



Runaway™ Sydney Half Marathon

2023 RUN GUIDE



V2 uploaded 12 May 2023

<https://runawaysydneyhalf.com.au/>
Ph: 1300 761 384





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CLIFTON 9

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unlock an even smoother ride

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RACE DIRECTOR MESSAGE

Welcome to the 2023 HOKA Runaway Sydney Half Marathon. This year, we proudly celebrate 30 years of this iconic event – although excitingly, it's not just business as usual. In 2023, the HOKA Runaway Sydney Half Marathon will feature a revamped Half Marathon course and a brand new 10km course.

By taking part in the 2023 HOKA Runaway Sydney Half Marathon, you will be among the first group of runners to experience the mecca of CBD running courses - boasting harbourside views, world-famous architectural landmarks and picture-perfect Gardens. There is no cityscape more suited to a run than Sydney.

Please ensure that you read this Run Guide thoroughly to prepare yourself for the big day.

With a brand-new experience from start to finish, including new expo location, baggage drop and start and finish lines, there is a lot of information to take in. However, don't worry too much as you don't have to go it alone! Our spectacular HOKA Runaway Sydney Half Marathon Team and Volunteers will be there to help you every step of the way.

To help preserve the City's spectacular course, please do your best to dispose of any waste carefully. The Event Team works closely with Closed Loop to reduce our event generated landfill. This year we aim to divert >80% of waste from landfill and in future years we will strive for continuous improvement. Some initiatives we have in place to protect the environment include using recyclable aid station cups and elastic bungees instead of nylon zip ties.

A huge thanks to City of Sydney, and all of our event partners for their continued support. A big thanks also goes out to the Sydney landowners, community and volunteers who play a huge part in ensuring that this event is a great success year after year.


Finally, a special shout out to our MVP Athletes who will be racing this year. It takes an incredible amount of commitment and passion to travel and compete from all corners of Oceania, so we're so grateful to welcome you to Sydney as you add another string to your bow!

One final thing I would ask of you is to listen to your body out there. I know you have all been training hard, if something doesn't feel right, make sure you ask for help. Please take care and I look forward to seeing every one of you cross the finish line at St Mary's Cathedral!

Goodluck and have fun out there,



Renay Vreeken
Race Director



The Athlete's Foot

THIS IS YOUR SIGN TO GET FITTED

Come instore today and get FITTED with running shoes that take you further.



THEATHLETESFOOT.COM.AU

EVENT SCHEDULE

Event Schedule is up to date as at 28/4/2023 and is subject to change.

View the Event Schedule [online](#) and on the [Runaway Series App](#) for the most up to date Information.

FRIDAY 19 MAY 2023

Time	Event	Venue
7:00am - 6:00pm	Athlete Check-In	St Mary's Cathedral Square, College Street, Sydney
7:00am - 6:00pm	Sports Expo Open	St Mary's Cathedral Square, College Street, Sydney

SATURDAY 20 MAY 2023

Time	Event	Venue
8:00am - 4:00pm	Athlete Check-In	St Mary's Cathedral Square, College Street, Sydney
8:00am - 4:00pm	Sports Expo Open	St Mary's Cathedral Square, College Street, Sydney

SUNDAY 21 MAY 2023

Time	Event	Venue
5:30am – 12:00pm	Baggage Open	Hyde Park North, Sydney
6:00am	Venue Opens	St Mary's Cathedral Square, College Street, Sydney
6:25am	Wheelchair 4.5km Start	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
6:30am	10km Start – Elite & Red Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
6:33am	10km Start – Green Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
6:40am	10km Start – Blue Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
6:46am	10km Start – Yellow Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
7:25am	Half Marathon Start – Elite & Red Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
7:30am – 12:00pm	Sports Expo Open	St Mary's Cathedral Square, College Street, Sydney
7:42am	Half Marathon Start – Green Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
8:00am	10km Presentations – Top 3 Male & Female	Stage, Finish Line, College Street, Sydney
8:00am	Half Marathon Start – Blue Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
8:17am	Half Marathon Start – Yellow Wave	Cahill Expressway (Cnr. Of Macquarie & Bridge St)
9:30am	Half Marathon Presentations – Top 3 Male & Female	Stage, Finish Line, College Street, Sydney
11:30am	Finish Line Closes	College Street, Sydney



