



SYDNEY HARBOUR 10&5K

PROUDLY SUPPORTING
AUSTRALIAN
CANCER
RESEARCH
FOUNDATION



2023

EVENT GUIDE

SUNDAY 23 JULY

[SYDNEYHARBOUR10K.COM.AU](https://sydneyharbour10k.com.au)

Sydney's Real flat, Real fast 10K run and Real easy 5K Fun Run around spectacular Sydney Harbour.

f SH10K @SH10K

Proudly Supported by



COVID-Safe Information

While the NSW Government have relaxed it's COVID-19 protocols, participant, staff and volunteer safety remains a priority for the event. We ask participants still follow the general advice of NSW government.



Anyone who is unwell will be instructed not to attend the event.



Encouraging social distancing and reminding participants, spectators, and volunteers to keep 1.5m apart



Reducing the number of touchpoints



Staff and volunteers are encouraged to wear PPE.



STOP BY THE REAL FUEL STATION

We're offering free purple popcorn in the Recovery Village, so don't miss your chance to grab a sweet treat!





GRAB A PHOTO WITH SUPER RILEY ROO

Visit the Real Refuel Station in the
Recovery Village to meet our mascot,
Super Riley Roo!

real
INSURANCE

**SYDNEY
HARBOUR 10&5K**

PROUDLY SUPPORTING
AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

Registration & Race Pack Pick-Up Tent

OVERSEAS PASSENGER TERMINAL (OPT) FORECOURT, CIRCULAR QUAY	FRIDAY 21 JULY 12PM - 6PM	SATURDAY 22 JULY 9AM - 4PM	SUNDAY 23 JULY FROM 6:30AM
--	------------------------------	-------------------------------	-------------------------------

Location

If you did not pay to have your race bib mailed to you, you must collect your race bib from the Registration and Race Pack Pick-Up Tent on either Friday or Saturday prior to event morning, or collect Sunday morning 1 hour before the race.

Race bib postage

If you have paid for your race bib to be mailed out and have not received it by Thursday 20 July, please contact info@sh10.com.au, or visit the Registration and Race Pack Pick-up Tent to organise a replacement.

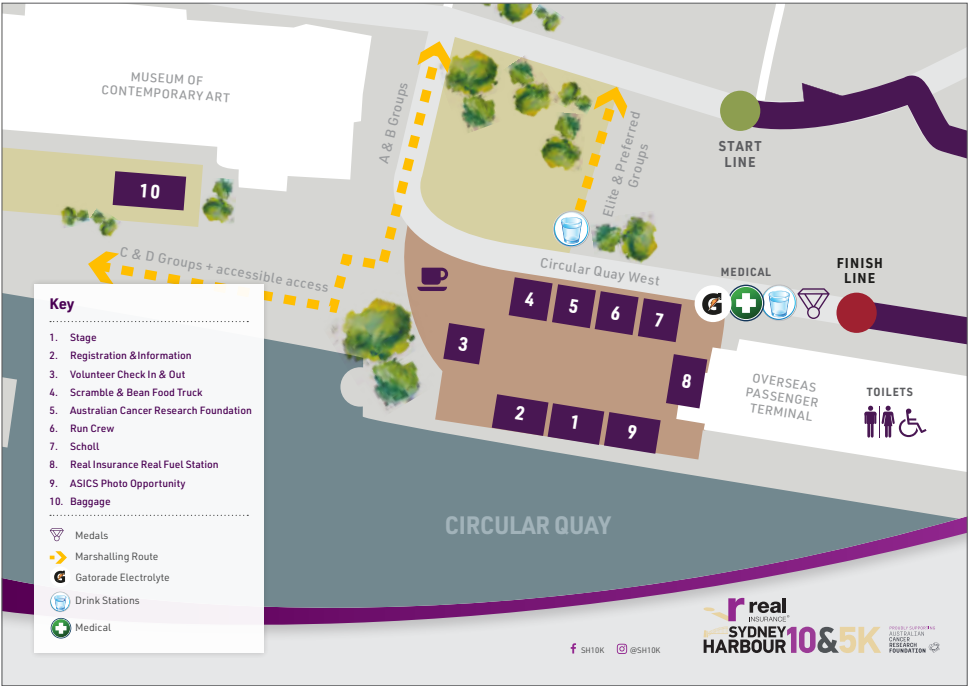
What to bring

To pick up your race bib you must bring a copy of your entry confirmation email. If you can't find your email, please log into [your dashboard](#).

