

## Ocean Grove 8,000m

**PLEASE NOTE – THIS IS FOR THE 8KM COURSE, THE COURSE IS NOW 10KM**

Ocean Grove Main Beach - Surf Life Saving Club/Dunes Restaurant

### Start Location

On path near paved area. Van is parked on paved area in front of public toilets



### Finish Location

10m east of boat ramp on beach





### **Marshalls**

One on path just past The Dunes where you move onto gravel from firetrack

One at Barwon Heads end where you leave carpark and go onto beach

### **Cones and Arrows**

Where path enters and exits car parks, there are bollards. Place cones on top of 2 posts at entry and exit to car park

Make sure entry off fire track onto path well marked with cone gates and directional arrows.

### **Runners on Road Signs and Club Banners Location**

Outside Dunes restaurant

Beach entries 1, 3 and 5 (see map)

Top of Ramp for Club banners



### **Drink Station(s) if applicable**

- € Drink station attendants
- € Cups
- € Bin

Position drink station so runners can get drink after one lap and at finish. May need 2 tables, one up the top and one on the beach

### **Race Briefing and Risk Management**

Dogs, pedestrians, cars and bikes.  
Keep to left of paths at all times  
2 lap course

- € Tail End Charlie
- € Marshalls in position in safety vests and briefed
- € Starter