FUNDRAISING

We are hoping to raise over \$400,000 for worthy Australian charities at this year's HOKA Runaway Sydney Half Marathon. Major community events, including HOKA Runaway Sydney Half Marathon are critical for hundreds of Australian charities who rely on fundraisers like you to fund their missions.

Make your run mean more and start fundraising now: <https://runawaysydneyhalf.com.au/fundraising/>

**Fundraising total as 8/05/2023*

ATHLETE CHECKLIST

PRE-EVENT

- ☐ Read the Run Guide. (You're reading it!)
- ☐ Familiarise yourself with the Event Schedule.
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Lock in travel arrangements ensuring you arrive in time for Athlete Check-In.
- ☐ Check the Athlete list via the [Runaway Marathon Series App](#). only athletes registered prior to 4 April will show until the close of Athlete Race bib collection on Saturday 20 May.
- ☐ If you didn't choose option Race bib postage you will need to collect your race bib from Athlete Check-In. (page 8)
- ☐ If you cannot attend Athlete Check-In, a friend can collect on your behalf, but they must have a copy of your confirmation email with your QR code.
- ☐ Confirm your Emergency Contact is current and available on race day (cannot be racing).
- ☐ Confirm your Medical/Health Insurance details are current.
- ☐ Check the forecast to ensure you bring relevant clothing and gear (sunscreen).

DON'T FORGET!

- ☐ Familiarise yourself with the venue and course.
- ☐ Familiarise yourself with the Changed Traffic Conditions.
- ☐ Pack items for race day.
- ☐ Plan your trip to the start line.
- ☐ Download the [Runaway Marathon Series app](#)

RACE DAY

- ☐ Remember to bring your mesh bag provided for baggage.
- ☐ Pin your race bib to your shirt or race belt.
- ☐ Go to the bathroom.
- ☐ Get into your start wave marshalling pen.

POST-RACE

- ☐ Check out your race results live on the Runaway Series app or online.
- ☐ Brag about your race time all over socials!
- ☐ Tag us in all your Medal Monday posts @runawaysydneyhalf

ATHLETE CHECK-IN

Location: St Mary's Cathedral Square, College Street, Sydney.

Opening Hours:

- Friday 19th May 2023: 7:00am -6:00pm
- Saturday 20th May 2023: 8:00am – 4:00pm*

*Opening hours are subject to change.

If you did not purchase race bib postage, you will need to collect your bib during Athlete Check-In opening hours.

Please note, if you registered after 19 March, 2023 or did not select postage during registration, your bib will not be posted prior to the event.

What you will need to bring:

- Photo ID (drivers' licence or passport)
- QR Code

Who can collect?

If you are unable to attend, another person can collect your race bib on your behalf, providing they have a copy of your **confirmation email with your QR code**.

No race bibs can be collected race morning.

SPORT & LIFESTYLE EXPO

Official Runaway Sydney merchandise will be available for purchase from the Merchandise Store. This is where athletes can pick-up and purchase the infamous Name Tee.

Collect your race bib and grab some delicious food & coffee from Agape Organic while also exploring the latest products, special offers, free samples and competitions on offer from our incredible exhibitors listed below.

Admission is free and all participants, friends, family and sporting enthusiasts are encouraged to visit.

