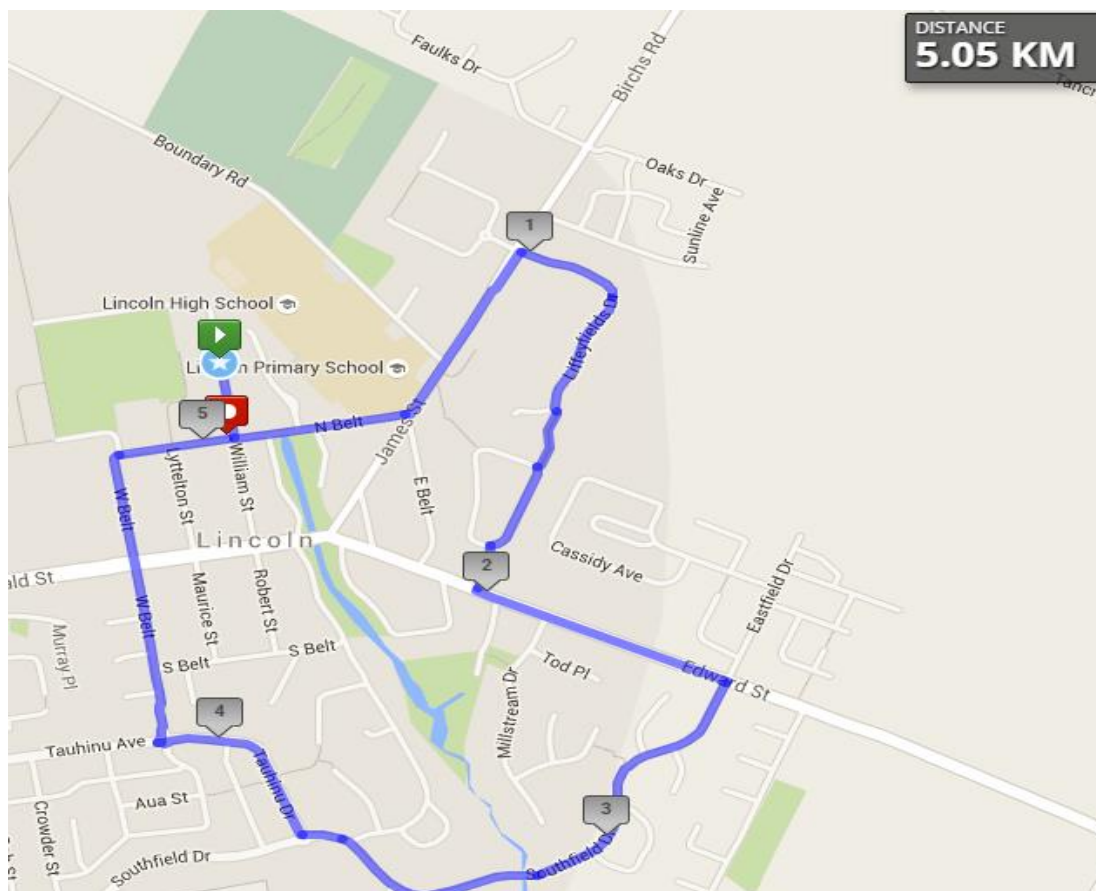


## Lincoln Runners 5km Lap





















If you need assistance, please phone Jo- 027 500 9082.



### Notes:

- Please be careful crossing the roads! Use pedestrian crossings and bike/walk paths where possible. Keep left.
- The 2km lap will be 2 laps of the Lincoln Domain (grass fields by the Event Centre).
- Children must be accompanied by an adult. They are welcome to use scooters or bikes and be advised to keep left.
- You must sign the waiver before taking part in your first run/walk. Children must have a waiver signed by a parent or caregiver.
- Please specify which course (2km or 5km) you will undertake on the night. If there is demand for it, we can extend the course up to 10km.
- Run will go ahead whatever the weather- if it's raining, we're still training☺.
- Please let Jo know if you do not want your photo on social media.

If you get lost or need assistance, or if you decide to carry on home without returning to the event centre, please phone Jo- 027 500 9082.

- 0.13km  Head south on Meijer Dr toward N Belt
- 0.18km  Head south on Meijer Dr toward N Belt
- 0.53km  Head east on N Belt toward James St
- 0.54km  Turn left onto James St
- 0.77km  Continue onto Birchs Rd
- 0.87km  Slight right to stay on Birchs Rd
- 0.88km  Turn right onto Liffeyfields Dr  
Destination will be on the right
- 0.98km  Head southeast on Liffeyfields Dr toward Duncanfields Pl
- 1.5km  Head south toward Heathridge Pl
- 1.65km  Head southwest toward Heathridge Pl
- 1.65km  Turn left onto Heathridge Pl
- 1.87km  Head south on Heathridge Pl toward Edward St
- 1.97km  Head southwest on Heathridge Pl toward Edward St
- 1.98km  Turn left onto Edward St
- 3.03km  Head southwest on Southfield Dr toward Kidson Ln  
Destination will be on the left
- 3.17km  Head west on Southfield Dr toward Allendale Ln  
Destination will be on the left
- 3.61km  Head west on Southfield Dr
- 3.69km Enter the roundabout
- 3.7km  Head southwest toward Tauhinu Dr
- 3.7km  Exit the roundabout onto Tauhinu Dr  
Go through 1 roundabout  
Destination will be on the right
- 4.13km  Head east on Tauhinu Ave
- 4.14km At the roundabout, take the 2nd exit onto W Belt