



**DATE:** SUNDAY 5 DECEMBER 2010  
**VENUE:** SANDRINGHAM COUNTRY PARK

### Itinerary

7.30 am	Set up commences
9.30 am	Parking marshalls arrive on site – please report to the Information/Check In tent which will be near to the Start/Finish area (shown on attached map)
9.45 am	Parking marshalls take up positions
10.00 am	All other volunteers arrive on site - please report to the Information/Check in tent – details above
10.15 am	Last briefing for all volunteers
10.30 am	Volunteers take up their positions
11.15 am	10k warm up
11.30 am	10k run starts
12.10 pm	10k runners will start to cross the finish line
12.30 pm	5k warm up
12.45 pm	5k run starts
1.05 pm	5k runners will start to cross the finish line
2.00 pm	All runners should have finished and clear down of site commences