## 2023 Runaway Noosa Marathon Course Times and Cut Offs

The Marathon distance has a 6-hour overall course cut off to allow for progressive road reopening.
Runners over the 6-hour course time will be able to complete their marathon on the footpath ( $8.32 \mathrm{~min} / \mathrm{km}$ or better pace required), the finish line will remain open until 1:00pm ( $6 \mathrm{hrs} 45 \mathrm{mins}-$ $9.36 \mathrm{~min} / \mathrm{km}$ or better pace required).

Runners that finish before 1:00pm will receive an official marathon result.
The below information will assist runners to stay ahead of course cut offs. Course staff will assist runners to move to the footpath at designated times. Once on the footpath, runners will be allowed to finish the race unassisted under normal road conditions.

| Time of Day | Race Time | Distance | Location | Detail |
| :---: | :---: | :---: | :---: | :---: |
| 7:51am | 1hr 30min | 10.5km | Start lap 2 - Noosa Parade run turn | Runners must have passed this point to ensure they remain ahead of the course cut off |
| 9:21am | 3hrs | 21.0km | Start lap 3 - Noosa <br> Parade run turn | Runners must have passed this point to ensure they remain ahead of the course cut off |
| 10:50am | 4hrs 30min | 31.6 km | Start lap 4 - Noosa Parade run turn | Runners after this time may be requested to move to the footpath along the course to allow for progressive road reopening. Roads will begin progressively reopening from 12:15pm. |
| 11:15am | 4hrs 52min | 34.2 km | Lap 4 - Weyba Road Roundabout - outbound towards run turn | Runners after this time may be requested to move to the footpath along the course to allow for progressive road reopening. Roads will begin reopening from 12:15pm |
| 11:54am | 5hrs 39min | 39.7 km | Lap 4 - Weyba Road Roundabout - inbound (re-entering Noosa Parade) | Runners after this time may be requested to move to the footpath along the course to allow for progressive road reopening. Roads will begin reopening from 12:15pm |
| 11:55am | 5hrs 40min | $\begin{aligned} & 34.2 \mathrm{~km} \\ & \text { To } \\ & 39.7 \mathrm{~km} \end{aligned}$ | Lap 4 - Between Weyba Road Roundabout (outbound) \& Hilton Terrace Turnaround | Roads will reopen between Hilton Terrace and Weyba Road Roundabout at 12:15pm. Runners within this zone will be requested to move to the footpath at 11:55am. |
| 12:15pm | 6hrs | $\begin{aligned} & 39.7 \mathrm{~km} \\ & \text { To } \\ & 42.2 \mathrm{~km} \end{aligned}$ | Lap 4 - Between Weyba Road Roundabout \& Finish Line | Roads will reopen between Weyba Road Roundabout and Finish Line at 12:30pm. Runners within this zone will be requested to move to the footpath at 12:15pm. |
| 1:00pm | 6hrs 45min | 42.2km | Finish Line | Finish line closes - runners after this time will not receive an official result |

