

SANDY POINT

HALF MARATHON



PARTICIPANT INSTRUCTIONS

5K | 10K | 21.1K GREEN POINT, BRIGHTON

#SPHM2022

4 SEPTEMBER 2022

 SOLE MOTIVE

painAWAY
 athelite

BROOKS


FIXX
NUTRITION

THE
RICKLE JUICE
COMPANY

RUNNER'S
WORLD

THERE'S STILL TIME TO ENTER

Your friends and family can still join you for a 5K, 10K or 21.1K run along Melbourne's bayside.

HOW TO ENTER

Online entries at www.solemotive.com will remain open.

Onsite entries: at Green Point, Brighton on Saturday 3 September between 12:00pm and 3:00pm, or on event day Sunday 4 September from 6am. **You can upgrade/downgrade your distance via your registration [here](#).**

EVENT VILLAGE

Is located at Green Point, Brighton.

RACE PACK COLLECTION

An e-ticket will be sent out to your email address 1-2 weeks prior to the event. You will need to show this e-ticket at the race bib collection areas when you collect your bib. The ticket can either be printed out, or you can show it on your phone.

Note: *If someone else is picking up your bib for you on your behalf, they will need to show your e-ticket upon collection.*

Race bibs can be collected from the following locations and times:

SOLE MOTIVE STORES - From 12:00PM noon on 26 August to 5:00PM 1 September.

CBD location: 148 Little Collins Street

Hawthorn location: 757 Glenferrie Road

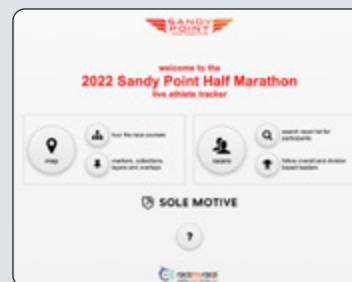
EVENT VILLAGE - Race bibs are available for collection from the Registration marquee on:

Saturday 3 September 12:00pm noon - 3:00pm
OR

Race-day, Sunday 4 September from 6:00am.

LIVE TRACKING

Get your supporters to follow you around the course!



Well, not physically, but they can track you with our live tracking. Share this link and they can see exactly where you are on the course.

www.racemyrace.com/sandypoint



Subscribe. Save. Receive Free Gifts.



\$65 for our 8 Issue Subscription + These Complimentary Gifts from Leading Brands.

This is a Tax Invoice ABN 95 410 987 091 Australian Subscription Includes GST. *T's & C's apply.
*Price is applicable to Australian and New Zealand residents only. Payment is in Australian dollars.

☐ Please indicate your US shoe size for
your complimentary Brooks socks

runnersworldonline.com.au



EVENT TIMETABLE

Saturday, 3 September (pre-event)

12:00pm - 3:00pm	Race pack collection from event site (Green Point, Brighton). *Don't forget your e-ticket.
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Sunday, 4 September (race day)

6:00am	Race bib collection from event village starts. *Don't forget your e-ticket
6:00am	On-day entries open
6:00am	Sole Motive Race Ready Store opens
7:25am	Wheelchair half marathon start
7:30am	HALF MARATHON RUN STARTS
7:45am	Half marathon start closes
8:30am	10K STARTS
8:45am	10k start closes
9:00am	Half marathon presentation - top 3 placegetters
9:15am	5K STARTS
9:30am	5K start closes
9:40am	10K presentation - top 3 placegetters
9:45am	5K presentation - top 3 placegetters
10.20am	5K and 10K road cut off. If participants do not make road cut off times, they will be allowed to complete the course on the footpaths.
10.30am	Half marathon road cut off. If participants do not make road cut off times, they will be allowed to complete the course on the footpaths.
11:30am	All runners off road. Roads reopen. Event concludes.



ROAD CLOSURES

Road closures will be in place as follows:

- Full closure of Beach Road between Charman Road, Beaumaris and Balcombe Road, Black Rock from 5:30am – 10:30am.
- Full closure of Beach Road between Balcombe Road, Black Rock and Bay Road, Sandringham from 5:30am – 11:00am.
- Full closure of Beach Road between Bay Road, Sandringham and Dendy Street, Brighton from 5:30am – 11:30am.

CAR PARKING

Is available in side streets off Beach Road and in the Green Point Car Park, plenty of parking is also available at Dendy Street. Please allow plenty of time to park, and walk to the event site at Green Point, Brighton. Please Park legally and be aware of parking restrictions in the area. Please carpool, where possible.

BIKE PARKING

Is available at the event site. It's a great way to warm up. Please bring your own lock.

