

Dynamic in a Dress Running Festival Half Marathon, 3 April 2016

Forecast for Sunday 3 April (From BOM website, 31/3/2016)

Mostly sunny. Slight (30%) chance of a shower near the coast, near zero chance elsewhere. Winds east to southeasterly 20 to 30 km/h. Overnight temperatures falling to between 18 and 23 with daytime temperatures reaching 28 to 33.

Mostly sunny.

Min 24; Max 32

Course description

The race starts at 7.30am at Redlynch State College (water, rubbish bins and toilets). Start on Jungara Road adjacent to the Junior School campus and run 200m down the hill before making a u-turn and then heading back up Jungara Road and right into Michaelangelo Drive (marshal). At the traffic lights, turn right and continue to the underpass (marshal). Use the underpass to get onto the footpath on the other side of Redlynch Intake Road (marshal). Turn right and continue along the footpath. Turn left onto the side footpath (marshal) that leads to Goomboora Park (water station #1, rubbish bin and toilets). Do a loop in Goomboora Park on the footpath.

Back on the main footpath continue on towards The Rocks area. *The 10km turnaround is along this section.* Once the 21.1km runners reach The Rocks Picnic area (water station #2, rubbish bin and toilets), continue over the bridge at and follow the main footpath to Redlynch Valley Estate and pass under Mary Parker Drive (water station #3 and rubbish bin, toilet at the café). Continue to the end of the footpath at William Hickey Close (water station #4 and rubbish bin). Turn around here and return the same way, including the out and back section in Goomboora Park. When you get to the finish, run a loop on the school oval and collect your medal and singlet.

Roads affected:

Elkhorn Close/Jungara Road
Jasmine Street/Michaelangelo Drive
Lomatia Close/Michaelangelo Drive

Water stations (and rubbish bins):

1. Goomboora Park
2. The Rocks Picnic Area
3. Redlynch Valley Estate Café
4. Footpath at most western end of the course.

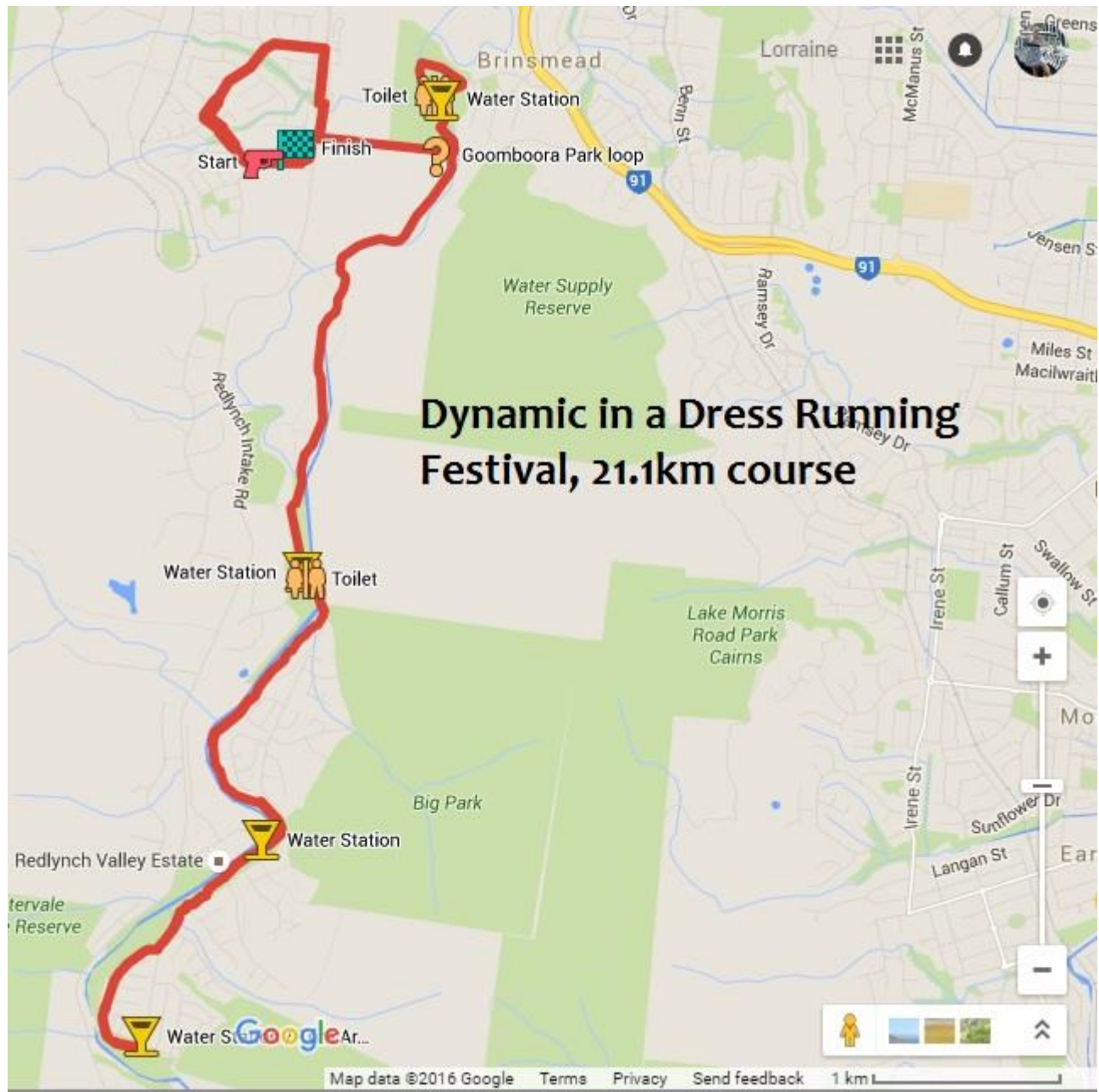
There will also be water at the start/finish.

Toilets:

1. Start/Finish at Redlynch State College school grounds
2. Goomboora Park
3. The Rocks Picnic Area
4. Café at Redlynch Valley Estate

You can view a copy of the map here:

https://www.google.com/maps/d/viewer?mid=zHQBv2_wlpdE.kNoDMTu_xCjs





At the ? sign, go into Goombora Park to complete the loop – do this on the way out AND on the way back for both the 10km or 21.1km courses.