



Dear Athlete,

**Thank you for entering in the 2019 O'Keefe Challenge!**

Firstly, would like to acknowledge our Gold Sponsor Mandalay Resources for all of their support in making this event happen. We are greatly appreciative of the support our supporting sponsors and partners who are listed below.

Secondly, I would like to acknowledge the committee of Heathcote and Bendigo-based volunteers who have been meeting regularly over the past nine months to prepare for this event.

Finally, with over 600 participants just like you taking part in this year's event, it is promising to be another fantastic edition. Over 200 volunteers will also assist with making this a memorable experience for you.

Best of luck,

**Nigel Preston**

Event Director

O'Keefe Challenge

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*Gold Sponsor*



*Charity Partner*



*Supporting Sponsors & Partners*



Community Grants Program



*This year's Challenge is proudly supported by Mandalay Resources, City of Greater Bendigo Community Grants program, Fosterville Gold Mine, Connally's Real Estate, Palling Bros. Brewery, Athlete's Foot Bendigo, Athletics Bendigo, St Anthony's Family Medical Practice, Bendigo Coachlines and Healthy Mates Physiotherapy.*

## 2019 Event Schedule

Saturday 27 April 2019		
6:30 pm – 9:00 pm	O'Keefe Dinner (Bookings essential via website)	The Heathcote Inn
Sunday 28 April 2019		
Time	Event	Location
5:45 am	Registration Centre Open	Barrack Reserve, Heathcote
6:15 am	Busses depart for Marathon Startline	Heathcote to Junortoun
7:15 am	Briefing: Marathon	Junortoun
<b>7:30 am</b>	<b>Start: Marathon</b>	<b>Junortoun to Heathcote</b>
<b>7:30 am</b>	<b>Start: Ekiden Relay</b>	<b>Junortoun to Heathcote</b>
7:40 am	Busses depart for Half Marathon Startline	Heathcote to Knowsley
8:15 am	Briefing: Half Marathon	Knowsley
<b>8:30 am</b>	<b>Start: Half Marathon</b>	<b>Knowsley to Heathcote</b>
8:30 am	Event Village Open	Barrack Reserve, Heathcote
9:25 am	Briefing: 5km Event	Barrack Reserve, Heathcote
<b>9:30 am</b>	<b>Start: 5km Event</b>	<b>Barrack Reserve, Heathcote</b>
9:40 am	Briefing: 10km Event	Barrack Reserve, Heathcote
<b>9:45 am</b>	<b>Start: 10km Events</b>	<b>Barrack Reserve, Heathcote</b>
9:50 am	Expected First 5km Finisher	Heathcote
9:50 am	Expected First Half Marathon Finisher	Heathcote
10:15 am	Expected First Marathon Finisher	Heathcote
10:20 am	Expected First 10km Finisher	Heathcote
10:25 am	Briefing: Mile	Barrack Reserve, Heathcote
<b>10:30 am</b>	<b>Start: Mile</b>	<b>Barrack Reserve, Heathcote</b>
10:40 am	Briefing: 500m Superhero Dash	Barrack Reserve, Heathcote
<b>10:45 am</b>	<b>Start: 500 m Superhero Dash</b>	<b>Barrack Reserve, Heathcote</b>
11:30 am	Presentations*	Barrack Reserve, Heathcote

