

# ATHLETICS

## 5KM ROAD RUN & WALK

**Date:** Wednesday 5 February 2020

**Start Time:** Run: 6.15pm, Walk: 6.16pm

**Contact:** Dave Crewe, 021 2247673 or 03 4811158 (H) [crewe@xtra.co.nz](mailto:crewe@xtra.co.nz)

<b>FACILITIES:</b>	Guthrie Pavilion and Council facilities at Bayfield Park have several 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 after the final runner finishes the race, at approximately 7.00pm for the run and 7.30pm for the walk.
<b>DIRECTIONS:</b>	<p>Bayfield Park is located on Shore Street, off Portsmouth Drive, Andersons Bay, Dunedin</p> <p>A bus departs from Bus Hub, Great King Street, (5 min walk from Games Hub in the Octagon) every 20 minutes from J bus stop, Bus 10, Shiel Hill. This will stop outside Bayfield High School on Musselburgh Rise, (3 minute walk to Pavilion down the Bayfield High school driveway, thru between the two gyms/tennis courts, then on edge of park on left of tennis court).</p> <p>Parking is available by the playground on Shore St, by the Scout Hall on Shore Street, and at the Bayfield High School grounds.</p>
<b>PROGRAMME:</b>	<p>The venue will open at 5:00pm for collection of race numbers.</p> <p>The run will begin at 6:15pm, with the walkers starting at 6:16pm.</p>
<b>FIRST AID:</b>	<p>First aid will be on-site throughout the duration of the event.</p> <p>If you require strapping or medical attention prior or post event you are welcome to see the medics at The Sport Injury Clinic</p>
<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. Free water available. Coffee vendor for hot drinks to purchase to be there.
<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.

## Course Map:

