RUNHAVEN ATHLETE GUIDE

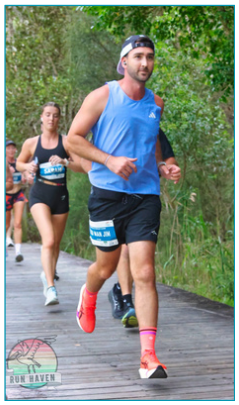
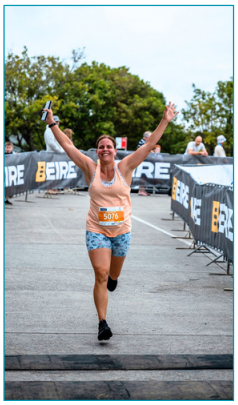
Event 4: 14th November 2026

Well, you've signed up and done the training (maybe...) now here are all the nitty-gritty details you need to know about race day!

Event Start Times and Cut Offs

Event	Start Time	Cut Off	Finishers
Kids Mile	3.30pm	3.50pm (20 mins)	• (Non-competitive) • Finishers medal for all
Kids' 3km	3.50pm	4.25pm (35mins)	• Finishers medals for all • Prizes for 1st/2nd/3rd M/F
Half Marathon	4.30pm	Last light is 7.40pm (3 hours 10 mins)	• Finishers medals for all • Prizes for 1st/2nd/3rd M/F & Age Group Winners
5km	4.40pm	5.55pm (75mins)	• Finishers medals for all • Prizes for 1st/2nd/3rd M/F & Age Group Winners
10km	6pm	Last light is 7.40pm (1 hour 40 mins)	• Finishers medals for all • Prizes for 1st/2nd/3rd M/F & Age Group Winners

Please note: we are all about championing everyone to success here! We will do everything we can to avoid removing people from the course due to time. Last light is at 7.40pm, however, the dusky lead up during sunset can make some parts of the course dimmer; if you are expecting to be part of the 'party at the back' crew, consider packing a headtorch to see you through the last 20 mins of your run.




RUNHAVEN ATHLETE GUIDE

Race Bibs and Bag Drop

- You must be registered by October 18th 2026 to have your name / nickname printed onto your race bib.
- Bib Collection from the following locations
  - Saturday 14th Nov 8.00am-10am from XGOLF PMQ - 58 Uralla Rd, Port Macquarie, NSW 2444
  - Saturday 14th Nov 12.30pm-4pm Laurieton United Services Club (Seymour St)
  - Later than 5pm for bib collection is at your own risk.
- You can leave a finish line drop bag at the afternoon registration tent.
- Drop bags should be a labelled with your name and race number and should not contain glass or items of value.



Race Start and Timing

- Marshalling for each event will begin 5 minutes before the start time. All events begin and end at the Laurieton United Services Club.
- Please seed yourself accordingly at the start line. We will have a rolling wave start for all races and will call on expected times to marshal accordingly in the start chute.
- Podium winners will be determined by gun time (first past the post wins)
- Age group winners will be determined by net timing based on your race bib chip
- Podium place runners are not eligible for age group prizes.

Race Day Etiquette

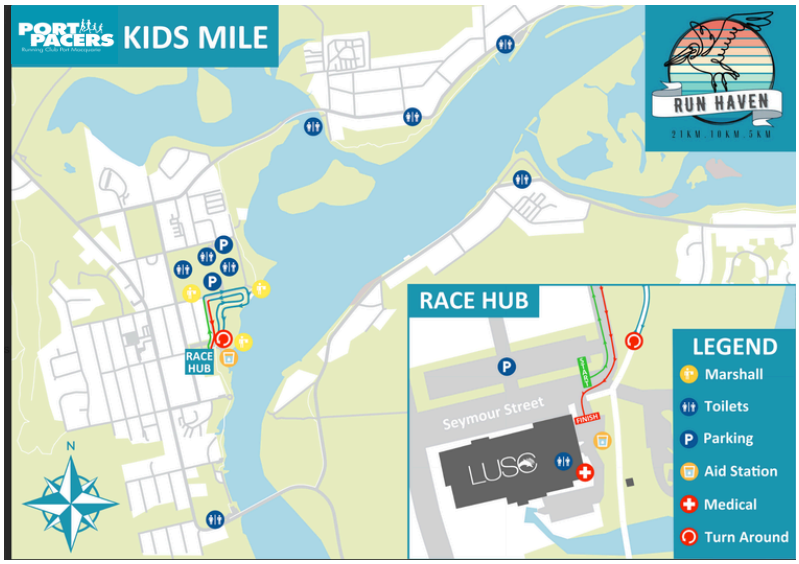
- Please seed yourself appropriately on the start line. Your net time will not be affected by starting towards the back as your chip activates as you cross the start line.
- **Keep left** (yes, we listened to your feedback!) and yield immediately to any faster athletes in all distances.
- Using headphones or ear buds is discouraged. Please limit to one earbud if necessary to ensure you are aware of other runners and can hear instructions from course marshals.