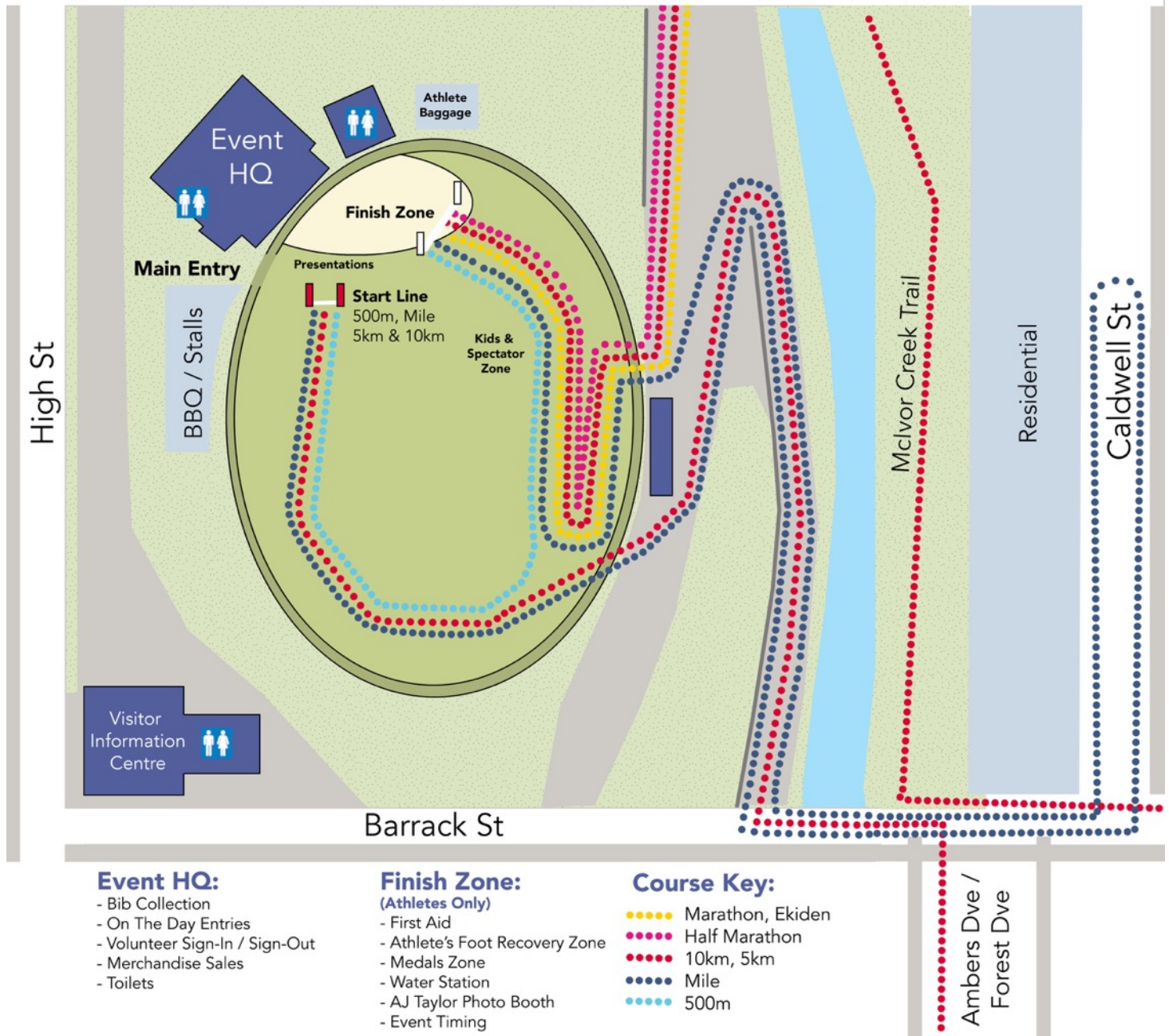
\* = Timing of Presentation Ceremonies are subject to change.

# Heathcote Site Map

Barrack Reserve, High St, Heathcote. [Google Map Link >](#)



