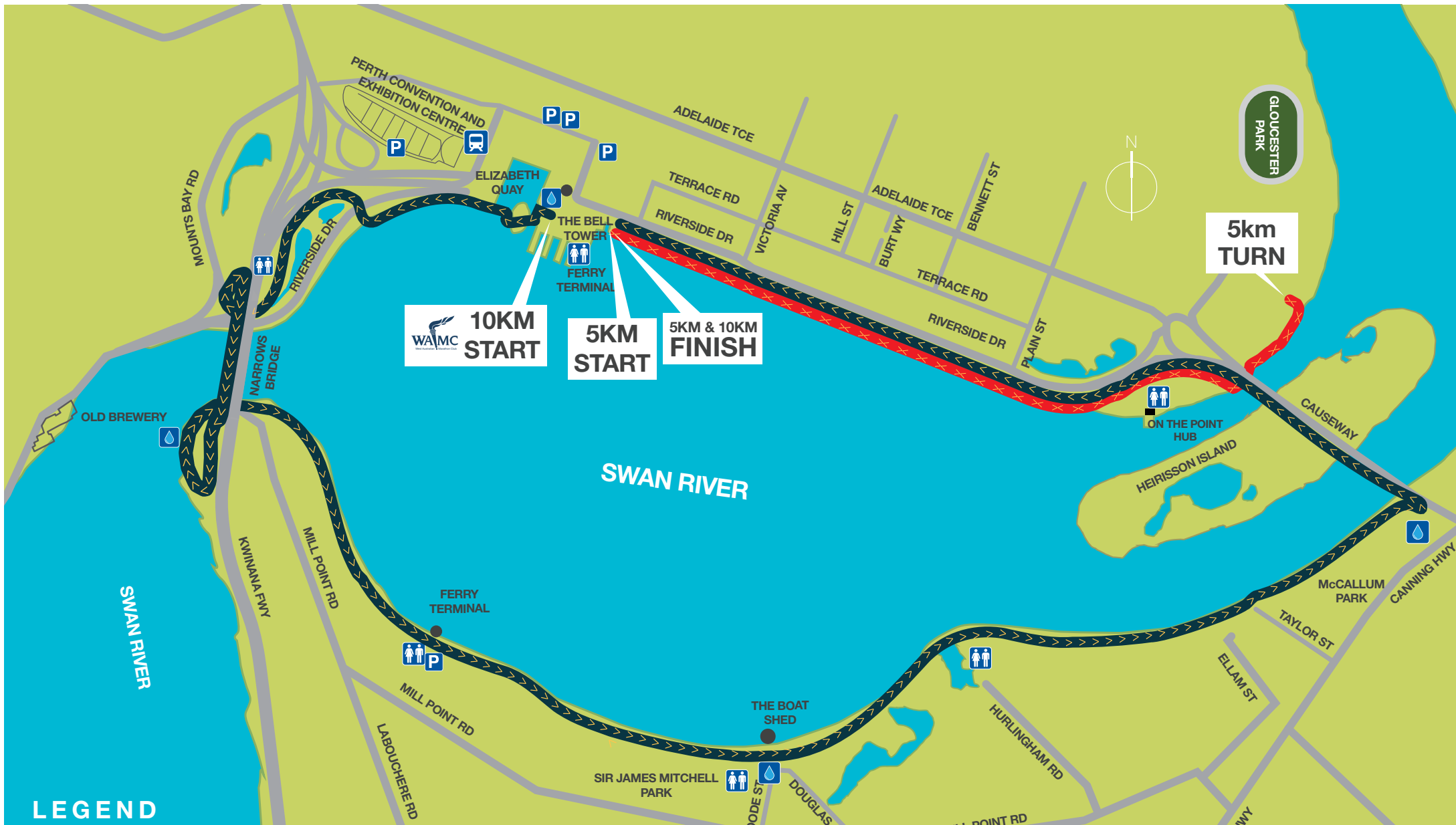
10km & 5km



Sponsored by



Proceeds to



LEGEND

- 10km
- 5km OUT & BACK
- ASSEMBLY AREA
- DRINK STATION
- TOILETS
- PARKING
- TRAIN