

Written Race Briefing 2019 - 10KM

* **WALKERS START @ 0745hrs (plus RUNNERS who will take 75+ minutes)**

* **RUNNERS START @ 0700hrs**

Your Start Area

- Please be in the start line area 10 minutes prior to your start time.
- The start line is outside #139 Waratah Street (a 2 minute walk from Fergusson Park).
- You'll need your race number on your front & your timing transponder on your shoe lace.
- Self-seeding applies in the start area with elite entrants up the front please.

Your Event Course

- The event course is on the road, however, there are a few short sections where the event course will be moved to a footpath or walkway for your own safety.
- Where there is a coned lane provided, please remain hard left inside that coned lane.
- **Please treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions & take care at each of the road crossings.

Following Your Event Course

- It is your responsibility to know the route of your event course.
- Important intersections have been marked with BLACK arrows (shown below).
- Distance markers will be placed at every km with BLACK km markers (shown below).
- **The colour of the numerals shown on your unique race number is BLACK. Follow all BLACK signage and ignore all other coloured signage.**



Medical Assistance

- There is medical support provided by EMT Ambulance (0800 367 368).
- If you need urgent medical attention on the event course please inform the closest event marshal who will communicate with EMT. Alternatively, dial 111 as soon as possible.

A Train Heads Up

- If you are directed on a "1000m train detour" (due to a train passing over the Maxwells Road line at the time you approach), you'll be handed a wristband half way through this detour.
- To enable you to be directed on the "1000m train shortcut" later on in the course, simply hand over this wristband to the "train shortcut marshals" on the Harbour Drive section of the course.

Aid Station Distances

Water and R-Line available @ 1.5km, 4km and 7.6km.

Enjoy your event experience and we'll see you at the finish line.

Event prizegiving is at 11.00am.