



TOOWOOMBA RUNNING FESTIVAL – CUT OFF POLICY

Each race of the Toowoomba Running Festival has an official cut off time in which participants must complete their race. These cut off times are enforced so roads can be re-opened to the public in accordance with event permits.

It is important that all participants read the full cut off policy. Six key points of information:

1. Start line time closure
2. Official cut-off times (gun times)
3. Kilometre pace required to finish within the race cut off time
4. Progressive race cut off times along the course
5. Locations where officials will monitor and enforce the race cut off times
6. Disqualification

Official cut off times and the selected locations for enforcement are detailed below in race specific sections. These are all based off the **gun time** i.e. the time when the starting gun is fired. Course officials will issue warnings throughout the course and have the authority to remove participants from the race at any of the listed cut off locations where a participant is behind the cut off time and their safety or event progress is compromised.

It is important to note it remains the participant's responsibility to ensure they finish within the official cut-off time. The pace guideline included for each race will assist participants with their training and race day pacing, especially those who start their race towards the back of the field according to their designated start zone. Should a participants' gun finish time fall outside the official cut-off time an official result will not be published or provided.

Event organisers are committed to all participants having a great experience at the Toowoomba Running Festival. To avoid disappointment, event organisers strongly suggest that all participants familiarise themselves with the cut off policy for their chosen race.

CUT OFF ENFORCEMENT POINTS

SUNDAY 3 MAY 2026

HALF MARATHON

Start Time: 6:15am
 Official Cut Off Time: 3 hours 45 minutes (Gun time)
 Finish Line Closes: 10:00am
 Pace Guideline: Participants must be able to maintain a 10 minute 45 second per kilometre pace or better once crossing the start line

Cut Off Point	Location	Intersection (Approximate)	KM Mark	Duration from Gun Time	Time
1. Start Line Closes	Margaret Street		0	0 mins	6:15am
2. James Street	Kitchener Street	James Street	1.5	13 mins	6:28am
3. West Creek Pathway	West Creek Pathway	Herries Street	9.5	1 hr 43 mins	7:58am
4. Prince Henry Drive	Prince Henry Drive	Skye Court	15	2 hrs 42 mins	8:57am
5. Campbell Street	Campbell Street	Curzon Street	20	3 hrs 35 mins	9:50am
6. Finish Line Closes	Toowoomba Sports Ground		21.1	3 hrs 45 mins	10:00 am

10KM

Start Time: 6:30am
 Official Cut Off Time: 2 hours (Gun time)
 Finish Line Closes: 8:30am
 Pace Guideline: Participants must be able to maintain a 12 minute per kilometre pace or better once crossing the start line

Cut Off Point	Location	Intersection (Approximate)	KM Mark	Duration from Gun Time	Time
1. Start Line Closes	Margaret Street		0	0 mins	6:15am
2. Campbell Street	Campbell Street	Curzon Street	2	24mins	6:54am
3. Dudley Street	Dudley Street	Bridge Street	8	1hr 36mins	8:06am
4. Campbell Street	Campbell Street	Mackenzie Street	9	1hr 48mins	8:18am
5. Finish Line Closes	Toowoomba Sports Ground		10	2hr	8:30am

5KM

Start Time: 8:45am
 Official Cut Off Time: 1 hour 10 minutes (Gun time)
 Finish Line Closes: 9:55am
 Pace Guideline: Participants must be able to maintain a 14 minute per kilometre pace or better once crossing the start line

Cut Off Point	Location	Intersection (Approximate)	KM Mark	Duration from Gun Time	Time
1. Start Line Closes	Lindsay Street		0	0 mins	8:45am
2. North Ruthven Street	Ruthven Street	Margaret Street	2	28mins	9:13am
3. East Margaret Street	Margaret Street	Lindsay Street	3	42 mins	9:27am

1 Mile

Start Time:
 Official Cut Off Time: Various start times for different heats
 Finish Line Closes: 12 minutes (Gun time)
 Pace Guideline: 12 minutes after the start of each heat
 Participants must be able to maintain a 7:30 minute per kilometre pace Or better once crossing the start line

Cut Off Point	Location	KM Mark	Duration from Gun Time
1. Start Line Closes	Lindsay Street Start Line	0	0 mins
2. Halfway Turn Point	North end of Lindsay Street	0.8	6 mins
3. Finish Line Closes	Lindsay Street Finish Line	1.6	12 mins