

Course Briefing

Start Time and Location

- The 10km event starts at 10.00am.
- The start line is on Ocean Road in front of Williamson Park.
- Please stay off Ocean Road until the Event MC calls entrants to the start line.
- The race number (with timing transponder) must be on your front.
- Self-seeding applies in the start area; please allow elite entrants to move to the front.

10km Event Course

- The 10km event course is 99% on road, with the final 80m on grass.
- **Please treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions; they will be assisting you with road crossings and directing you into the correct running lanes.

Following The 10km Event Course

- The background colour of the 10km race number is **BLUE**. **Follow all BLUE directional signage and ignore all other coloured directional signage.**
- Important intersections on the 10km course have been marked with **BLUE** arrows.
- There is one u-turn location on Marie Cres, marked with a 'TURN' sign.
- At the corner of Williamson Road and Williamson Park follow the large "NEXT LAP" sign straight ahead to pass through the start line, and commence a final 5km lap. When you lap back to the park corner, follow the large "FINISH" sign and turn right into the finish chute on Williamson Park.
- It is the responsibility of entrants to know the route of their event course. Printable course maps and notes are available to download on the event website.

Medical Assistance and Emergency Evacuation

- Peak Safety will be supporting entrants at the medical tent 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
- If you require non urgent assistance please inform the closest event marshal.
- If a Tsunami Warning necessitates a course evacuation, move to the footpath or grass verge and continue on the course until you see the first event evacuation sign, or are directed by an event official to the closest meeting point: up The Drive to Fernleigh Glade. This may mean turning back the way you have come.

Ultimate Direction Cup Free Hydration Stations + Toilets

- BYO Hydration device - Cup Free Water and Torq Hydration Drink, and toilets are available at 3.1km, 8.1km and at the start/finish.

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