PUBLIC TRANSPORT

The nearest train station to the event site is Brighton Beach (on the Sandringham line) and is just a short 3-minute walk to the event site. Please refer to the Public Transport Victoria website for further details: www.ptv.vic.gov.au

BAG DROP

Clothing storage is available during the event. Your Race Bib features a tear-off strip for you to attach to your backpack or clothing bag. Please don't leave any valuables at the bag drop, we cannot accept responsibility for valuables that are lost or stolen.

Please note: *This year we're cutting down on single use plastic bags. Please remember to bring your own bag to the event.*

FIRST AID

St John First Aid bike response crews will be on course, in addition to first aid stations at the finish line and on course at Balcombe Road.





Natural Sports Nutrition for Performance & Results



FUEL X



CRAMPFIX



COLD BREW



www.fixxnutrition.com

MERCHANDISE

All pre-ordered Sandy Point Half merchandise can be collected and purchased from the Sole Motive Race Ready Store.

Saturday 3 September - 12.00pm - 3.00pm

or

Sunday 4 September from 6.00am

T-SHIRTS



LONG SLEEVE TEE



SINGLETs



www.solemotive.com | #SPHM2022



MEASURING THE COURSE

The Half Marathon course is IAAF-AIMS Certified. If you are required to complete the half-marathon on the footpath and beach paths due to cut off times, please note the course is officially measured on the road course only.

START LINE

All events start on Beach Road, just north of South Road near The Brighton Beach Hotel, Brighton.

Please note: All participants will start the event on Beach Road, near the event site. Participants will head south in the middle lane of Beach Road. The lane closest to the residents will be a slip lane for vehicles to enter & exit their properties - **DO NOT RUN IN THIS LANE.** The two lanes closest to the beach side of the road will be for returning runners to the finish line.

COURSE MAPS

Half Marathon

10K

5K

SPLIT POINTS

This is where the timing mats will be placed along the course.

● **Half Marathon:** 1km, 5km, 10km, 20km

● **10K:** 1km, 5km ● **5K:** 1km

DRINK STATIONS

There will be drink stations located on course and at the finish line, they will be spaced approximately every 2.5km for the 21.1K, 10K and 5K races.

Fixx Nutrition will be available for the half marathon at the following drink stations 5km, 8km 12km and 16km.

Fixx Nutrition will be available for the 10K participants at the drink station at the 5km point.

All participants will receive Fixx Nutrition at the finish line.

TOILETS

A public toilet block, portable toilets and an accessible toilet are located at the event village. There are also toilets available on course every 4km for the Half Marathon distance. Please look out for the toilet feathers on course for their location.

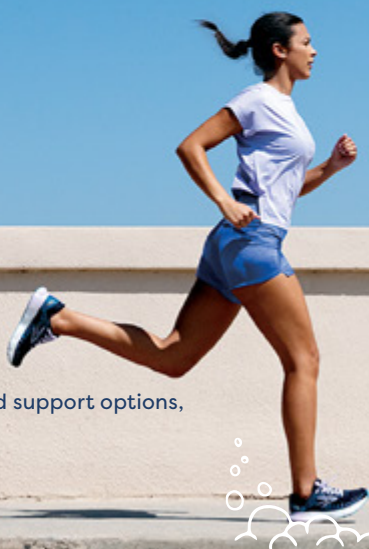


Nitro-Infused Softness

The New Glycerin 20



Experience soft strides like never before unlocked by our innovative nitrogen-infusion process in the **Glycerin 20**, delivering ultimate softness under your feet.



Glycerin 20 is available in neutral and support options, plus multiple widths, fits and colours.

brooksrunning.com.au

Available at:

 **SOLE MOTIVE**

OFFICIAL EVENT PHOTOS

RaceAtlas will be on the course this weekend capturing your race day achievement. Look for their cameras in the most scenic spots and be sure to show your race number and smile.

SANDY PHOTO ALBUM

We'll be uploading a selection of photos from our event photographer here:

<https://solemotive.pixieset.com/>

Check it out post-race to see if you feature.

PLACEGETTERS

Medals will be presented to the top three place getters from each distance at the stage post race (see event timeline for timings).

MEDALS

Medals will be available in the finish line for all participants.

RESULTS & CERTIFICATES

Visit www.solemotive.com for your results and to download certificates. Preliminary results are available immediately on race completion [HERE](#). Official results are available from 5:00pm Sunday, 4 September 2022.

SHARE & WIN

Share your race day photos on Instagram and use the hashtag **#SPHM2022** and tag **@solemotive** to go into the draw to **WIN some awesome Brooks shoe vouchers**. Entries close midnight Sunday 11 September 2022. *T&C's Apply.

