

# Champion Lakes Half Marathon



**Venue:** Champion Lakes Regatta Centre

**Date:** 23 July

**Time:** 8.00am

**R2Rsports presents the second Half Marathon at Champion Lakes Regatta Centre which includes 5km & 10km options and the inaugural Parents Pram Race for mums & dads with young ones.**

All fitness levels are welcome and events are open to all ages from 7yrs up. This event is event number 2 in the R2Rsports Race Series.

[More information here \(http://r2rsports.com.au/\)](http://r2rsports.com.au/).

## Race Bib Collection

Chip Timing will be provided by Blue Chip Timing, who will provide results on the day and publish to the web.

If you have not taken advantage of the bib postal option then race bibs, incorporating an embedded timing chip, will be available for collection between 10am-12pm at TBC and from 2pm – 3pm from The Athlete's Foot store in Rockingham City Shopping Centre.

## Aid Stations

Water stations will be provided approximately every 2.5km;

## Toilets

Will be located at the start/finish area.

## Running with:

### Head Sets

Headsets or headphones are permitted but we ask that you are vigilant and aware of others around you. We also ask that runners are mindful that they are under the direction of marshals. The course is multi lap and the lead runners may

pass you at some stage. Showing common courtesy to other runners is the order of the day. You must also be aware of any lead or emergency vehicles on the course.

#### Prams/strollers

Running with Prams or strollers is permitted but we ask that you are mindful of other runners around you. Those competing with strollers/prams will start 15 minutes after the initial guns start for the Half Marathon. Safety of children and roadworthiness of strollers/prams remains the responsibility of the competitor. Please self seed at the start line with slower runners to the rear.

#### Parking

Parking is available on site in the grassed area. Traffic movements will be kept to a minimum during the event.

Start times	
Description	Start time
21.1km	8.00am
<b>5km &amp; 10km</b>	8.10am
<b>Prams, strollers</b>	8.15am
<b>Awards</b>	10.30am