



WAMC
West Australian Marathon Club

FREMANTLE PORTS

**HARBOUR
MASTER
CLASSIC**

5KM & 10KM

**Fremantle
PORTS**

**VICTORIA QUAY
FREMANTLE**

Sunday, 5 May 2024

Runner's Guide

Sponsored by



Presented by



WELCOME

Congratulations on entering the 4th Fremantle Ports Harbour Master Classic Fun Run. This is a community event conducted by the West Australian Marathon Club Inc. By participating in this event, you'll also be supporting a great cause - Native Animal Rescue.

RACE DIRECTOR

Paul Genovese

ENQUIRIES

WA Marathon Club

Office Phone: 9472 833

Email: wamc@wamc.org.au

RACE START TIMES & LOCATION

5km

Start/Finish: E Shed, Victoria Quay

Time: 8:00am

10km

Start/Finish: E Shed, Victoria Quay

Time: 9:00am

Kids Dash

Approx. 10:30am

CUT OFF TIMES

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

ONLINE REGISTRATIONS ONLY

Online registrations close Thursday, 2 May at 12:00 noon sharp. Late registrations may be available on Saturday 4th May at bib collection.

BIB COLLECTION

Your bib number allocation email will be sent on Thursday, 2 May after online registrations close.

Bib collection times are as follows:

Saturday 4 May - E Shed, Victoria Quay
10:00am - 1:00pm

Sunday 5 May - E Shed, Victoria Quay
7:00am - 7:55am

Event shirts for those in the first 500 registered can be collected at this time.

Note: If required, someone may collect your race pack on your behalf.

FINISHER MEDALS

All finishers in the 5km, 10km and Kids Dash will receive a finisher medal as they cross the line!

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 finish area. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

FREE EVENT T-Shirt

For participants lucky enough to be the first 500 registered will receive an event shirt. These are only available at bib collection. Those eligible for a free event shirt will receive an email. Shirts will be given out on a first in, first served basis for size purposes. Shirts are not for sale.



KIDS DASH

A fun and **free** event for kids under 12 years old who want to show off their speed and agility. With a 300m dash, this is the perfect distance for kids to challenge themselves and have fun. We encourage all participants to register online by 12 noon, Thursday, 2 May.



DRINK STATIONS

There will be drink stations on course, manned by volunteers from the West Australian Marathon Club. There will also be water and recovery food at the finish line.

PRESENTATIONS & PRIZE DRAW

5km Presentation will commence at 8:40am

10km Presentation will commence 10:15am

Prize Draw will be after the 10km presentations.

Trophies will be awarded to the 1st, 2nd & 3rd Male & Female and 1st Male & Female U16 in both distances.

WAVE STARTS

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

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 (www.bluechiptiming.com.au) Immediately after you cross the finish line.

Participants in the 5km & 10km 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.

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.

Note: WAMC Members, your WAMC shoe timing chip will not work at this event.

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office before 12:00 noon, Thursday 2 May to allow time for processing.

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.

TRAVEL & PARKING

Runners are encouraged to carpool or travel by train, with Fremantle Railway Station just 300m from the start line. Trains arriving at Fremantle from 7.15am.

Bag drop is available in E Shed, so bring a jumper so you can enjoy the post-race entertainment on Victoria Quay.

AWARDS

10km

1st Male/Female overall
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

DRAW PRIZES (after 10km Presentations)

After your run stay for your chance to win some great draw prizes! Place your bib tag in the entry box located near the stage after your run, hold on to your race bib and be present at the presentations to be eligible to win. Draw prizes include:

- 1 x Night Accommodation at Quest Apartments Fremantle
- 1 x Rottnest Express Family Pass to Rottnest
- 3 x Sealink Same Day Return Pass for 2 Adults to Rottnest
- 3 x Sunwise Sunglasses Packs
- 2 x Rock Tape Packs
- 2 x WAMC Merchandise Packs

Prizes subject to change.

SPOT PRIZES

Spot prizes will be awarded on the day for the best nautical costume!



FREE DRINK

Our friends at Freo Harbour Bar are offering a FREE middle* of Quokka Export with any adult meal purchased. Pizzas, pizza slices, gourmet pies and steak sangas available.

Shop 45 E Shed Markets

**One drink per participant on presentation of race bib. Small soft drink for U18. Valid Sunday, 5 May 2024*

FREO HARBOUR BAR
FHB



ENTERTAINMENT

There will be plenty of entertainment on course and at the event hub on Sunday morning.

Runners will experience the traditional sounds of the pipers on South Mole, motivational DJ beats and the vibrating sounds of a Didgeridoo.

FREE face painting and kids activities will be available from 8:00am at the event hub, alongside some informative commentary from our awesome Commentary Team!

BENEFICIARY

This year, we are thrilled to announce our beneficiary is the Native Animal Rescue (NAR). So feel even better lacing up knowing you're coming out to support a worthy cause while enjoying a fun-filled event.

Every step you take will help NAR in their mission to rescue and rehabilitate native animals in need.

The crew from Native Animal Rescue will be bringing along some native friends on the day for all to see and learn about!



**Native
Animal
Rescue**

Sponsored by



Presented by











COURSE MAP

FREMANTLE PORTS HARBOUR MASTER CLASSIC 5KM & 10KM



LEGEND

-  5KM TWO LAPS
-  10KM FOUR LAPS
-  ASSEMBLY AREA
-   TOILETS
-  DRINK STATION
-  PARKING
-  TRAIN STATION