- ☐ PURE SPORTS NUTRITION
- ☐ AUSTRALIAN RED CROSS LIFEBLOOD
- ☐ CHIRO H3
- ☐ FASTGEAR AUSTRALIA
- ☐ GARMIN
- ☐ HELLOFRESH
- ☐ STEIGEN
- ☐ RACEDOTS
- ☐ SPIBELT
- ☐ BODYGLIDE
- ☐ INJINJI TOESOCKS
- ☐ FEETURES
- ☐ GOODR SUNGLASSES

HALF MARATHON STARTS

HALF MARATHON START PROCESS

Anyone needing to drop their bag off on the morning please do so at Hyde Park prior to heading to your start wave – there will be **NO** bag drop facility at the start line. **Please allow 15 minutes to walk from Hyde Park to your start area.**

We advise people where possible to pre drop their bags at Expo from 7am – 6pm on Friday 19 May and between 8am and 4pm on Saturday 20 May.

The Salvation Army will have volunteers at the start line collecting any discarded items of clothing, please note that if you discard clothing at the start line these items will not be there to collect after your run, so please only leave items you are willing to donate.

Toilets will be located outside Circular Quay and on Philip St (between Bent St & Bridge St). Allow time to use these prior to lining up for your race start.

Look out for Information Staff at the entrance to each start group to answer any questions you may have.

START MAP

Access for all waves from Hyde Park and Martin Place is via Macquarie St (stay on the Western side of the road as you head North to avoid being on the course which is on the Eastern side).

Access to Red, Green and Yellow Starts from Circular Quay Ferry stop, Train Station or Light Rail is via Phillip St, then onto Bridge St or Bent St.

Access to Blue Start from Circular Quay Ferries/Trains or Light Rail is via Albert St.



10KM START PROCESS

Anyone needing to drop their bag off on the morning please do so at Hyde Park prior to heading to your start wave – there will be **NO** bag drop facility at the start line. **Please allow 15 minutes to walk from Hyde Park to your start line.**

We advise people where possible to pre drop their bags at Expo from 7am – 6pm on Friday 19 May and between 8am and 4pm on Saturday 20 May.

Toilets will be located outside Circular Quay and on Philip St (between Bent St & Bridge St). Allow time to use these prior to lining up for your race start.

Look out for Information Staff at the entrance to each start group to answer any questions you may have.

The Salvation Army will have volunteers at the start line collecting any discarded items of clothing, please note that if you discard clothing at the start line these items will not be there to collect after your run so please only leave items you are willing to donate.

START MAP

Access for all waves from Hyde Park and Martin Place is via Macquarie St (stay on the Western side of the road as you head North to avoid being on the course which is on the Eastern side).

Access to Red, Green and Yellow Starts from Circular Quay Ferry stop, Train Station or Light Rail is via Phillip St, then onto Bridge St or Bent St.

Access to Blue Start from Circular Quay Ferries/Trains or Light Rail is via Albert St.



Nutrition Guide

Use our nutrition guide as a starting point and adjust to suit you!

For further information visit puresportsnutrition.com



PURE

SPORTS NUTRITION



Runaway[™]
Noosa
Marathon



Official
Electrolyte
Partner

RACE DAY INFORMATION

BAGGAGE

There will be a baggage service available to all runners and all bags will be available for collection in Hyde Park North. You can drop it off **pre-event at Expo at St Mary's Cathedral Square or on Race Day at Hyde Park North.**

You will be provided a mesh bag - all bags must be accompanied by the race number gear tag available at Baggage. Please ensure your race bag has the gear tag attached before you drop it off at the designated baggage area.

No personal bags will be accepted (backpacks, purses, handbags).

What should I put in my bag?

Only individual items may be placed in the bag i.e. change of clothes, lightweight jacket, water bottle, snacks. Do not leave valuables such as wallets, keys or phones as no responsibility will be taken for valuables or items that are lost or damaged.

The following items are not permitted and volunteers may ask you to remove these items before accepting your bag:

- Alcohol, cans, glass bottles and containers with liquids greater than 100ml which are not clear and visible to see through (**E.g water bottles/sports drinks are permitted in clear plastic container**)
- iPads/tablets, laptops/personal computers or any mobile phone/device measuring greater than 170mm diagonally
- Aerosol canisters
- Knives, weapons, scissors, firearms, weapons, fireworks
- Any item that event staff consider offensive, dangerous, hazardous and/or illegal or that could be used as a weapon or a missile, or that may compromise or interfere with the enjoyment, comfort or safety of any person.