If you are collecting a race bib on behalf of someone else, please make sure to bring a copy of their confirmation email.

10K race bibs are purple and 5K race bibs are a sand colour.

If you have any further queries, please email the Event office at info@sh10.com.au



Traveling to the Event

Trains

The closest station to get to and from the event is Circular Quay. Both the 5K and 10K events start on George Street near the Overseas Passenger Terminal which is within short walking distance.

If you're traveling from the west, planned weekend trackwork is taking place during the event which may affect how you travel. Visit transport.nsw.info.

Metro

Sydney Metro services start operating from around 4am and run every 10 minutes throughout the day. Change at Chatswood to connect with train services to the city.

Bus

Plenty of buses run to Circular Quay, Wynyard and Martin Place to get you within walking distance of the start line. Some buses that usually travel through The Rocks, Walsh Bay, King St Wharf and Pyrmont will be diverting from their regular routes and terminating early while roads are closed for the event.

Ferry

Ferries don't operate early on Sunday mornings to get you to the start line on time, but you can catch the ferry home after the event from nearby Circular Quay wharf.

Light Rail

Catch the light rail to Circular Quay to get within walking distance of the Overseas Passenger Terminal

You can pay for travel on all modes of public transport including metro, trains, buses, ferries and light rail by tapping on and off services using an Opal card. If you don't have one, you can also use your major debit or credit card, or linked device, to tap on and off services.

Remember to top up your Opal card before you head out to avoid lines at top-up machines.

Driving & Parking

We fully appreciate that the public transport options aren't for everyone, and some participants will drive to the event. Key roads will close for the events and existing restrictions in the city means parking is limited so plan to arrive early and carpool where possible.


Road closures will be in place along the course through the Sydney CBD, The Rocks, Dawes Point, Millers Point, Barangaroo, King St Wharf and Pyrmont.

Key road closures will be in place between 4:30am and 12:30pm including sections of George St, Hickson Rd, Sussex St, Murray St, Pirrama Rd and other surrounding local roads. For full road closure details visit the livetraffic.com.

If you plan to drive and park, remember to allow extra time walking from your parking space to arrive at the race start approx. 1 hour before the event. Street parking is limited and remember to check the parking meters carefully for permitted parking times.

If you are getting dropped off at the event, the closest and most easily accessible streets to the start line are Argyle St or Harrington St. From there the start area at the Overseas Passenger Terminal is a short walk through Jack Munday Place.

There are a limited number of car parks within walking distance of the start line that operate early on Sunday mornings. All available car park options can be found at the [Wilson Parking](#) or [Secure Parking](#) websites. We encourage you to book in advance.


Wearing a mask while traveling on public transport is recommended

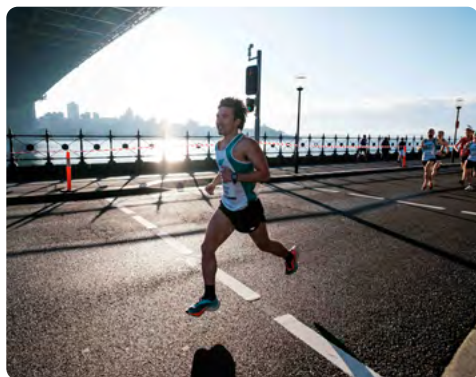
TIP: WITH ROAD CLOSURES AND LIMITED PARKING THE BEST WAY TO GET THERE IS BY PUBLIC TRANSPORT. VISIT [TRANSPORTNSW.INFO](https://transport.nsw.info) FOR ALL THE DETAILS AND TO PLAN YOUR TRIP.

Get yourself Race Ready

Race Bib & Timing chip

A timing chip is affixed to the back of your race bib. Ensure your race bib is pinned onto the front of your outermost layer of clothing, with the safety pins provided. This will record your time from the moment you cross the start line and when you cross the finish line.

Wearing your race bib is mandatory throughout the event to enable course marshals to decipher between 10K and 5K runners, and for entry into the correct start marshalling areas. The timing chip and bib are disposable.



Baggage Area

If you have items that you need stored whilst you are running, you can drop these off at the baggage area on race morning.

