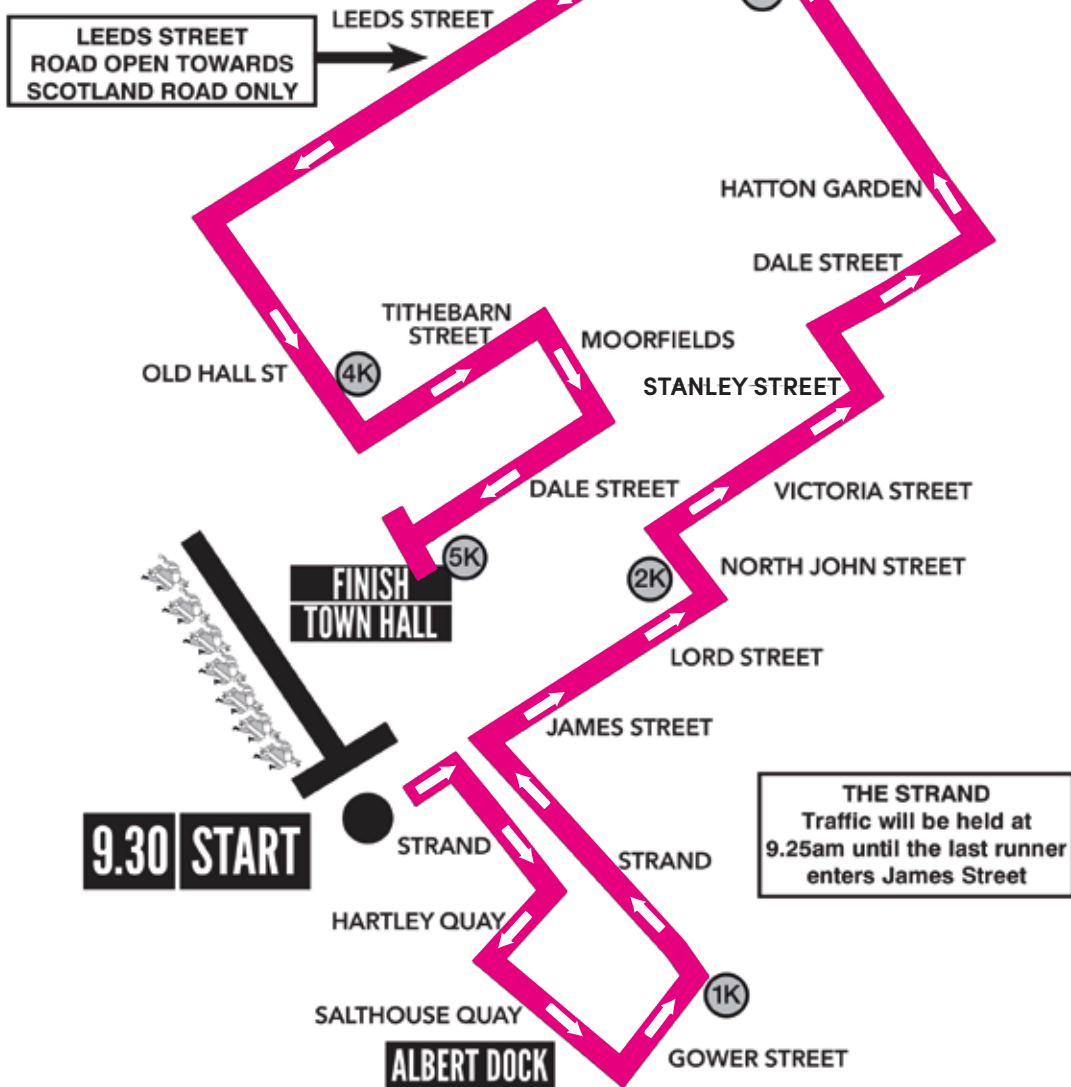


5K COURSE

START TIME: 9.30AM



LEAD RUNNERS		BACK MARKERS	
WILL PASS THE FOLLOWING POINTS AT APPROXIMATELY THE TIMES INDICATED -	1K 9.34am 2K 9.38am 3K 9.42am 4K 9.48am 5K 9.50am	WILL PASS THE FOLLOWING POINTS AT APPROXIMATELY THE TIMES INDICATED -	1K 9.45am 2K 10.00am 3K 10.15am 4K 10.30am 5K 10.45am

RACE START: 9.30 AM
ROAD CLOSURES WILL BE IN PLACE BETWEEN 6.00 AM - 12 NOON (APPROX)
ROADS WILL BE RE-OPENED ON A ROLLING BASIS AS THE EVENT PASSES THROUGH AND WHEN IT IS SAFE TO DO SO.
CASTLE STREET AND JAMES STREET CLOSED UNTIL THE END OF THE EVENT.