Location	Date	Times
Runaway Sydney Sports Expo, St Mary's Cathedral Square College Street, Sydney	Friday 19 May	7:00am - 6:00pm
Runaway Sydney Sports Expo, St Mary's Cathedral Square College Street, Sydney	Saturday 20 May	8:00am - 4:00pm
Hyde Park North, Sydney	Sunday 21 May	5:30am - 12:00pm

RACE BIB

Race bibs are to be worn on your front. Your timing chip is attached to your race bib. Be careful not to bend your bib prior to your race to avoid damaging your timing chip.

PACERS

Sydney Striders will be on course for both the Half Marathon and 10KM. There will be experienced runners who will be Pacers.

Pacers will keep an even pace throughout the race, so you are able to keep pace and finish at your goal time. Our Pacers will be identified by their Sydney Strider Pacing flags!

Half Marathon Pace Times: 1hr 20mins, 1hr 25mins, 1hr 30mins, 1hr 35mins, 1hr 40mins, 1hr 45mins, 1hr 50mins, 2hrs 0 mins, 2hrs 10 mins, 2hrs 20mins.

10KM Pace Times: 40mins, 45mins, 50mins, 55mins, 60mins, 1hrs 05mins, 1hrs 10mins.

*Whilst we try to fill all slots, a pacer slot may be vacant on race day due to unforeseen circumstances.

AID STATIONS

Aid stations are located approximately every 3-4km throughout the course. Aid Stations will provide water, Pure electrolyte, toilet facilities and first aid.

DISTANCE CHANGES

Any changes must be made prior to 17 May 2023 via the [RegisterNowPortal](#) - select Events, edit, change Event Category. After this, changes should be made at the Check-In Help Desk.

DISTANCE MARKERS

There will be kilometre markings every 1km for the 10km and Half Marathon race.

COURSE INFORMATION

RACE RULES

Due to health and safety, wheeled conveyances (including prams, scooters, bikes and skates) cannot be used in the 10km or Half Marathon. If you would like to participate in one of these distances in a pushed wheelchair please contact our team runawaysydney@theironmangroup.com to discuss options.

Accompanying animals (E.g. Pets) are also not permitted on the course. If you require the support of a service animal please contact our team runawaysydney@theironmangroup.com.

Athletes are discouraged to use headphones and personal music devices.

HEALTH & SAFETY

To ensure all athletes are safe and enjoy the event experience, please consider the following:

- Keep to the left of the course to allow people to pass on the right.
- Be courteous to your fellow participants at all times.
- Please obey instructions from race officials, volunteers, Police and traffic management at all times.
- Do not compete if you have been sick or have had a viral infection in the 2 weeks prior to race day.
- Include emergency contact details on the back of your Race Bib. This will ensure event organisers can get in contact with your emergency contact if necessary.
- All participants must be wearing the correct race number to ensure we have the correct medical and emergency details, if an incident were to occur.

TIMING

Overall distance placings will be based on the 1st, 2nd and 3rd Male and Female runner across the Finish Line.

All timing results will be available online by age group category and will be based on participant's mat time. Age group categories are based on 5 year intervals.

Timing mats will be located at all start lines and at the finish line. Additionally, all runners will receive a split time at various points throughout the course. These will be updated with precise locations closer to the event date.

Disposable timing chips are attached to the back of your race number and will record your time. Timing chips do not need to be returned.

We will also have the [Runaway Series Marathon App](#) that includes an athlete tracker so you can follow your friends results on the day.

CUT OFF TIMES

Due to course management and road closure restrictions, there are cut off points along the course.

Half Marathon Cut offs are found below.

Athletes who fail to pass the checkpoints will be turned around early or moved onto the footpath. Please note: Footpaths will not have timing mats.

