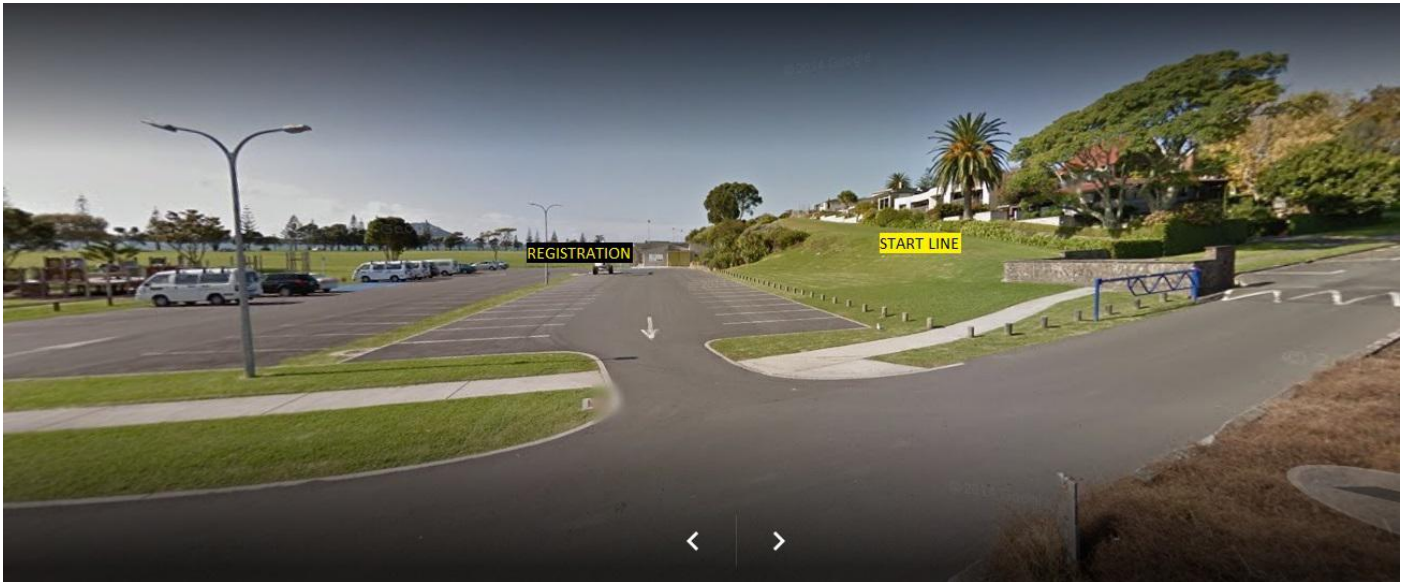


# Written Race Briefing 2019 - MATUA MILE

**\* RUNNERS & WALKERS START @ 1015hrs**

## Your Start Area

- Please be in the start line area 10 minutes prior to your start time.
- The start line is shown on the map below.
- You'll need your race number on your front & your timing transponder on your shoe lace.



## Your Event Course

- The event course is a mix of grass, walkway and the road around Fergusson Park.
- **Please treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions.

## Following Your Event Course

- Important intersections have been marked with YELLOW arrows (shown below).
- YELLOW rope has been used on the event course to keep entrants heading in the direction required – please do not cross over or go under any YELLOW rope.
- **The colour of the numerals shown on your unique race number is YELLOW. Follow all YELLOW 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.

**Enjoy your event experience and we'll see you at the finish line.  
Event prizegiving is at 11.00am.**