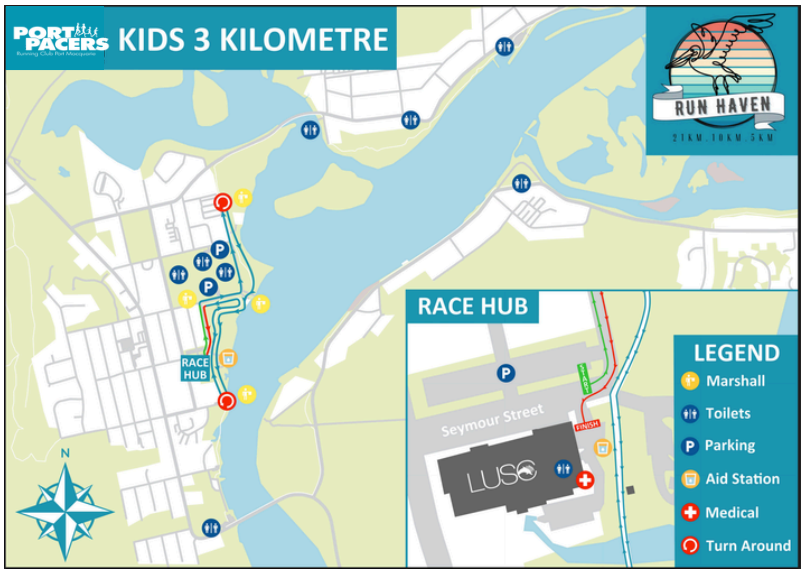
RUNHAVEN ATHLETE GUIDE

Courses and Course Info

- We are now a **KEEP LEFT** course which is different for those who have run with us in previous years. We listened to the feedback and worked to map a course that would allow for a natural keep left pathway. Hopefully, less cognitive load for our runners and fewer collisions!

Kids' Courses





- Parents are welcome to run with children for free in the **mile event ONLY**. There are no medals for adults who run with kids - only for registered runners with bibs.
- The **3km is strictly U13s** only and a competitive event.
- There are participation medals for all registered children in both the 1.6km and 3km Kids' events. There are podium prizes for the 3km event.