## Barrack Reserve, Heathcote



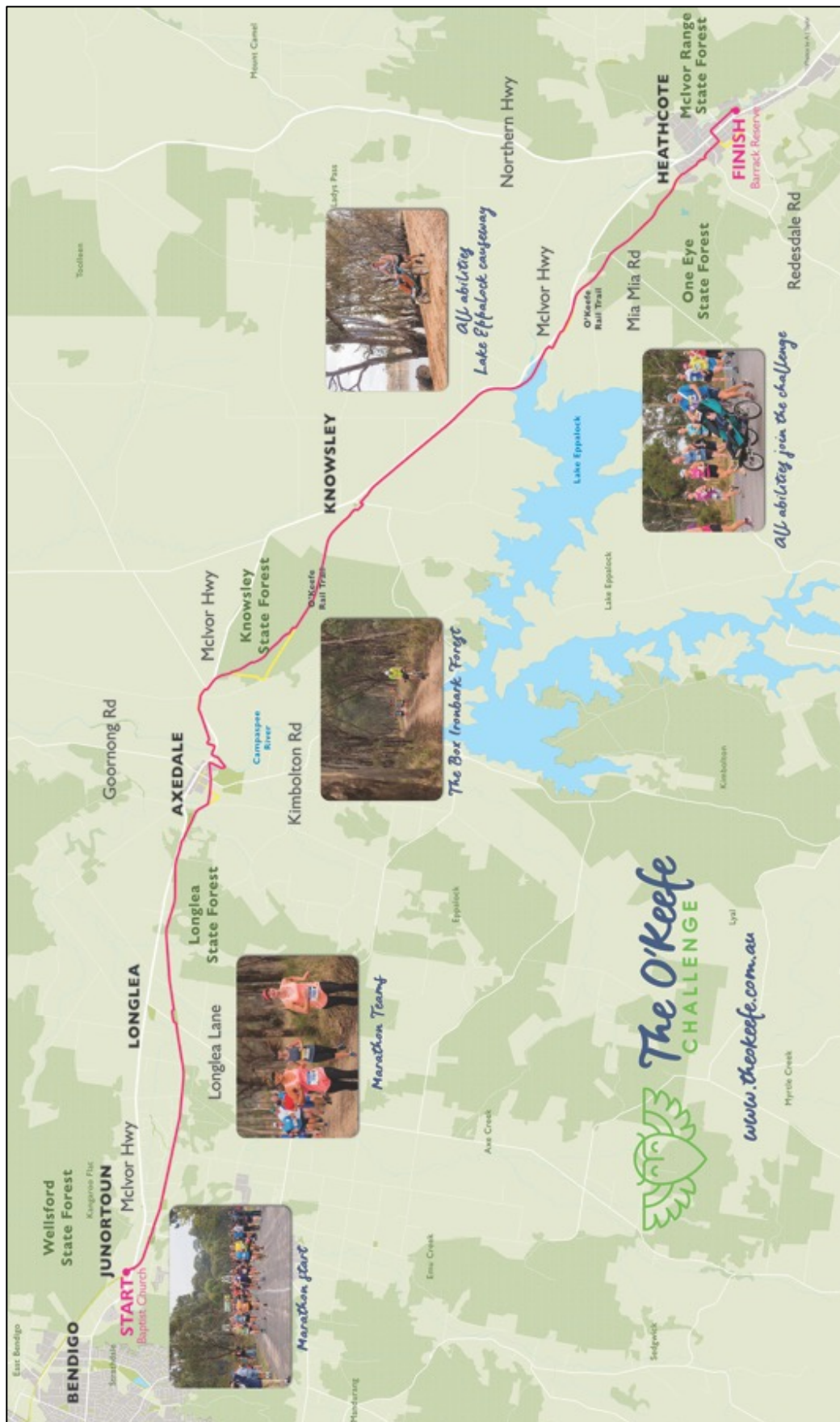


# Mandalay Resources Marathon

