

## CERTIFIED 5KM ROAD CIRCUIT - 2023

<http://www.gmap-pedometer.com/?r=7698955>



*\*Note – km marks are approximate as mapping software follows road centres and our World Athletics certified measurement follows the shortest possible tangents.*

- Start on athletics track, complete one full lap anti-clockwise then proceed out through the grass warm-up track area to the Ngā Puna Wai internal ring road
- Turn left onto the NPW ring road and straight ahead out through the McMahon Drive exit.
- Turn right into Mariposa Cres, and follow around until it rejoins McMahon Drive, turn right.
- Continue across Aidanfield Drive roundabout (traffic under TM stop/go control) and turn right into Somerville Cres, follow until that rejoins McMahon Drive, then turn right again.

- Turn left into Coppinger Tce and follow it's full length, then left into Aidanfield Drive, across the bridge, and left into Donovan Place.
- Follow Donovan Place to it's end, to your right around the coned turning circle, and back along Donovan Place, keeping to the left of the line of cones at all times



- Turn left out of Donovan Place, into Aidanfield Drive, and cross to right-hand side (traffic under TM stop/go control), then run on the footpath to turn right at the roundabout.
- Follow McMahon Drive straight to the end, go back in the Ngā Puna Wai entrance, then follow same route back through warmup area to re-enter the track at 200m to go.
- Wave to the ITM crowd as you run anti-clockwise to the finish on the Ngā Puna Wai track!

#### Key notes:

- Competitors should not warm up on the course, there are plenty of internal roads & paths within Ngā Puna Wai and the Canterbury Agricultural Park to do so. Be aware of ITM attendees when running near the car parking areas.
- The certified 5km course is fast and flat, on smooth asphalt surfaces through Aidanfield.
- Traffic management will be in place along the full course. Road closures will be in effect on McMahon Drive east of the roundabout, Mariposa Crescent, and Donovan Place, but there may be traffic around you on ALL roads, please be aware of your surroundings and your own personal safety.