



2023 Governors Bay to Lyttelton Road Race

Athlete information:

- The race starts from the school grounds in Governors Bay; parking can be tight so please arrive in good time for your start.
- Start times will be posted on the website by 7pm Thursday 14th September
- It is important to attend the 9:15am race briefing at Governors Bay school to hear of any special circumstances affecting the event.
- While all competitors compete at their own risk, athletes must always give vehicles the right of way.
- As most of this race is on the main road all competitors **must** always run within 1m of the right-hand side of the road – this is a strict condition and will be monitored. Failure to obey may result in disqualification or even worse, an accident.
- All runners must wear their race number displayed on their front.
 - It is important (and a Health & Safety requirement) that you always have your race number visible during the race.
- Runners also need to run with a microchip tied to their shoe - you will pick this up with your registration number at the start of the race.
 - Registered runners please wear your own Reg. Number and collect your chip from the information desk.
 - Community runners please collect your registration number and chip at least 20 minutes before your start time from the information desk.
 - Please untie the microchip at the end of the race and place in the container provided.
- Runners must be at the start line at least 10 minutes before they are due to start
- No headphones / earplugs to be worn (safety issues).
- Community Runners do not need to return their souvenir race number.
- Runners may leave a labelled gear bag at the start, and this will be transported to the finish.
- The organisers will award the sponsors flowers to all finishers, spot prizes to those lucky enough to win one, and bouquets to the first runner across the line.