$5 \mathrm{~km}, 10 \mathrm{~km} \& 21 \mathrm{~km}$ Turnaround

## - 5km \& 10km

 - $\quad 21 \mathrm{~km}$First 5km runner should get to you by 8:07am

First 10km runner should get to you by $8: 41 \mathrm{am}$

First 21 km runner should get to you by $8: 50 \mathrm{am}$

10 cones $\& 9$ arms will be dropped off to the 5 km \& 10 km turn around

25 cones \& 24 arms will be dropped off to the 21 km turn around


