## Greens Beach

**Address:** Greens Beach Road, approximately 1764 Greens beach road.

**Meet:** Under Cover BBQ Picnic area opposite entrance to golf club

**Distances**: 12km, 6km, 4km and 2km

**Start:** 1:00pm

**Type of Race:** Handicap events today for all races

**Order of events**:

    1:00 - Divisions 1 (both distances)
    1:00 - Division 3 (as long as there are enough timekeepers)
    1:20 - Division 2 (or at the conclusion of Division 3, whichever comes first)

**Course:** Division 3 is along the beach. High Tide is at approx. 4:30 pm. Division 2 and Division 1 are along the beautiful coastal track, long course to West head and return. Not a 'fast' track and is "technically difficult". There is a high chance you can trip and fall, you need to watch footing in many places

Make a day of it and grab an ice-cream at the shop after the race and enjoy some sandcastle making or beach cricket after the events.
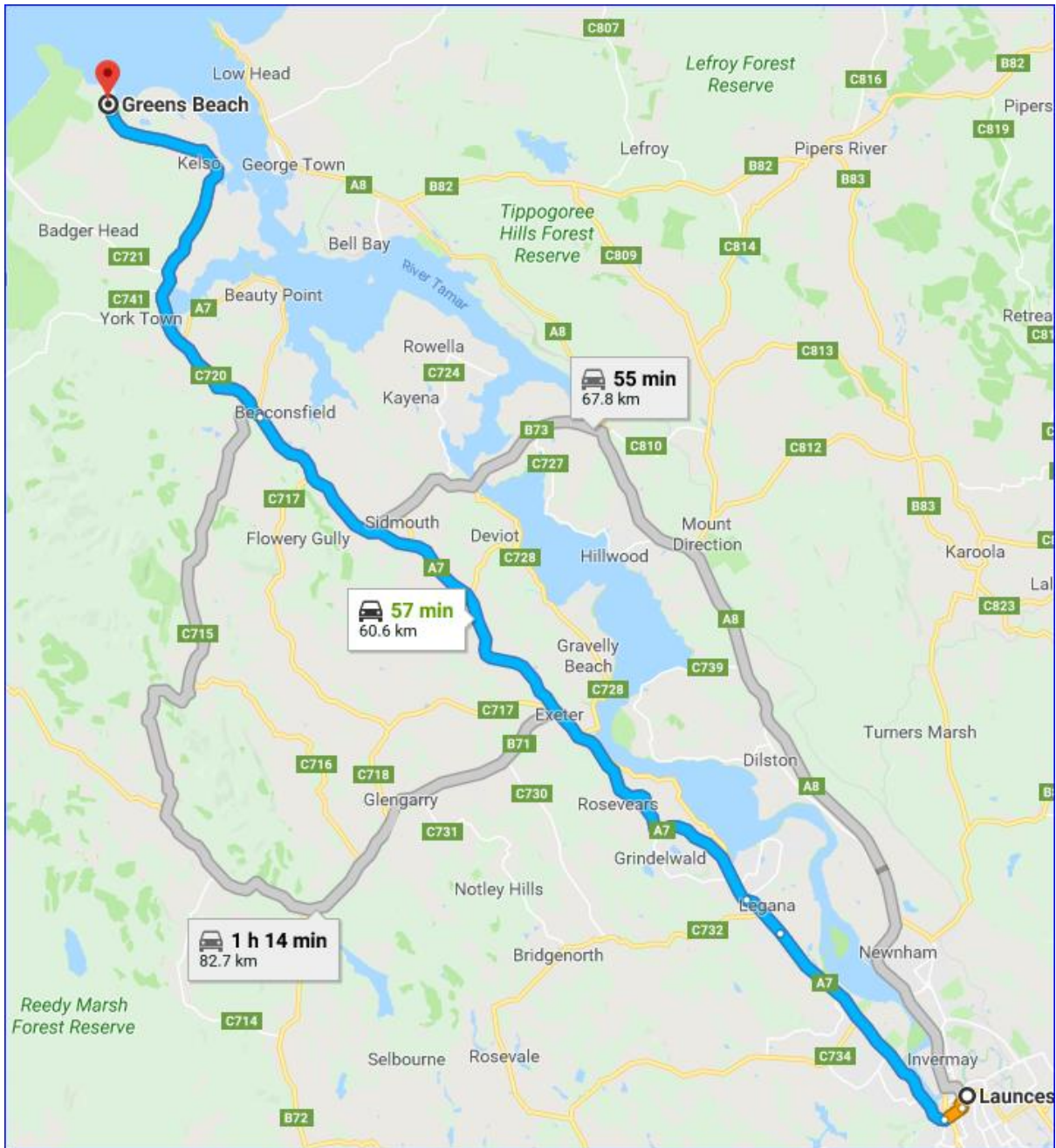
**Note: Division 1 runners.**

**Due to the distance of the run and the minimal marshals in the 12km event. Please carry a phone with our phone numbers and an emergency app (we recommend Emergency +) installed.**