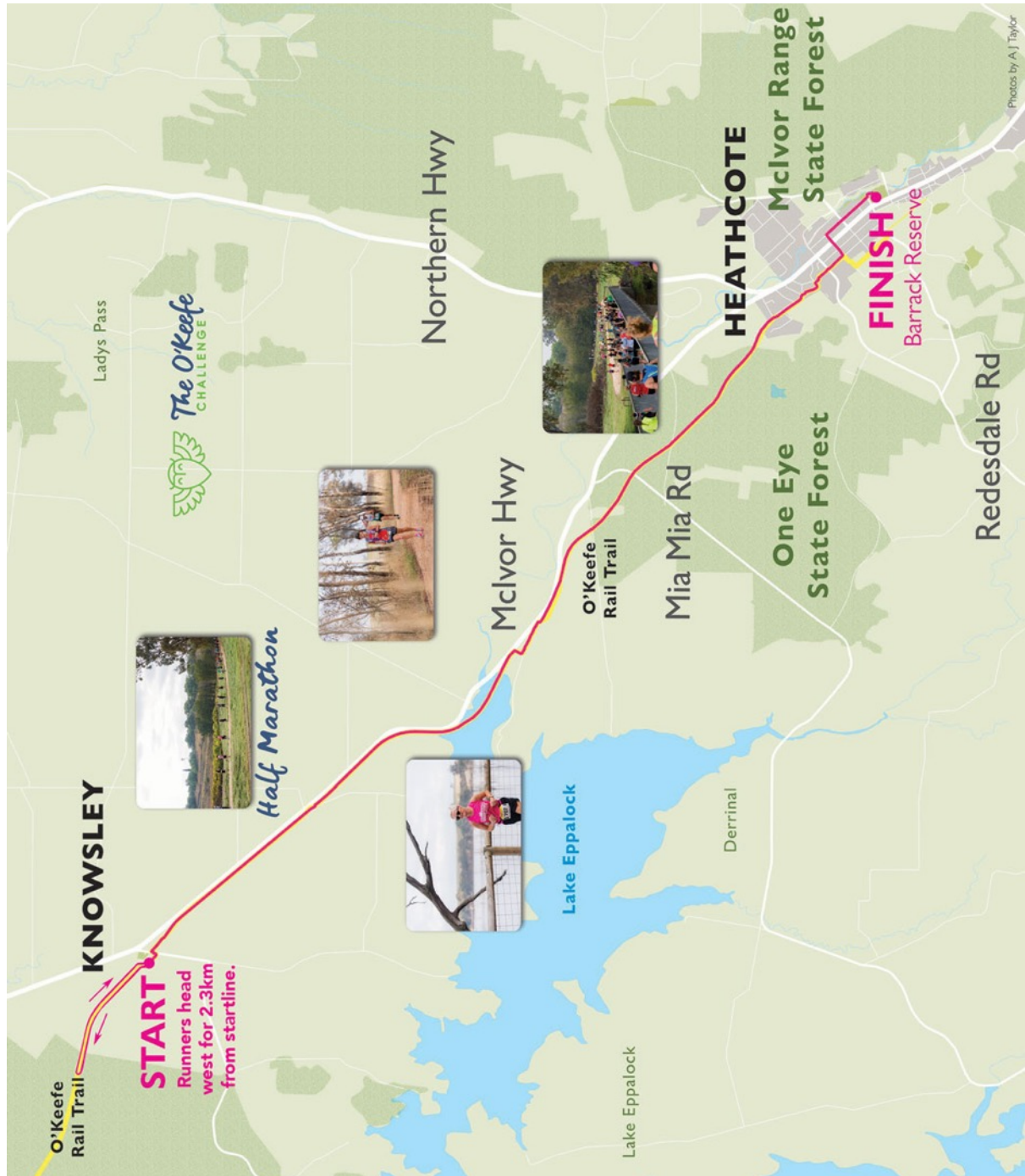
Start: Bendigo Baptist Church, 757 McIvor Hwy, Junortoun VIC 3550

Google Map Link ([Start](#))