Important Instructions for baggage:

1. The Baggage Area will be located on the lawn in front of the Museum of Contemporary Art.
2. Affix a baggage sticker to a biodegradable bag supplied to you at the baggage area.
 - a. No personal bags or backpacks will be accepted at the baggage drop. You must put any loose items into the bag provided and affix your baggage sticker.
 - b. Please do not leave any valuables in your bag; the organisers will not be responsible for lost property. Your baggage is held for the duration of the race and must be collected by 11.30am.
3. To collect your items, you will need to show your race bib to one of our helpful volunteers to ensure you collect the correct bag. Note: Baggage that is not collected by 11.30am will be treated as lost property and may be disposed of.

NOTE: DO NOT BEND YOUR TIMING CHIP OR WEAR CLOTHING OVER THE RACE BIB OR YOUR TIME WILL NOT BE RECORDED.

GEL-KAYANO™
30

Stability never felt better

ALLI CASH, ASICS ATHLETE

asics
sound mind. sound body.



Marshalling Information

Event Start Time	Marshalling Time	Start Line cut-off	Course cut-off time
5K – 7:30am	7:00am	7:50am	9:05am
10K– 8:30am	8:00am	8:50am	10:35am



The marshalling area for both races can be accessed from the Event Village, forecourt of the Overseas Passenger Terminal, The Rocks.

Participants in the A Group and B Group (race bibs beginning with A or B) can access the marshalling area via Argyle Street between Museum of Contemporary Art and Cadman’s Cottage.

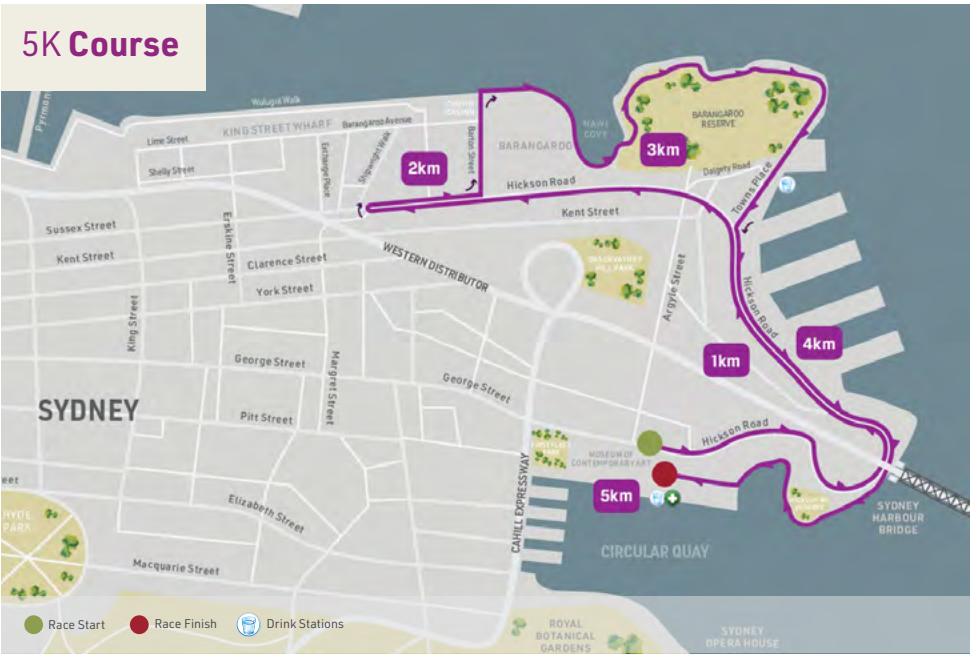
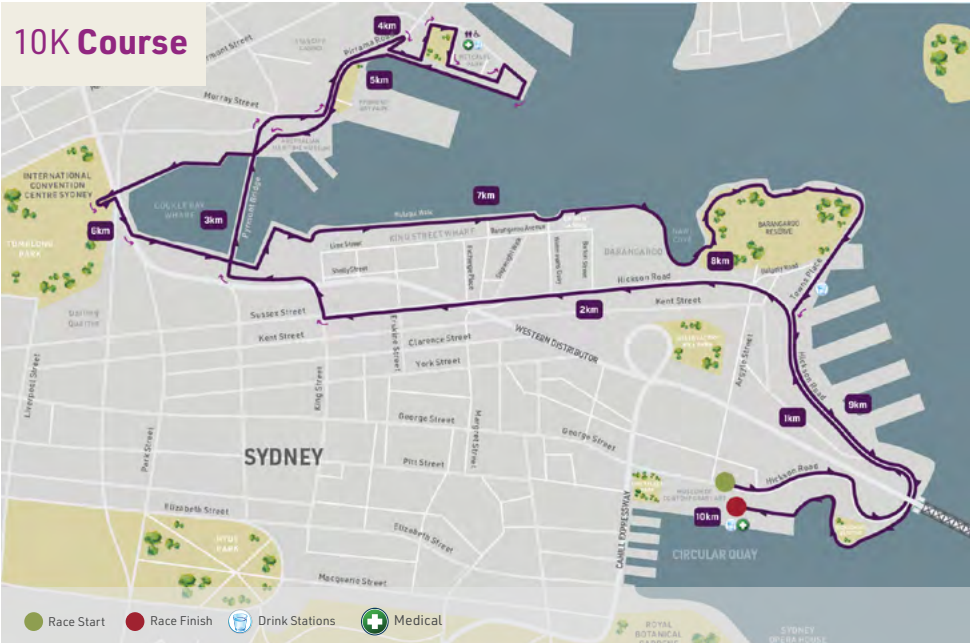
C & D Group participants can access the marshalling area via the southern end of Museum of Contemporary Art and take the stairs up to George St from First Fleet Park.

