

5km Course Briefing

G.J. Gardner. HOMES



Your Start Time and Location

- Your event starts at 11.00am. 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 GREEN directional signage and ignore all other coloured directional signage.**
- Important intersections on-course have been marked with GREEN arrows.
- You have one u-turn point on Marie Cres, marked with a 'Turn Here' sign.
- A GREEN halfway distance marker will be placed at the 2.5km mark.
- The background colour of your race number is GREEN.
- 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.
- The 5km distance is popular with families and young runners. Terms & conditions of entry for participants under the age of 14 years require that they are fully supervised on the day by an adult (over 18 years) at the event, and that this adult will be responsible for adherence to course directions.

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.

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