

## **SLOW MARATHON RUNNERS ALTERNATIVE COURSE**

Again this year the Melbourne Marathon we will be implementing an alternate course and redirection points along the Marathon course in order to control the use of the roads and assist with considerable increase in the volume of city traffic at lunchtime. If you fail to reach the **designated course timing point\*** by the time indicated you will have two options - pulling out of the event or continuing on an alternate course to the MCG. The alternate course will include continuing the event “**off road**”- **on the footpath**. Anyone who takes the ‘redirection’ option will have their number marked and be given a lanyard with a map and course description of the alternate course. Runners **MUST** use the footpath after this time with **NO EXCEPTIONS**.

We will have tail vehicles controlling the course and timing points and event officials will also be located at each of the designated timing and redirection points noted below. Participants must follow the directions of event staff – if you are asked to move to the footpath you must do so and **NOT** return to road at any time failure to do so will mean immediate disqualification and may prevent participants being allowed entry in future years.

Participants must also note that the tail vehicle will be issuing timing warnings to runners throughout the course to help you manage your pace and meet timing point requirements. For course safety and road management **ANY** runner who is behind the required event timing may be asked to leave the course or proceed on the footpath at any time throughout the course **EVEN** IF they have not yet reached one of the designated points.

The alternate off-road course has been implementing to allow slow runners the opportunity to complete a marathon in a time up to 7 hours; it is your responsibility to make yourself aware of the timing points, off-road points and the alternative course.

### **ALBERT PARK LAKE – 9.00am\***

(2 hours from start time at 12.5km-(6.45 marathon pace))

at 9.00am and after this point in time **NO** runner will be permitted to **EXIT** Albert Park Lake and turn right into Fitzroy St to continue the course

### **RUNNERS ARE ONLY PERMITTED TO TURN LEFT AND COMPLETE THE HALF MARATHON COURSE**

### **BEACONSFIELD PDE – 10.00 am OFF ROAD POINT\***

(3 hours from start time at 21km (6.15 marathon pace))

at 10.00am and after this point in time

**NO** runner may **USE** the road way running south to Elwood, Runners can continue on course using the footpath only

### **RUNNERS MUST USE THE FOOTPATH FROM HERE TO THE FINISH**

### **FITZROY ST / ST KILDA RD – 11.00am OFF ROAD POINT\***

(4 hours from start time at 30km (5.40 marathon pace))

at 11.00am and after this point in time

**NO** runner may **USE** the road way running North on St Kilda Rd

**RUNNERS MUST USE THE FOOTPATH FROM HERE TO THE FINISH**

**ST KILDA RD/ SOUTH BANK BLVD – ALTERNATE COURSE POINT\***

(4.15 hours from start time at 34km)

at 11.15am and after this point in time

**RUNNERS MUST USE THE FOOTPATH FROM HERE TO THE FINISH**

**RUNNERS MUST USE THE ALTERNATE COURSE FROM HERE TO THE MCG**

**RUNNERS WILL BE GIVEN THE ALTERNATE COURSE MAP LANYARD [HERE](#)**

**ALTERNATE COURSE – ALL ON THE FOOTPATH**

Proceed along the footpath along St Kilda Rd past the Art gallery to the pedestrian crossing in front of the Concert Hall. Proceed across St Kilda Rd at the crossing and turn left. After 30 metres turn right into the Alexandra Gardens (down the path) at the lights cross Alexandra Ave and move across onto the tan running track, proceed in a clock wise direction along the path to Domain Road. Turn right along Domain Rd to St Kilda Road. Follow St Kilda Rd on the footpath to Flinders St. Turn Right at Flinders St and proceed to Wellington Pde. South. Turn Right and proceed to Jolimont Rd and a left turn to the MCG finish.

This course has been measured and when completed will be the full marathon distance, course marshals and reduced aid stations will be in place to manage this course for a 7 hour marathon time, it is up to the individual to be aware of the route of the alternate course

The northbound service lanes on St Kilda Rd will remain open to competitors until 11.00am.

The southbound service lanes on St Kilda Rd will remain open to competitors until 11.50am.