

Course Briefing

Start Time and Location

- The 21km event starts at 8.00am.
- 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.

21km Event Course

- The 21km event course is predominantly on road, with small sections on the footpath and the Wentworth Valley Walkway, 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.
- On Wentworth Valley Road the course is "Keep Right" so you are running into traffic at all times on Wentworth Valley Road for this "out-and-back" section of the course.

Following the 21km Event Course

- The background colour of the 21km race number is **RED**. **Follow all RED directional signage and ignore all other coloured directional signage.**
- Important intersections on the 21km course have been marked with **RED** arrows.
- There are two u-turn locations both marked with a 'Turn' flag.
- At the 16km mark, 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.
- There will be **RED** distance markers at the 4km, 8km, Halfway, 13km and 16km marks.
- There will be "1km to Turn" and "500m to Turn" signs on Wentworth Valley Road.
- 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, or Titoki Golf Club SH25. This may mean turning back the way you have come.

Ultimate Direction Cup Free Hydration Stations + Toilets

- BYO Hydration device - Cup Free Water and electrolyte, and toilets are available at 4.7km, 7.4km, 10.5km, 14.5km, 19.5km and at the start/finish.

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