

## **Sydney Striders: Internal Half Marathon Handicap**

- **Start location:** End of Maliyawal Street Lilyfield. Drive to end of carpark past 'Le Montage' building. Setup on grass area opposite bathrooms and kids playground. Behind Leichhardt Aquatic centre on the water edge.
- **The race:** Runners will start in the opposite direction along Maliyawal Street towards the bridge. Setup one 'U-turn' cone marker at 350 meters where runners will then head back towards the start area.
- Pass the start area and continue past to run complete loop of the bay in an anticlockwise direction. This is to be run along the main path area and would be easiest to chalk arrows at most.
- Towards the end of the lap after passing UTS rowing club on the left, process up over the bridge. Do not go down the stairs on the left after the bridge. Continue onto Lilyfield road and take left footpath to re-join bay run (Maliyawal Street) and continue to start location.
- Runners will complete 1 lap (6.8km) in total with an additional 700m at the start for a total of 21.1km.