Participants requiring accessible access in either event can access the marshalling area by following the footpath in front (waterside) of the Museum of Contemporary Art towards First Fleet Park and accessing George St from Alfred St.

The marshalling areas are clearly labelled A, B, C and D, and participants can check their start group by looking at their race bib. There is one gun and one starting time for all groups.

Remember, your timing chip will record your own Personal Net Time. However, your race result is based on Gun Time.

The Courses



The Village

Real Insurance Recovery Village

After you finish the race and collect your medal, make sure you head over to the Real Insurance refuel station in the recovery village. There's giveaways, free purple popcorn and our famous mascot, Super Riley Roo! Don't miss your chance to grab a photo and some freebies, and performances by the Real Insurance flash mob.

Australian Cancer Research Foundation

Raising funds for ACRF means backing brilliant cancer research and saving lives. Thank you to everyone who has supported ACRF with their run. We hope everyone has a wonderful race day and we hope to see you all there!

ASICS Live Uplifted!

ASICS believe in the positive power of sport and movement - that it can transform us individually and as a community. Capture your uplifting moment at the ASICS photo experience where you can customise a timer with your personal finish time.

Scholl

Celebrate with Scholl in the recovery area, and give your feet the love they deserve by collecting a Scholl Feel Foot-tastic bag to assist with recovery and get you back on your feet, fast!

Run Crew

If you are looking for support for your next event, Run Crew are the official training partner of the Real Insurance Sydney Harbour 10K & 5K. Visit Run Crew in the Real Insurance Event Village to find out more about their special SH10K & 5K Run Crew offer.



Thanks for joining #TeamACRF!

By supporting ACRF, you're giving Australia's best cancer research to the people who need it most.

Come on down to ACRF's tent to meet our ambassadors, Olympian Liz Parnov and Hugh van Cuylenburg. Enjoy a complimentary Brasserie Bread pastry fix.

You can pin your bib to ACRF's Tribute Wall in honour of your loved one. Plus, to celebrate the launch of ACRF Hair Dare you can get a crazy colour in your hair.

Visit the #TeamACRF tent at the finish line.

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION
www.acrf.com.au



B A C K I N G
B R I L L I A N T



Sustainability

This year we are taking further steps to reduce the event's environmental impact and we need your help to support our mission.

Among many other initiatives, we are targeting the elimination of single use plastic cups and drink bottles at Drink Stations plus the introduction of multiple waste streams on site (general waste, food and biodegradable products and co-mingle recycling).

There will be a number of education pieces to assist you with correct disposal of your waste so please keep an eye out for our friendly waste warrior volunteers and signage.



LETS

GO

RUNNING

SYDNEY

f SH10K @SH10K

To learn more about the
Real Insurance Sydney Harbour
10K & 5K visit the website:
sydneyharbour10k.com.au

Why not secure your spot on the start line for 2024!
Registrations open from 9:00am for the 2024 Real
Insurance Sydney Harbour 10K & 5K, which will be back
on Sunday 28 July 2024. And as an added incentive, if you
register before next Sunday, you can save a whopping **50%**
on your entry. See event website for details and to register

f [Real.Insurance](https://www.facebook.com/RealInsurance) @ [realinsurance](https://www.instagram.com/realinsurance)  [realinsurance](https://www.youtube.com/realinsurance)