

# RUN 2018 – ADELAIDE

## DATE

Sunday 18th November 2018, 8am

## LOCATION

**Bonython Park** (lawn/oval area, south of kiosk)

The **5km RUN and WALK** will go anti-clockwise around the Torrens River, first along the south side of the river past the Convention Centre, then across the university footbridge and back through the north side parklands past The Oval, crossing at the weir and returning to Bonython Park finish line.

The **10km RUN** will take in 2 laps of the outlined route. See map at the bottom of Page.

**Event Strategies Timing & Transponder Services** will monitor and provide official completion times.

## ON THE DAY

You can also register on the day from 8.00am.

Registrations will close 30 minutes prior to your event start time.

## SCHEDULE

**8:00am** - Registration **OPENS**

meet at Bonython Park lawn/oval area south of the kiosk, to get your numbered bib, t-shirt, timing gadget, etc.

**9:00am** - Runners' registration **CLOSES**

**9.30am** – Runners **START** (5km/10km runs)

**10.00am** – Walkers' registration **CLOSES**

**10.30pm** – Walkers **START** (5km)

**11.30pm** – Prize & awards ceremony

## BAGGAGE DROP OFF

There will be a secure, constantly monitored area available for you to store your personal belongings, like bags or jumpers, while you complete your walk or run.

## MEDICAL ASSISTANCE

St. John Ambulance members will be available on site if anyone needs medical assistance. Make sure to familiarise yourself with their designated marquee as you arrive.

## WATER STATIONS

There will be water stations around the course and toilets can be located on the map above.

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