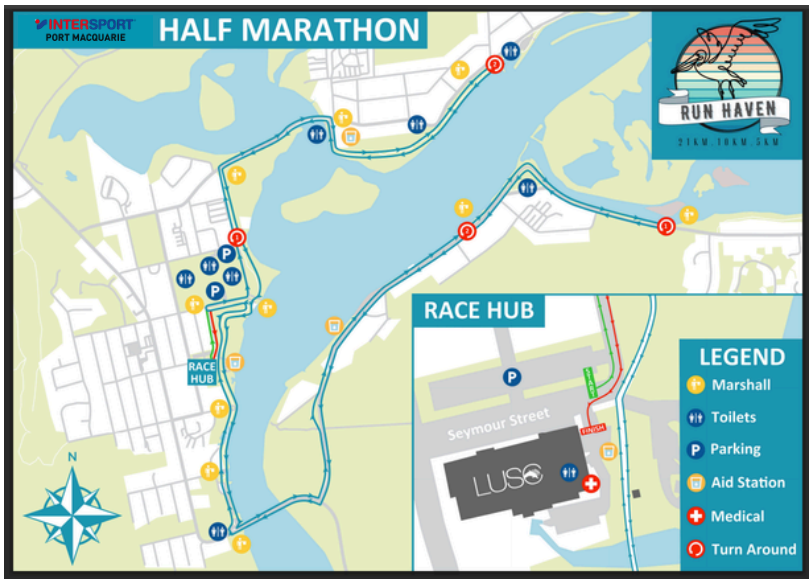






RUNHAVEN ATHLETE GUIDE

Courses and Course Info













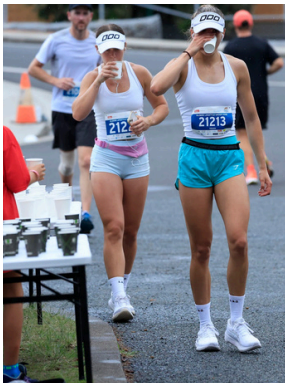
RUNHAVEN ATHLETE GUIDE

First Aid

- Private doctors will be providing First Aid support during the event.
- If you see anyone who needs first aid, please stop and render assistance. Ask someone to notify the nearest marshal.

Drink and Aid Stations

- There will be THREE aid stations on course; Laurieton, North Haven and Dunbogan. Each will have **Fixx** electrolyte nutrition and water available.
- Any other nutrition requirements will be carried by the athlete.



FIXX NUTRITION

Toilets

- There are toilets available for use on course at Bruce Porter Reserve, Stingray Creek and Ostler Park
- Athletes are also able to use the toilets located downstairs at the Laurieton United Services Club as well as the Portaloos available for all at the finish line.

Road Closures and Marshals





- Half road closures will be in place on: Dunbogan Bridge; Dunbogan from Scarborough Way to Dunbogan Reserve; Short St and Tunis St Laurieton
- Full road closure on McLennen St. Laurieton;
- Marshals will be in place at all boat ramps. Failure to obey Traffic Controllers and/or Marshals will result in an instant disqualification from the event.

Single File on the 'bridge'

- The bridge near the race hub is an iconic part of our course. Nothing better than the sea of spectators cheering and the continuous high fives as you pass!
- **To keep things safe, this year the bridge will be strictly SINGLE FILE ONLY. NO OVERTAKING AT ALL - AT RISK OF DQ.**
- The bridge is 30mts, adhering to the rule for safety will not make or break your run.
- This will be signposted as 'single file only'



RUNHAVEN ATHLETE GUIDE

Event Presentation

Event	Time	Location
Port Pacers Kids' 3km	4.30pm	Finish Line
TJL 5km	5.30pm	Finish Line
Men and Women at Work 10km Intersport PMQ Half Marathon	7.30pm	Finish Line





Age Grade Groupings

- Age Grade is determined by your age on race day. Male and Female Age Grade Winners will be awarded Age Winner medals at the presentation at Laurieton United Services Club.
- Age grade groupings to be announced.









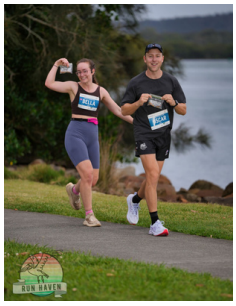
RUNHAVEN ATHLETE GUIDE

Post Run Celebrations and Recovery

- Nothing better than those finish line feels! Oh yes there is - finish line beers! The LUSC will have a can bar open downstairs so you can rehydrate with a beverage (we recommend a water to accompany any alcoholic beverages!) and an icy treat for the kids!
- Growers Market PMQ will be there with some post-run fruit fuel to raise those energy levels again!
- There will be a quick and easy fast food options to purchase on the finish line catered by LUSC.
- Relax, rest the legs, celebrate your achievements and cheer on your mates as they cross the finish line!







Event Photography

- We will have photographers on course capturing the the event. **Sportive Media** are back! Photos from the event will be available for free on our Facebook page post event.
- You can purchase higher resolution photos from the photographer. Website link will be posted after the event.

