

# ATHLETICS

## 5KM ROAD RUN & WALK

**Date:** Wednesday 7 February 2018    **Start Time:** Run: 6.15pm

Walk: 6.16pm

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<b>FACILITIES:</b>	Guthrie Pavilion and Council facilities at Bayfield Park have showers, changing rooms and toilets, as well as a Clubroom for spectators to sit in the warmth and watch.
<b>MEDALS:</b>	A medal ceremony for each event will be held at the Guthrie Pavilion lounge straight after the final runner finishes the race, at approximately 7.00pm for the run and 7.30pm for the walk.
<b>DIRECTIONS:</b>	A bus departs from Centre City New World (5 min walk from Village) every 45 minutes, for Waverley. This will stop by the Edgar Centre, and outside Bayfield Park down Portobello Road (3 minute walk to Pavilion). Parking is available by the playground on Shore St, by the Scout Hall on Shore Street, and at the Bayfield High School grounds.
<b>PROGRAMME:</b>	The venue will open at 5:00pm for collection of race numbers. The run will begin at 6:15pm, with the walkers starting at 6:16pm.
<b>FIRST AID:</b>	First aid will be on-site throughout the duration of the event.
<b>REFRESHMENTS:</b>	Refreshments will be available at race headquarters in the Guthrie Pavilion during and after the race for all to enjoy and support.
<b>SPORT SPECIFIC INFORMATION:</b>	Course: Two laps of Bayfield Park lagoon, running or walking on the footpath all the way around. There are no road crossings, but please note roads are open and cars have right of way. The course is relatively flat with a slight rise at the 2km and 4km mark. The course will be well marshalled and coned out for your safety.

