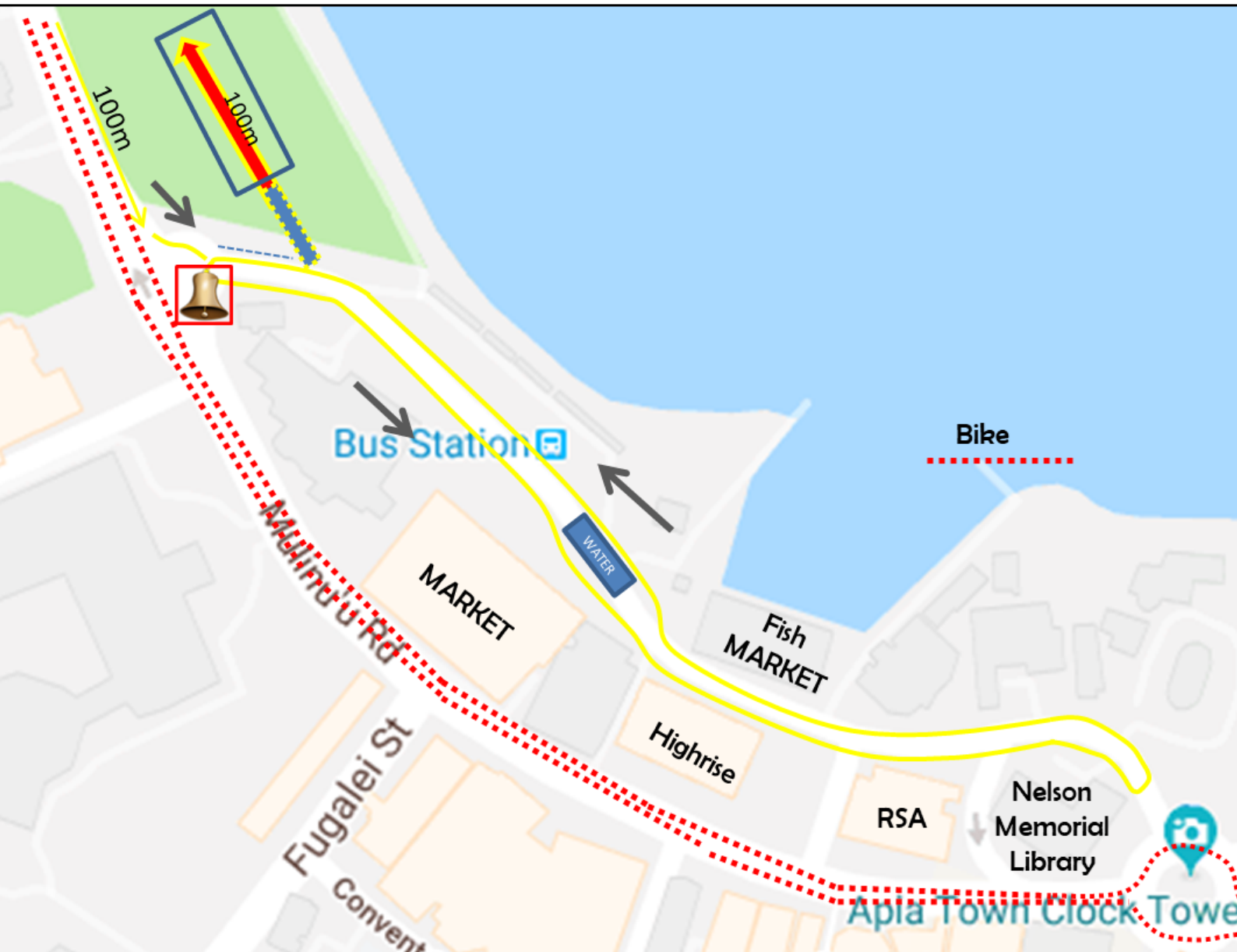


RUN COURSE



Distance, 5 km Direction – anti-clockwise

Transition to lap start – 100 m

Lap – 960m x 5 (Total 5 Laps is 4.8 km)

Run Course to Finish line – 100 m

From T2 – exit straight ahead toward Apia (Town Clock). At 100m turn left at the Round about and head anti-clock wise. Head past the market, Bu stop, the 6-storey high rise, RSA and Fish Market to the Town Clock Tower. The turn around is behind the Nelson Memorial Library before the Town Clock, head back to the Run start, End of 1 lap. 4 more to go.

At the end of the 4th lap you will get the Bell, one more lap to go. This last lap is partial – you don't go back to the start, but enter the Finish line from the Run course. The finish line is long, it's the remainder of the lap + 100m to cross the finish line.

Water station – is in the middle of the Run Course. You will hit this twice per lap

Penalty Box – this will be situated on the Run course as indicated.