Local eats and sights...

While you're here 'Racing the Sunset', why not stay a few extra days and experience the beauty of the Port Macquarie Hastings region. Click Destination PM to find out what our region has to offer.


Diamond Head Rock Bridge Camden Haven
by Melissa Findley Photography


Bago Maze Winery

RUNHAVEN ATHLETE GUIDE

Thank you to our sponsors!

Lifestyle.

- **Lifestyle Group** are our presenting partner this year and have really embraced the 'running lifestyle' by signing up their employees to run!
- Buying or selling? Looking at your options? Lifestyle will find you the lifestyle you are after! They know local because they are locals.

- **The Laurieton United Services Club** (LUSC) are there to support you in your post race hydration and nutrition or your one stop spectator location!
- Grab a burger or schnitty and watch the finish line from the auditorium.

LUSC laurieton united services club

INTERSPORT® PORT MACQUARIE

- Intersport have joined the RunHaven family this year, coming onboard as our 21.1km event sponsor.
- Teale and his team are the most knowledgeable and trusted sports equipment providers in PMQ. This is where our runners go to get their runners!

- **Men and Women At Work** are providing our traffic management for the day and proud sponsors of our 10km event.
- Smile at your traffic management officials and give them a thumbs up for their contribution!

MEN AND WOMEN AT WORK

TJL
ACCOUNTANTS • FINANCIAL MANAGEMENT
BUSINESS ADVISORS • INSURANCE

- **TJL Accountants and Financial Management** have returned this year as sponsors of our 5km event and brought a team of participants with them!
- Whether you're an individual or a business, if you need comprehensive book-keeping or financial management and advice, give the team a call!

RUNHAVEN ATHLETE GUIDE

- **Port Pacers Running Club** are our Kids' event sponsors.
- The Port Pacers are in their 8th year of operation and have seen a huge increase in member numbers in the past 12 months. Coached by ANSW accredited coaches with 5 weekly runs and options for all paces, Port Pacers are the running club to be a part of!

- Thanks to **Eire** for their contribution of crowd management structures. They are helping to provide a safe and spectator friendly environment for us all.
- Eire takes pride in supporting local events that enhance our community and we are grateful for their support of RunHaven.

- **Fixx Nutrition** have provided us with on course nutrition for our athletes.
- A proud Australian business Fixx Nutrition believe there is always a natural solution to increasing athletic performance through smart nutrition and want to harness nature to improve athletic performance in the best way possible.

- Thanks to **Growers Market Port Macquarie** for returning this year with their donation of fruit to replenish the athlete post race.
- Bryan and Hayley are Port Macquarie locals who are generous with their support of so many community events.

- Shout out to Mainey for shouting the post-run celebratory beverages!
- Mainey caters to all development needs by providing professional BCA Consultancy, Town Planning and Building Certification. The team at Mainey are dedicated to providing you with the most comprehensive and reliable guidance in development.

- We appreciate the support from **Port Macquarie Hastings Council** and their commitment to promoting physical and mental fitness and well being within the community.
- As recipients of the Major Events Grant, RunHaven appreciate the support from Destination Port Macquarie and PMHC.
- Check out things to do while you're here 'Racing the Sunset': https://www.portmacquarieinfo.com.au/

RUNHAVEN ATHLETE GUIDE

Saved the best for last: Thank you to our amazing volunteers!

Events like this are impossible to run without the generosity of volunteers. Our 2026 event has over 100 volunteers giving us their time over the course of the day by:

- staffing registration
- marking the course
- setting up crowd barriers
- staffing aid stations
- marshalling the course
- sweeping the course
- cheering our runners home
- being all round legends!



BE SURE TO GIVE THEM A SHOUT OUT WHEN YOU SEE THEM AT REGISTRATION OR ON COURSE!

"Thanks for volunteering!"

If you would like to be a legend and volunteer with us during the event, email info@runhaven.com.au

Thanks for being a part of Runhaven 2026.
We hope you have a great day out on course achieving your goals and that our event is one you return to!
Your Run Directors: Mads, Binnie & Christie



Presented by: Lifestyle.