

Compulsory Race Brief 2023

Bottle Lake Forest is open to the public. Please respect and look out for other walkers, runners, mountain bikers, and horse riders.

Dogs must be under effective control at all times. They need to be on the lead at the start/finish area. They can be off lead from 1km onwards if you wish. Please be responsible and tolerant dog owners.

You will get lost if you aren't paying attention! There will be distance markers every kilometre. Pink ribbon will be used throughout the course. These will be used to help manoeuvre you along certain areas so don't expect to see them at regular set distance points. Make sure you familiarise yourself with the course maps and event signage beforehand (see 'Navigation Tips' under 'Race Info' on the website). GPX files are available on the website and there will also be tail end Charlie's.

There is some overlap of all courses so you may see other competitors at different times. They will have different coloured race bibs. If you're following someone, make sure you're following someone with the same colour bib as yours.

Please don't litter and please clean up after your dog. There will be 2 rubbish bins for dog poop within the first 500m. There will also be red buckets throughout the course for dog poop and rubbish bins at aid stations.

In the event of a major emergency (either fire, earthquake, tsunami, terrorism), please make your way back to the start/finish area or nearest aid station and await further instructions.

Marathon and 32.2km specific

- There is 1 marathon cut off time at the 32km mark. You need to pass this before 1pm. That is you have 6 hours (runners) or 6.5 hours (walkers) to do a tough 32km. Marathoners who do not make the 1pm cut off time will be directed onto the final section of the 32.2km course and will receive an official finish under the 32.2km participant category. Course closure for all participants is 3pm. We recommend that you conserve your energy on the soft sand but rip into it on the firmer surfaces.
- Dogs need to be on the lead for a total of 10km near the 7km mark. This is due to local bird habitat. This will be signposted and animal management will be there.
- When you see the marshal at the Spencer Park / Brookland Lagoon out and back turnaround point (which is approx. 12km into the run), make sure you get a sticker from the marshal and stick it onto your race bib as proof of passage.
- For the beach section of the run, turn right towards New Brighton Pier and keep running until you see the marshal at the turn around point on the beach. Make sure you get a sticker from the marshal as proof of passage. You should finish with 2 stickers on your race bib!
- Please be vigilant for dog altercations with dogs from the public. Especially along the beach and sand dunes in the New Brighton area.
- There will be 4 vet checks at the 6.5, 17, 22.5km, and 28.5km mark.

Half marathon specific

- For the beach section of the run, turn right towards New Brighton Pier and keep running until you see the marshal at the turn around point on the beach. Make sure you obtain a sticker from the marshal and stick it onto your bib as proof of passage!

- Please be vigilant for dog altercations with dogs from the public. Especially along the beach and sand dunes in the New Brighton area.
- There will be 2 vet checks at 11 and 17km.

16km specific

- After the aid station / vet check at the 11km mark, do not go onto the beach! If you're on the beach, you've taken the wrong turn off. The beach section is for the full marathon, 32km, and half marathon participants only.
- There will be 1 vet check at 11km.

10km specific

- This category has the second most participants in the 4 Paws Marathon. Please be patient. Please be responsible and tolerant owners. There will be no vet checks for this category.

5km specific

- This category has the most participants in the 4 Paws Marathon. Please be patient. Please be responsible and tolerant owners. There will be no vet checks for this category.

2.4km specific

- All children need to be accompanied by an adult.
- There will be one marshal on the course who you will see twice.
- There will be no aid stations.