Issues (injury or getting lost) please let us know and call 000 for assistance if required. Barbara will carry her bivy stick (emergency satellite device) and can contact emergency services if out of mobile range.
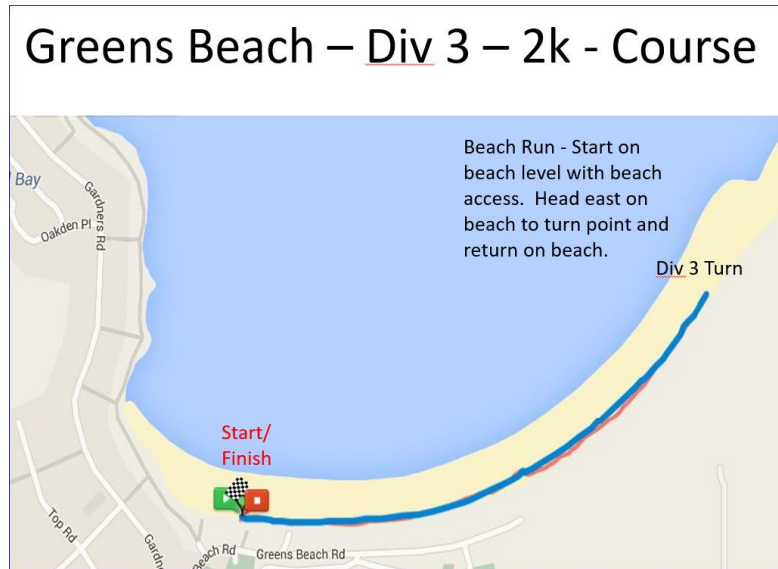
Alex 0437 684 643

Barb  0408 238 329 or Bivy stick (text only) is +61 485881857
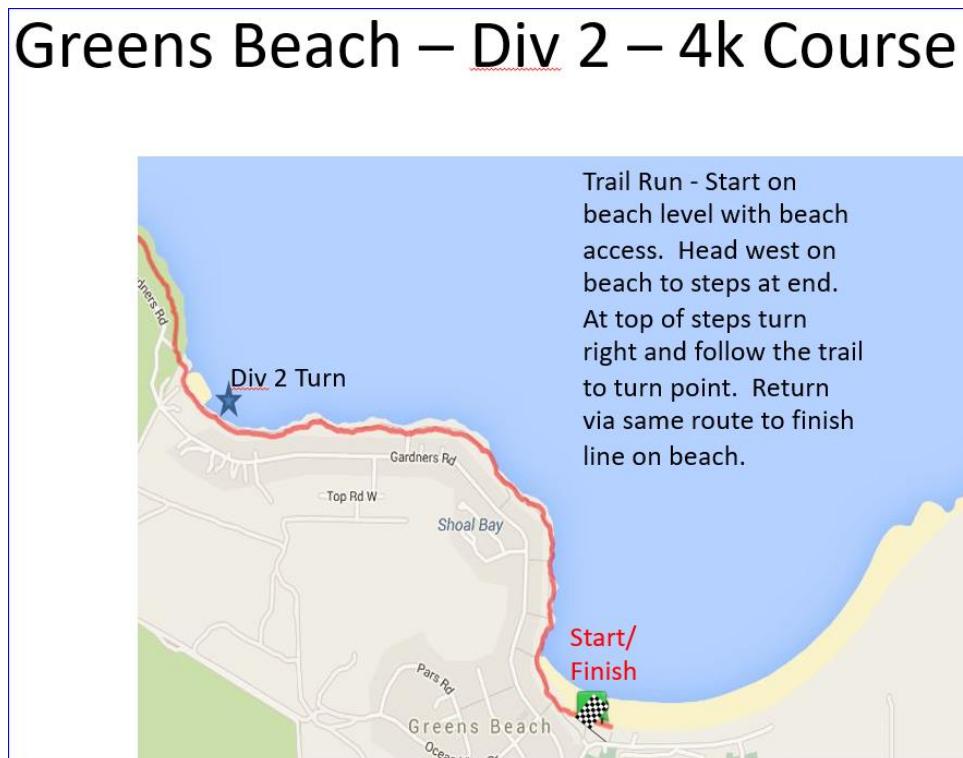
# How to get there:

## Course Maps

Event 2km: Beach run

### Greens Beach – Div 3 – 2k - Course

Beach Run - Start on beach level with beach access. Head east on beach to turn point and return on beach.

Div 3 Turn

Start/Finish

**Event 4km**

Trail Run along the foreshore track towards West Head

### Greens Beach – Div 2 – 4k Course

Trail Run - Start on beach level with beach access. Head west on beach to steps at end. At top of steps turn right and follow the trail to turn point. Return via same route to finish line on beach.

Div 2 Turn

Start/Finish

**Event: 12km & 6km**

Trail Run along the foreshore track all the way to the West Head car park and return. A technically challenging trail with varying terrain. The 6km runners will turn at the 3km mark.

**Reminder: Division 1 runners need to carry a phone with an emergency app installed, due to the distance of the run and the minimal marshals.**