Location	Time
Start Line	8:25am
King St/Western Distributor	8:55am
Drink Station 2 – Pirrama Road	9:20am
Maritime Museum	9:55am
Barangaroo/Towns Place	10:15am
Pottinger St/Hickson Rd	10:35am
Drink Station 5 – Prince Albert Road	11:00am
Finish Line	11:30am

HALF MARATHON

COURSE

Runners start on the Cahill Expressway (make sure to look to your right for those picturesque views over Circular Quay), before heading along Sydney's stunning harbour and under the Sydney Harbour Bridge, take in a loop through Pyrmont before heading past Barangaroo and through the Royal Botanic Gardens on your way to the finish on College Street at Cathedral Square.

** Course and start times are subject to change*

START WAVE	ARRIVAL TIME	START TIME
Elite & Red	6:55am	7:25am
Green	7:10am	7:42am
Blue	7:30am	8:00am
Yellow	7:45am	8:17am

Please note the arrival times listed above are for arrival to your start wave. Please ensure you have dropped your bag (if you are planning to on the morning) and used the toilets prior to this time.

COURSE MAP



COURSE

Runners start at the top end of Bridge Street, heading straight onto the Cahill Expressway (make sure to look to your right for those picturesque views over Circular Quay), before heading along Sydney's stunning harbour and under the Sydney Harbour Bridge, before looping around and returning back over the Expressway, through the Royal Botanic Gardens on your way to the finish on College Street at Cathedral Square.

START WAVE	ARRIVAL TIME	START TIME
Elite & Red	6:00am	6:30am
Green	6:00am	6:33am
Blue	6:10am	6:40am
Yellow	6:15am	6:46am

Please note the arrival times listed above are for arrival to your start wave. Please ensure you have dropped your bag (if you are planning to on the morning) and used the toilets prior to this time.

**Course and start times are subject to change.*

COURSE MAP



MVP



Runaway™ Marathon Series

Where will you
runaway to next?

runawayseries.com



New Zealand

Sotheby's
INTERNATIONAL REALTY



Runaway™
**Queenstown
Marathon**

New Zealand

Sotheby's
INTERNATIONAL REALTY



Runaway™
**Hawke's Bay
Marathon**



Runaway™
**Noosa
Marathon**

HOKA



Runaway™
**Sydney Half
Marathon**

POST-RACE INFORMATION

BAGGAGE COLLECTION

You will need to have your Race Bib to verify the collection of your bag. All bags must be collected by 12:00pm from Hyde Park North. Any remaining after this time will be kept in the IRONMAN office for 2 weeks awaiting collection, before being donated to charity.

RESULTS

Results can be viewed at the following locations:

- [Runaway Marathon Series App](#)
- [Event website](#)
- [Finishers Certificate](#)

No access to online services? Visit our Event Information who can assist.

FINISHER MEDAL & TOWEL COLLECTION

Once you have crossed the finish line, please make your way through the chute where one of our volunteers will present you with your finisher medal and athlete gift towel. Following this, please continue through to the recovery area before reuniting with friends and family.

AGE GROUP AWARDS

All age group category awards will be posted to winning athletes two week after the event. If your postal address has changed since registering, please contact our team at runawaysydney@ironman.com to update your address.

Each category will be awarded 1st- 3rd place medals.

Age Categories in both male and female are broken into 5 year intervals, through to the 80+ category.

PHOTOGRAPHY

Sportograf is proud to be the official athlete photo service for this event. They will provide you with their "Foto-Flat" which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

Sign up for the email reminder for your race photos here:

<https://www.sportograf.com/en/event/9604>

Help them take the best photo of you:

- Please be sure to keep your bib number visible on the FRONT of your body during the run, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and

FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information at the finish line. You can lodge your own lost items here:



Alternatively view the Event Schedule (page 6) for times and location.

Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or runawaysydney@theironmangroup.com

EVENT DAY TRAVEL

HOKA Runaway Sydney Half Marathon participants are encouraged to catch public transport and leave their car at home, as various roads will be closed before the run begins and special event clearway parking restrictions will be in effect on many roads along and around the course.

Trains: The closest train stations to the start at Cahill Expressway are Circular Quay, Wynyard and Martin Place, which are all within short walking distance.

Planned weekend trackwork is taking place which may affect how you travel to and from the event from the West and South Western Suburbs. Plan ahead at transportnsw.info.

Buses: Early morning buses will run to the city on some routes. Many services make stops along Elizabeth St or at nearby major terminals at QVB and Wynyard within walking distance of the start area. Keep in mind that some buses will be affected by road closures and will use different routes and stops so plan ahead.

Light rail: Services will run to a normal Sunday timetable.

Ferries: Sydney Ferries will run to a regular Sunday timetable.

You'll need to use a valid Opal card to travel on public transport. Alternatively you can use a contactless major debit or credit card or linked device to tap on and off services.

For all the details on transport services and to plan your trip, visit transportnsw.info.

PARKING & EVENT CLEARWAYS

Participants are reminded that parking in the city is limited on Sunday mornings and road closures will be in place from as early as 2am so some car parks will be inaccessible or you may experience delays accessing parking spaces.

If you have to drive, please familiarise yourself with the road closures, arrive early to secure a parking space and allow extra travel time.

Limited parking is available at the following locations:

- Domain Car Park – St Mary's Road Sydney – Open 24hrs – \$12 flat fee
- Enacon Car Park – 2 Cathedral St, Sydney – Opens at 4:45am - \$15 flat fee

Special event clearways

Street parking will be limited with special event clearway parking restrictions in place between 1.00am and 12.00pm (12am to 2:30pm on College St) on roads along and surrounding the event course in the CBD and Pyrmont. These clearways are in place to clear the course of vehicles for participant safety.

Remember, special event clearways are strict no-parking zones and apply even to local residents and Mobility Scheme Permit Holders. Look for the bright yellow signs and check them carefully as vehicles left in clearways will be towed and a fee applies. If your car is towed it will be moved to the nearest available parking space, you can call 132 701 to find its new location. For more details on clearway locations and times visit livetraffic.com.

CHANGED TRAFFIC CONDITIONS – ROAD CLOSURES

There are extensive closures within the city for the event. Please plan ahead and see the interactive map or download the PDF maps for reference of all road closures and special event clearways.

MAJOR ROAD CLOSURES :

- Cahill Expressway from 4am to 11.30am: The Cahill Expressway and Circular Quay Overpass will be closed.

Motorists travelling toward the Eastern Distributor or the eastern suburbs should use the Sydney Harbour Tunnel.

- Western Distributor from 6am to 9:30am: the Western Distributor from Pyrmont to the CBD including Fig St, Pyrmont St and Market St on-ramps and King St and Harris off-ramps will be closed.

Motorists travelling citybound on the Anzac Bridge will be detoured via the Bathurst St off-ramp. Access to the Anzac Bridge from the CBD is via the Druitt St on-ramp or from the Sydney Harbour Bridge and Harbour St.

OTHER KEY CLOSURES:

- Hyde Park from 2am to 2:30pm: College St between Park St and Prince Albert Road (event finish line).
- Sydney CBD from 4.00am to 11.30am: sections of Macquarie St, Bridge St, Phillip St. Motorists can cross Macquarie St at Shakespeare Place & Bent St until 6am and after 11am. Access the Eastern Distributor via Liverpool and William Streets.
- Macquarie St from 5am to 12.00pm: Macquarie St between St James Rd and Albert Rd.
- Circular Quay & The Rocks from 4.00am to 9:30am: Bridge St from Phillip St to Young Street, Bridge St from Phillip St to Pitt St (Eastbound), Phillip St (South of Bridge St) and Phillip Lane will be closed. Local Access will be allowed on Albert St, Macquarie St (North of Albert St) and Phillip Lane throughout the closures.
- Pyrmont from 6am to 10:30am: Pirrama Rd, Bowman St, Union St, Murray St, Darling Drive and surrounding local roads. Motorists travelling to the city or the Sydney Harbour Bridge will be diverted via Harris St and local roads.
- Millers Point & Barangaroo from 5.00am to 11am: Hickson Rd, Sussex St, Kent St, Pottinger St, Windmill St and Watson Rd. Access to the Rocks is maintained via York St, Lang St, and Harrington St.
- The Domain from 5.00am to 12pm: Art Gallery Rd and Mrs Macquaries Rd.

