10km Course Briefing

Your Start Time and Location
- Your event starts at 10.00am. Please be at the start line area 10 minutes prior.
- The start line is on the Williamson Park side of Lowe Street.
- Your race number (with timing transponder) must be on your front.
- Self-seeding applies in the start area with elite entrants up the front please.

Your Event Course
- The event course is 99% on road, with only the final 30m being on grass.
- **Please treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions as they will be assisting you with road crossings and directing you into the correct running lanes.

Following Your Event Course
- **Follow all BLUE directional signage and ignore all other coloured directional signage.**
- Important intersections on-course have been marked with BLUE arrows.
- You have one u-turn point on Marie Cres, marked with a 'Turn Here' sign.
- The first time you reach the main entrance to Williamson Park (after approx 5km), you will continue straight, cross the 5km mark timing mat and commence your second lap. Once you reach the main entrance to Williamson Park a second time you will turn into the park to finish.
- A BLUE halfway distance marker will be placed at the 5km mark.
- The background colour of your race number is BLUE.
- It is your responsibility to know the route of your event course. Printable course maps along with course notes/directions are available to download on the event website.

Medical Assistance
- Peak Safety will be supporting all entrants at Williamson Park.
- If you require urgent medical attention on the event course please dial 111 as soon as possible, or inform the closest event marshal, who will dial 111.
- If you require non urgent assistance please inform the nearest event marshal who will connect with our roving course support for you.

Think Water Whangamatā Cup Free Hydration Stations + Toilets
- Water and Torq Hydration Drink (and toilets) are available at 3km, 5km and 8km.

Have a great day and we'll see you at the finish line.