FUNDRAISING

There's still time to fundraise for your favourite charity at Sandy Point Half Marathon through our online fundraising partner Grassrootz.

[Start fundraising](#)



SOLE MOTIVE RACE READY STORE

TRADING HOURS:

Saturday, 3 September from 12.00pm - 3.00pm

Sunday, 4 September from 6:00am - 11:30am

Bring the heat to race day and smash your PB with running gear designed to maximise your potential.

- Shop running shoes from Brooks (20% off full-priced footwear)
- Get your spring running gear: t-shirts, singlets, shorts, tights, hats, sunglasses and more
- Race-Day Accessories: BodyGlide, FlipBelt, Blister-Free Socks, Maurten Gels

RACE-DAY OFFERS

- Up to 50% off apparel from all your favourite running brands
- Buy 2x Ciele hats for \$120
- Buy 3x Steigen socks for \$60

MASSAGE

Southbank Physiotherapy Clinic Performance Medicine will be providing a **free Physio and Massage Service** on race day. Go and find them in the massage tent for your post run rub down.

BROOKS

Run on over to the **Big Blue Brooks Truck** and join in on the fun. Check out the latest Brooks range, get your hands on a few freebies and get the chance to **WIN a pair of Brooks shoes of your choice**. Now that's **#RunningHappy**

FOOD & BEVERAGE

Miss Molly's Cakes will be serving coffees and a range of sweets including muffins, pastries and slices from 6.00am-11.30am

Instagram: @missmollyscakes



North Brighton Rotary Club will be serving up a delicious BBQ from 7.00AM to 11.30PM

PAIN AWAY

Train, perform and recover better with the quality range of Pain Away high potency pharmaceutically listed pain relief topical and oral products.

www.painaway.com.au

FIXX NUTRITION

Fixx Nutrition offer a range of all-natural, functional nutrition solutions made in their Burleigh Heads based manufacturing facility in Queensland, Australia. They're driven by an obsession to innovate and offer their customers highly effective products that help improve their lives.

www.fixxnutrition.com

PICKLE JUICE

The Pickle Juice Company's unique formula has been strenuously tested and refined for over a decade to effectively assist runners suffering from muscle cramps. It will stop the cramps and is 100% natural - sugar free, caffeine free, GMO free and gluten free.

www.picklejuice.com.au

VOLUNTEERS

We are extremely grateful to all our volunteers who have donated their time to help make the Sandy Point Half Marathon a success, and support you in your run/walk. Please be friendly and courteous to our volunteers, as they will be to you. If you would like to volunteer for future Sole Motive events, please go to the volunteer page on our website and fill in your details.

ABOUT THE ORGANISER

As innovators in the running and fitness lifestyle space, Sole Motive have built on our history and prior success to inspire and empower people to get moving and be active. Whether that's through the events we manage, like the Sandy Point Half Marathon, our flagship retail store in Melbourne's CBD and new store in Hawthorn, or through *Runner's World* magazine we publish - we do it all with the understanding that, "No matter how fast or far, running is always a step in the right direction".

Check out all Sole Motive has to offer via our website www.solemotive.com



UPCOMING EVENTS

To view all upcoming events, or to register, visit solemotive.com.



HARVEST RUN
16 October 2022

Registrations open
5K | 13.5K | YARRA VALLEY

SOLEMOTIVE.COM painAWAY[®] athelite FIND YOUR SELF MELBOURNE'S YARRA VALLEY www.melbournesyarravalley.com.au RUNNER'S WORLD



The Canberra Times
FUN RUN
Powered by salesforce

REGISTRATIONS OPEN
canberrafunrun.com.au

HALF MARATHON - 10K - 5K - KIDS 2K
ROND TERRACE | 6 NOVEMBER 2022

NEW HALF MARATHON FOR 2022

SOLE MOTIVE The Canberra Times painAWAY[®] athelite THE WALKING CLINIC[®] RUNNER'S WORLD THE CANBERRA PHYSIO CLINIC



PORTSEA TWILIGHT
5K + 9K

07 JANUARY 2023

Registrations opening soon at
SOLEMOTIVE.COM RUNNER'S WORLD painAWAY[®] athelite



Carman's
FUN RUN
LET'S RUN TOGETHER

Proudly supporting Breast Cancer Network Australia

ENTRY INCLUDES:
T-SHIRT & MEDAL

19 FEBRUARY 2023
Elsternwick Park, Brighton
5K, 10K and Half Marathon

Enter now >>>> carmansfunrun.com.au

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