See the [Transport for NSW Interactive road closure](#) and clearway map here for more details.

- [Road Closure Leaflet - Barangaroo, Millers Point & The Rocks](#)
- [Road Closure Leaflet - Pyrmont](#)
- [Road Closure Leaflet - King Street & Barangaroo](#)

- [Access Map to Sydney Hospital](#)
- [Access Map to King Street Wharf & Cockle Bay Area](#)
- [Access Map to Pyrmont](#)
- [Access Map to The Rocks Area](#)

SPECTATOR INFORMATION

SPECTATORS

Runaway Sydney encourages spectators to see and support their friends and family participating all throughout their race.

The best locations to enjoy Sydney and see your runners include: (see map page 22)

LOCATION NAME	KM MARK	WHY?	ACCESS
Barangaroo Reserve/Millers Point	10K – 2k HM – 2km & 13km	See your runner as they come past at Towns Place for both 10k and Half Marathon and if your runner is in the Half Marathon see them again as they take in the stunning Harbour views at Barangaroo Reserve.	10 minute walk from Wynyard Station or 20 minute walk from the start line through the Rocks .
Sussex St & Darling Harbour /Barangaroo Foreshore	HM – 3km & 10 - 12km	See your runner as they head along Sussex St before heading down to the Darling Harbour/Barangaroo Foreshore to see them as they head back from Pyrmont towards the CBD.	15 minute walk from Hyde Park along Market St or 5 minute walk from Wynyard station.
Pyrmont	HM 5km - 10km	See your runner twice as they head through the Pyrmont area of the course.	25 minute walk from Hyde Park along Market St and the Pyrmont Bridge Access via Light Rail Services run from Central to Pyrmont Bay, The Star or John St Square.
Dawes Point/Hickson Rd Reserve	10K - 4km HM - 14km	See your runner as they pass under the iconic Sydney Harbour Bridge and take in the stunning views Sydney Harbour has to offer.	10 minute walk from Circular Quay.
Macquarie Street	10km - 6km HM - 17km	See your runner as they head towards the finish line along Macquarie St – please ensure you stay on the western side of the road.	2 minute walk from Hyde Park.
Royal Botanic Gardens	10km – 7- 10km HM – 18 - 21km	See your runner twice as they head around the Botanic Gardens and give them that last push they need to get them over that finish line. Look out for HOKA's activation at Mrs Macquarie's Chair whilst you are there.	5 – 10 minute walk from Hyde Park.

SPECTATOR MAP



VOLUNTEERS

The 2023 Runaway Sydney requires the support of over 500 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 2,600 hours to assist, support and motivate you from the start to the finish.

We encourage you to say THANK YOU to the Volunteers whenever possible! They love it when they are appreciated by our athletes and without the Volunteers, we simply would not be able to run this event.

RUNAWAY SERIES APP

The Runaway Series App is available for download on both Apple and Android. The app will contain everything you need to know as an athlete or spectator. Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course.
- Live leaderboard to keep you up front with who's in the lead and you can filter by age group.
- It's super easy to find and create your own list of your favourite athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event Info and clear Schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Runaway Series App now!



GET SOCIAL

We encourage athletes to see, like and share the excitement of Runaway Sydney Half through their social channels. Don't forget to tag us in your posts
@runawaysydneyhalf #RunawaySydneyHalf
#TheStreetsAreYours

See you soon,

Runaway Sydney Team





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