Avenza Map Link > <https://www.avenzamaps.com/maps/513261/okeefe-marathon-map>

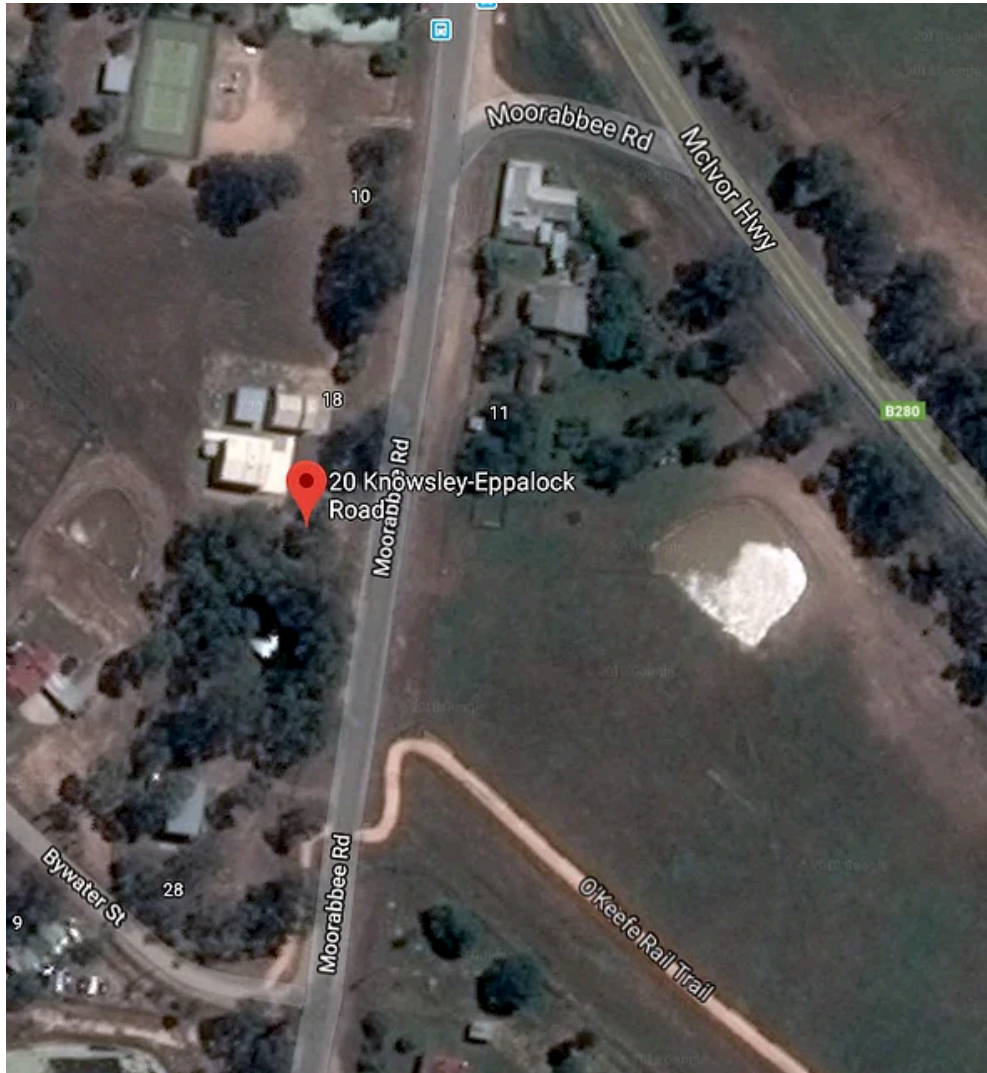


# Fosterville Gold Mine Half Marathon



## Half Marathon – Start Location

20 Knowsley-Eppalock Road, Knowsley, VIC 3523  
Google Map Link (Knowsley)





# *Half Marathon*

## **Course Description**

The course follows the historic O'Keefe Rail Trail, which is a generally firm running surface topped with gravel. The course has a gradual rise from start to finish, and is mainly flat with some small undulations.

Our Half Marathon runners will depart from Knowsley and head 2.3km west towards Bendigo. After a turnaround in the Knowsley Forest, they follow the O'Keefe Rail Trail and Marathon course all the way to Heathcote.

The route does increase in elevation over the second half – and this has tested many participants in the past.

As the trail approaches Heathcote, runners will enjoy a sealed walking track and a fast road section before their final dash across the grass into the finishing chute on Barrack Reserve oval.

# *The Athletes Foot 10km and Connally's Real Estate 5km Run / Walk Against Dementia*

## **Course Descriptions**

Both the 5km and 10km courses start on Barracks Reserve and heads out towards Barrack Road then around the Liquid Ambers on Forest Drive. At the intersection of Forest Drive and Ambers Drive, the 10km participants turn right whilst the 5km participants continue straight on.

The 10km participants will head out on Forest Drive for approximately 2.5km before doing a U-Turn and returning to the intersection of Forest Drive and Ambers Drive again.

This time, the 10k participants will turn right and rejoin the 5km course.

