



BREAK O'DAY COMMUNITY FUN RUN, SCAMANDER, SATURDAY FEBRUARY 8th, 2020

The BDD Community inaugural Fun Run will be held on Saturday February 8th, 2020 at Scamander.

This race (5 km) is proudly presented by the BDD Community Triathlon Committee, in conjunction with the Launceston Triathlon Club. The start will be on Bridge Esplanade (in between the two bridges southern side).

We envisage the events will commence at 10.00 am. and conclude by 11:00 am, with presentations shortly after.

Please note that Craig Mottram will be in attendance (four time Olympian) and will be supporting participants and shortly after the race has concluded will speak for aprox. 15 minutes on elite running training.

The committee is very excited to be presenting this event for visitors and locals. We hope a huge number of people participate.

ENTRIES & RACE DAY REGISTRATION

Entry is by online entry only via the club website at www.launcestonclub.com . Entry closes at midnight, Thursday 6th February - this is an automated system which will not accept any entries after the cut off time. Race day entries will be accepted but please note restrictions on the numbers of on the day entries may be enforced to ensure the safety of all participants.

On race day all participants will need to be present by 9:30 am for the race briefing and other admin.

TIMING & RESULTS

For this race we will be hand timing.

CONTACT

Race Director: Barry LeFevre - 0477 095 778



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THE COURSE

The start will be located at the Bridge Esplanade at Scamander (in between two bridges southern side) parking and toilets can also be found on site. (Please refer to the map for course details)

FIRST AID & AID STATIONS

First aid will be provided by qualified medical personnel and based at the race start area and there will be a drink station provided.

RACE BRIEFING

There will be a race briefing at 9.45am in the transition area. All participants are to be present for this. The briefing will provide course details, start and finish area, turning points, safety guidelines and recommendations

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MAPS

