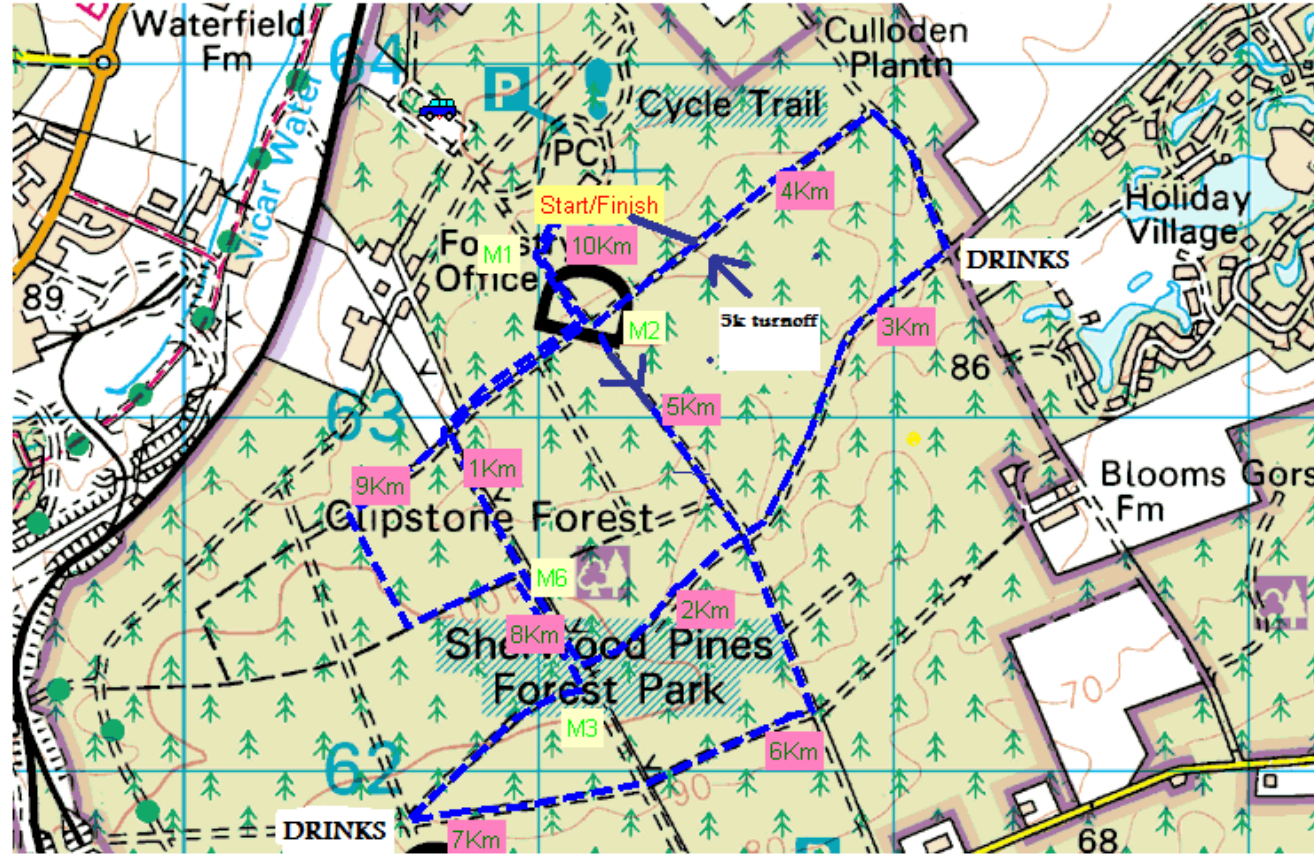


# SHERWOOD PINES 10K & 5K Race Course



Sunday 18<sup>th</sup> July at 11.30am



The route is marked in kms. The route is well signposted with marshals in significant places. There is a lead bike and a sweeper bike. The route will leave the arena and turn right at the crossroads. The 5k runners will leave the route where indicated. this will be well signposted in advance and marshalled. The 10K runners will turn left at the main crossroads-to continue a further 5K.

Drinks stations at 3.5km and at 7km. first aid at start/finish and at 7km  
Spectators can view the runners at the halfway point at the crossroads (M2)