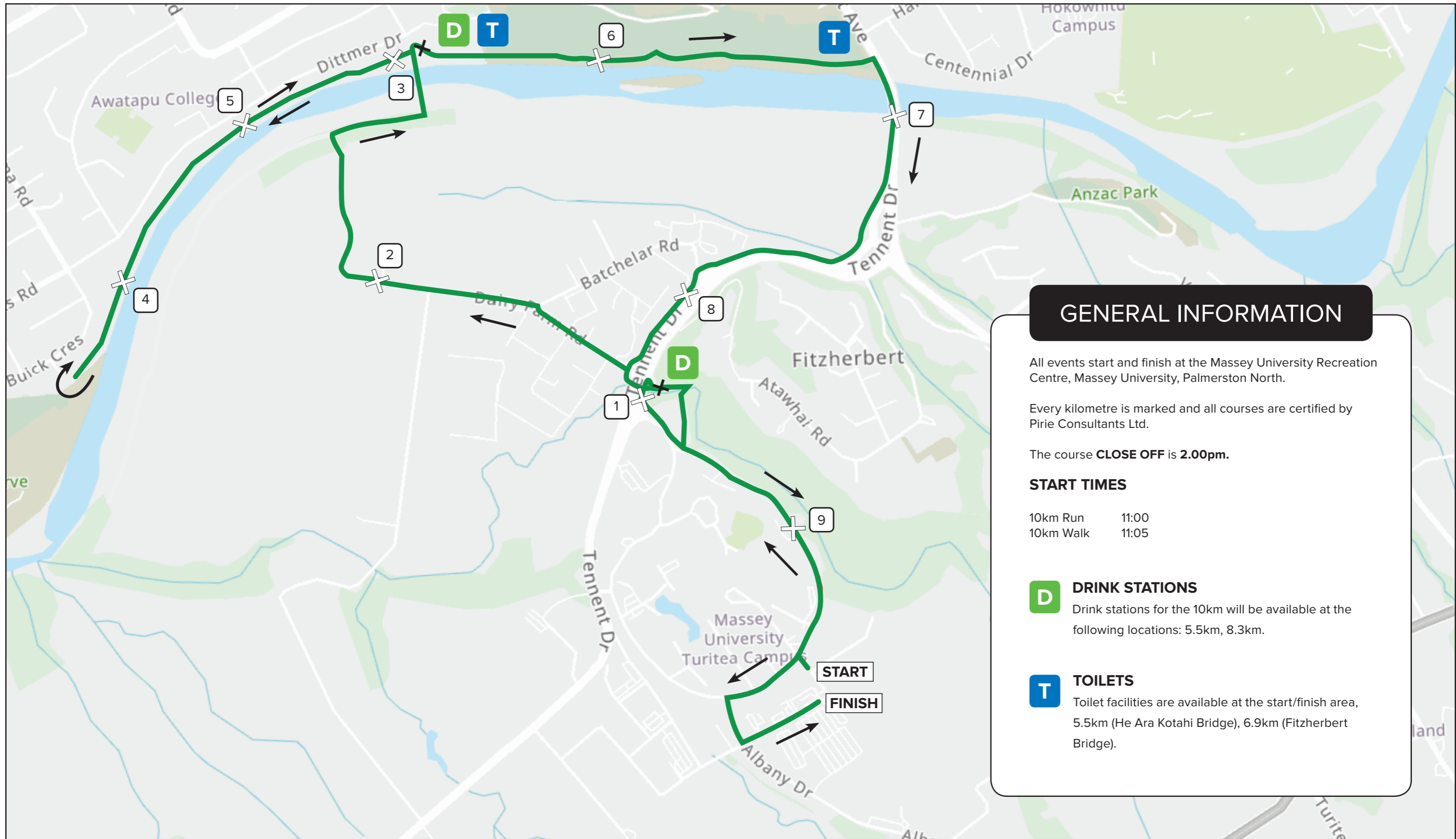


10KM COURSE



GENERAL INFORMATION

All events start and finish at the Massey University Recreation Centre, Massey University, Palmerston North.

Every kilometre is marked and all courses are certified by Pirie Consultants Ltd.

The course **CLOSE OFF** is **2.00pm**.

START TIMES

10km Run	11:00
10km Walk	11:05

D DRINK STATIONS

Drink stations for the 10km will be available at the following locations: 5.5km, 8.3km.

T TOILETS

Toilet facilities are available at the start/finish area, 5.5km (He Ara Kotahi Bridge), 6.9km (Fitzherbert Bridge).