From the intersection of Forest Drive and Ambers Drive, both the 5km and 10km courses will weave through bushland to Barrack Street and then join the beautiful McIvor Creek Trail. Participants will follow this through and will cross back over the McIvor Creek at Shakespeare St and then turn right onto Beauchamp St and another right onto Pohlman St.

At the the intersection of Wright and Pohlman streets, all runners will turn right and head for Barrack Reserve along Wright street.  
Runners will make their final dash onto the grassed oval into the finishing chute at Barrack Reserve.

## *About the Flight Against Dementia*

All money raised from this event will be donated to support the work of the Heathcote Dementia Alliance to assist with the creation of a state-of-the-art facility for those living with dementia and the Heathcote Dementia Friendly Community Project.



# Map for 5km and 10km Events



# *Heathcote Lions Club Mile and 500m Superhero Dash*

## **Course Descriptions**

The Mile and 500 m Superhero Dash both start on Barrack Reserve Oval near the Event HQ.

The Mile completes the half lap of the oval then exits towards the footpath heading towards Barrack St. This follows the same route as the start of the 5km and 10km events.

Then, once on Barrack St, the Mile runners will turn left into Caldwell Rd. They race down here for a few hundred metres before completing a U-Turn and then heading back along the course to the Finish line.

The 500 metre dash is a simple lap of the Barrack Reserve Oval from the 'Start Line' to the finish line at the poppet heads. Parents and helpers are more than welcome to run with the little ones.

# Event Information

## Bibs:

### Entries ON OR PRIOR TO Monday 11 March 2019

Bibs will be mailed out to participants to the postal address provided in the week commencing Monday 9 April 2019.

### Entries AFTER to Monday 12 March 2019

Those who have entered after this date will be required to collect their race packs from the respective start lines on the morning of their events:

- Marathon: Junortoun
- Half Marathon: Knowsley

All other events: Event Headquarters, Barrack Reserve Stadium, High St, Heathcote from 6:00am onwards.

## Is there transport provided?

Yes! A FREE bus service will be transferring participants from Barrack Reserve, Heathcote (Corner of Herriot and High Streets, Heathcote) to the respective start lines. Marathon start is in Junortoun (approx. 35 min travel time from Heathcote) and the Half Marathon start in Knowsley (approx. 15 min travel time from Heathcote). This is provided courtesy of Bendigo Coachlines.

Participants MUST have 'Opted-In' to this during the online registration process to ensure safe capacity on the buses.

### Departure Times:

Leaving Heathcote at 6:15am for the Marathon start in Junortoun.

Leaving Heathcote at 7:40am for the Half Marathon start in Knowsley.

NOTE: There is no return transport provided as this was underutilised in past events.

## Is there a 'Bag Drop'?

Yes, a bag drop service will be managed by a team of volunteers at the Barrack Reserve building. Marathon and Half Marathon participants can also leave belongings with the event volunteers at their race start locations in Junortoun and Knowsley. We ask that you provide your own labelled plastic bag where practical.

## Parking at the Marathon Race Start – Baptist Church Junortoun

It is essential that instructions are followed from parking marshals. There is plenty of parking at the race start.

Short-term Parking – Parking for family members and friends who are not staying at the start site may park in the front car park.

Long-term Parking – Parking for runners who are going to be returning from the finish line is behind the race start. Drive to the end of the driveway and a marshal will then direct you right to a safe parking area. Please be careful of other people in this area and do no more than 10km per hour in this area.

## **Parking at Reserve in Heathcote**

For the Sunday events, there is limited parking available close to Barrack Reserve at the event finish site. Nearby options include the Heathcote Primary School car park off Herriot St and also the Former Heathcote Railway station site, which is also on Herriot St and is the former O’Keefe Rail Trail Marathon finish location. These locations are a short 10 minute walk from the event finish site.

## **Are there Water and / or Aid Stations on the course?**

There will be drink and aid stations, manned by local volunteer groups, along all course routes and at the start and finish locations. Please note these are water only.

Runners can have drinks or gels handed to them by support people or family along the Trail. We ask though for any helpers not to obstruct other runners. There are no sports drinks provided and only water.

<b>Location</b>	<b>Marathon</b>	<b>Half Marathon</b>	<b>10km</b>	<b>5km</b>
Somerset Park Rd	2.5 km	n/a	n/a	n/a
Longlea Lane (Aid)	7.5 km	n/a	n/a	n/a
Hickey Road	12 km	n/a	n/a	n/a
Axedale (Aid)	15.5 km	n/a	n/a	n/a
Hicksons Track	20 km	n/a	n/a	n/a
Knowsley	25.5 km	2.5 km	n/a	n/a
Moorreebe Foreshore Rd	29 km	8.5 km	n/a	n/a
Derrinal Station (Aid)	33 km	12.5 km	n/a	n/a
Mia Mia Derrinal Rd	36 km	14.5 km	n/a	n/a
One Eye Road	39 km	19.5 km	n/a	n/a
Heathcote Showgrounds	n/a	n/a	7.5km	2.5km

## **Are there toilets along the route/s?**

Yes! There will be some official toilets located along the route/s at each of the Major Aid Stations.

There will also be toilets at the start and finish locations. (When you've gotta go, you've gotta go).

## **What First Aid is available?**

Basic First Aid is available at Aid stations and at the finish line also. We also ask other runners to be observant if they see an athlete in trouble and notify aid stations. ‘Lead’ riders, and a ‘Tail end’ rider will also be out on the trail.



## Cattle Grids

The 10 cattle grids from approximately the 25km mark to the 34km mark will be covered in this year's event for the Marathon and Half Marathon events. The covers are wide enough to fit two runners wide. Some runners though may have the agility to get over them easily with one step in the middle without an issue if a runner is just ahead blocking their way. Last year they caused little issue.

## Roads and Course Management

There are over 40 road crossings, most are minor road crossings with normally small numbers of houses in the area.

**Most major road crossings** will have qualified traffic management personnel there to stop traffic.

**Most minor roads** will have traffic marshals only that will have flags. Even though if it is very unlikely you see a red flag, you must **stop**. A yellow flag means '*cross with caution*'.

**'Event In Progress' Signage** will be around all roads warning of runners. Everything has been done to ensure your safety, but we also share the area with all others and it is not a closed athletics track.

On some cross roads you will see a set of upside down U-shaped poles with red on it. Unless indicated, you must run between them. There are several when you enter the residential area of Heathcote where you do cross over a few roads. **Half**

## Are there cut off times for each event?

To reduce the time commitment of our volunteers and our road closure teams, there are cut off times for the following events:

- Marathon: 6 hours.
- Ekiden Relay: 6 hours.
- Half Marathon: 4 hours.
- 10km: 2 hours.
- All other events: No cut off time.

Participants outside of these cut off times will not be removed from the course, but will need to obey all normal road rules. Unfortunately, they will not receive an official electronic time in the official results, however, they will receive a Finishers medal.

## Is there any 'recovery' available?

Yes! Event Sponsors, Athlete's Foot Bendigo are providing a space for you to relax, stretch, make use of their foam rollers and mats after your event. Their expert staff will be on hand to debrief the highs and lows of your running experience!

## Any events for the kids?

If your kids are coming along and want to shine like their mum or dad, you are welcome to enter them on the day into the:

- Lions Heathcote Mile (All Ages) or
- 500 metre dash (Children are encouraged to dress as their favourite Superhero!)

Each participant will receive a participatory ribbon and you can enter on the day with cash or EFTPOS.

### **Will I receive a participants medal?**

Yes, all finishers will receive a Participants' medal at the finish line.

### **Are official photographs available?**

Yes, official event photographs are available to purchase through our official event photographer, A J Taylor Images. A J Taylor's photography team will be on course and also at the finish line.

### **When and where will the presentations be held?**

The presentations will be held at Barrack Reserve at approximately 11:30am on the day of the event. Please listen out for Public Address announcements on the day.

### **Where will I find our results?**

Results will be published on our results page (<https://www.theokeefe.com.au/results>) within 24 hours of the event finish.